

Intermittent Fasting Methods

— Flexible Fasting methods —



16/8 Method
16/8 Method



16/8

5:2 Stop Diet



5:2 Diet
Eat-Stop Fasting



16/8
5/8

Eat-Stop Diet



12
OMAD

Alternative Day Fasting



Meal in Day



Warrior Diet



One Meal a Day

Intermittent Fasting Framework

KJ Lindholm-Leary



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