

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



FASTING
Warrior Diet



OMAD
One Meal a Day

Framework Intermittent Fasting

**Prisco Piscitelli, Annamaria Anita Livia
Colao**

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