

# 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**  
hours

**OMAD**

**Alternative Day Fasting**



**Meal in Day**



**INTERMITTENT FASTING**

**Warrior Diet**



**OMAD**

**One Meal a Day**

# Guide Intermittent Fasting

**Jin-Ying Zhang**



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