

[A GOOD DIET TO LOSE WEIGHT](#)



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You don't have to go vegan, gluten-free, or quit any particular food group to lose weight. In fact, you're more likely to keep the pounds off for good if it's something you can live with for the long term. But it does make sense to cut way down on, or totally cut out, empty calories. Limit added sugars.

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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. Learn more about how to eat clean, lose weight, and love the food you're eating with Eat Clean, Lose Weight, a helpful book of tips, tricks, and recipes from Prevention.

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How to Lose Weight Fast 3 Simple Steps Based on Science

You can expect to lose 5-10 pounds of weight (sometimes more) in the first week, then consistent weight loss after that. I can personally lose 3-4 pounds per week for a few weeks when I do this strictly. If you're new to dieting, then things will probably happen quickly. The more weight you have to lose, the faster you will lose it.

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