

Fasting

How to Intermittent Fast

Here are some of the more popular intermittent fasting methods/schedules.

 **Stay hydrated!** *Black tea, coffee, and water are allowed*

16:8

Fasting for 16 hours a day

Meal at 11am
Meal at 2pm
(optional)
Meal at 7pm



Daily

14:10

Fasting for 14 hours a day

Meal at 9am
Meal at 2pm
Meal at 7pm



Daily

OMAD

One meal a day

One meal at any
time, usually
late lunch or
dinner



Daily

5:2

Normal eating for 5 days,
Eat 500 calories for 2 days

Eat as you
normally do,
but need to fast
2 days a week



Weekly

Fasting For Health A Complete Guide On How

Michael Hoelscher



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