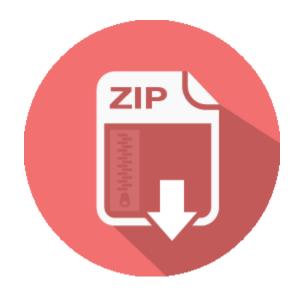
A DIET PLAN TO LOSE WEIGHT



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But if you're looking to lose weight and need some menu ideas, we ve taken out the guesswork for you with this 1,200-calorie meal plan.

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Plan Your Day to Lose Weight. Making lifestyle changes doesn't come naturally. To change your eating and exercise habits, you've got to plan - to make it happen.

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Get off to the best possible start on the NHS 12-week weight loss plan with these 12 diet and exercise tips. 1. Don't skip breakfast. Skipping breakfast won't help you lose weight.

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