

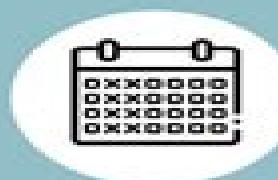
Best intermittent fasting schedules for beginners



Skipping a meal



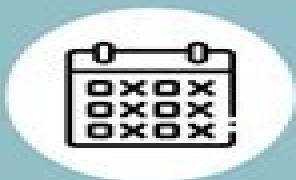
12-hour
intermittent
fasting



The 5:2 diet



14:10
intermittent
fasting



Alternate-day
fasting



16:8
intermittent
fasting



18:6
intermittent
fasting

Reading Comprehension Intermittent Fasting Best

Zainb

Reading Comprehension Intermittent Fasting Best:

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