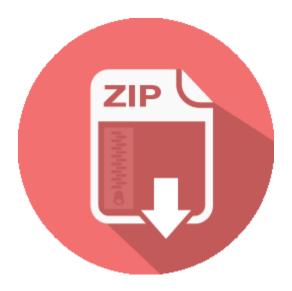
DIET THAT MAKES YOU LOSE WEIGHT IN A WEEK



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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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A 7 Step Plan to Lose 10 Pounds in Just One Week

You can lose several pounds by following a low-carb diet for just a few days. In fact, lots of research has shown a low-carb diet is a very effective way to lose weight and improve health (5, 6, 7).

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Eating fewer calories than you burn will help you lose weight it s that simple, Dr. Seltzer says. But you need to know your patterns before you can make a plan.

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