

Jejum intermitente diário

Daily Intermittent Fasting (Leangains Method)

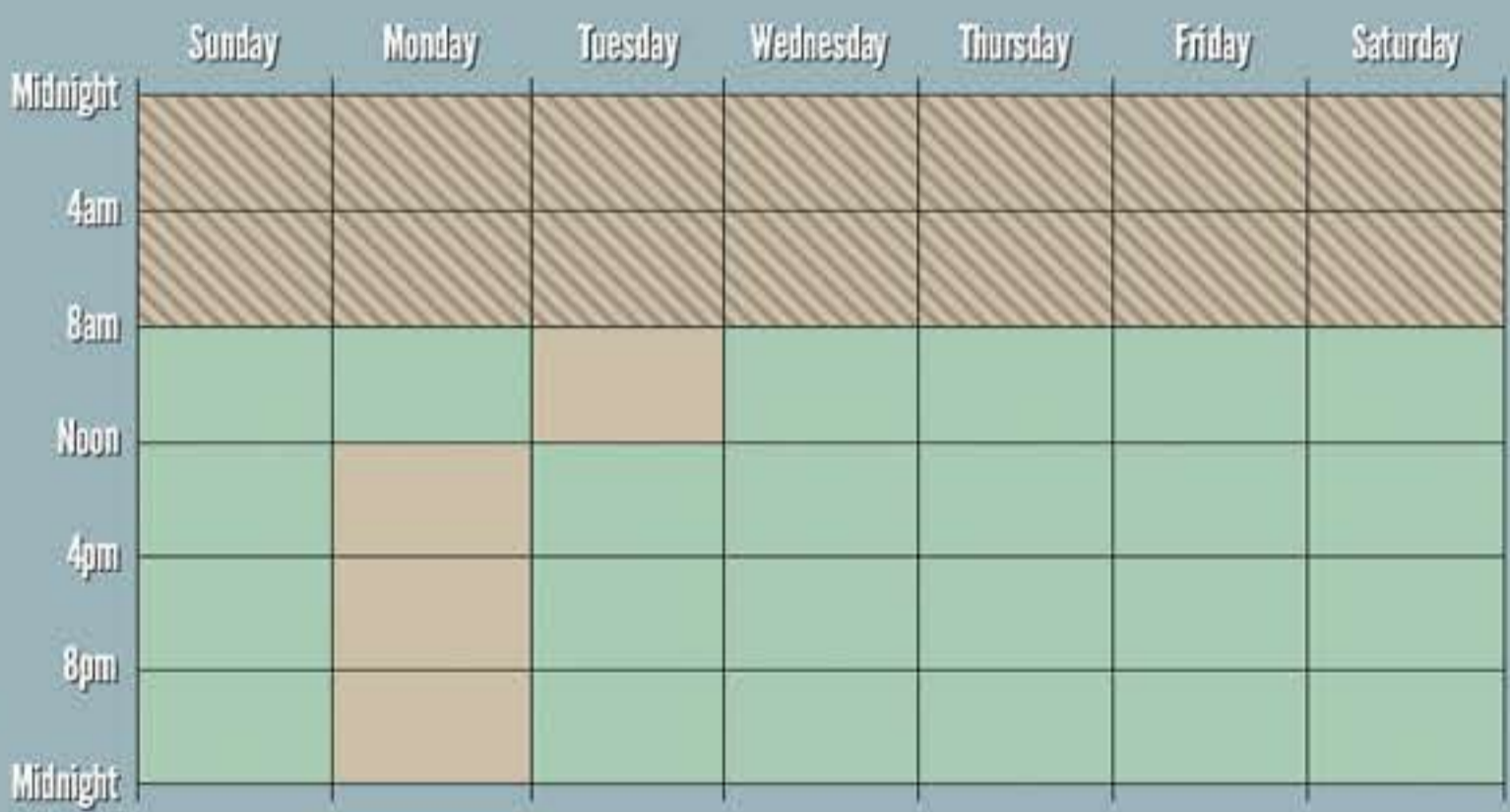
■ = eating ■ = fasting ■ = sleeping (and fasting)



Jejum intermitente Semanal

Weekly Intermittent Fasting

■ = eating ■ = fasting ■ = sleeping (and fasting)



Jejum intermitente dias Alternados

Alternate Day Intermittent Fasting

■ = eating ■ = fasting ■ = sleeping (and fasting)

