

Intermittent fasting



Types

**16/8 Method
or Leangains
Protocol**

**5:2 Diet or
The Fast Diet**

**The Warrior
Diet**

**Alternate-Day
Fasting**

Eat-Stop-Eat

**Meal
Skipping**

How To

Involves daily fasting for 14 to 16 hours, restricting daily eating window to eight to 10 hours where you can fit in two, three, or more meals

Involves eating normally five days of the week, restricting calorie intake on remaining two days

Eat a huge meal at night and go through the day with small amounts of raw fruits and vegetables

Fast every other day, with a zero-calorie or limited calorie intake

Separate meals with a 24-hour fast, once or twice a week

A non-structured intermittent fasting plan, this involves skipping meals spontaneously

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Tobias Bleicker



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Fasting Alan P. Johnson,1963 Intermediate Scholars Quarterly ,1882 The Chemical Trade Journal ,1890 *The Lancet* ,1888 **British Medical Journal** ,1892 *The Retail Coalman* ,1917 **Retail Coalman** ,1917 **Radio News** ,1923 Some issues 1943 July 1948 include separately paged and numbered section called Radio electronic engineering edition called Radionics edition in 1943 **Unlocking the Power of Intermittent Fasting** Susan Zeppieri ,2022-12-14
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