6 MONTH DIET PLAN FOR WEIGHT LOSS



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A six-month diet plan does not have to involve strict calorie-counting and drastic measures taken all at once. In fact, gradual changes will more likely become embedded habits that help you sustain your goal weight for a lifetime.

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I discovered this diet plan when I needed to lose weight quickly. I had a fitness exam and needed to lose five pounds, but I wanted a healthy weight-loss plan, not one that would tell me to starve myself. This plan worked for me, and if you want to lose ten pounds in a week, you have come to the right place.

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