

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



Alternate Day Fasting



Meal in Day



FASTING



Warrior Diet



One Meal a Day

Intermittent Fasting Framework

Lee Holmes

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle positioned behind the bar's end.

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