AN EASY DIET TO LOSE WEIGHT



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Eat five servings of veggies a day. When your diet is full of greens, yellows, and oranges, you know you're getting plenty of fiber and other nutrients, and not a lot of simple carbohydrates and bad fats that translates to fewer calories and weight lost.

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First, keep in mind that many experts say it s best to lose weight gradually. It s more likely to stay off. If you shed pounds too fast, you ll lose muscle, It s more likely to stay off.

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A simple 3-step plan to lose weight fast, along with numerous effective weight loss tips. All of this is supported by science (with references).

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