

[DIET TO LOSE A POUND A DAY](#)



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10 Diet Tips to Lose a Pound a Day Fitness Weight Loss

To lose a pound a day, you have to have as many tools as possible. It's not wise to try to lose a pound a day for more than a week or two because your body can become unbalanced and go into starvation mode. The healthiest weight loss happens at 1-2 pounds a week except for the first few weeks and a boot camp week like this one. If you employ these tools for a week, however, you might experience a jump start on your weight loss. You can then modify these ideas for overall and gradual weight loss.

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Lose A Pound A Day Diet Plan

Lose A Pound A Day Diet Plan - Looking for healthy and delicious recipes to lose weight, we have great ideas from our test kitchen cooks and experts to make healthier food choices every day.

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One very important rule: Put your scale away for the week. That's right. I don't want you to weigh yourself for the entire seven days of the diet. The reason for this is to focus on how much better you feel rather than on the number of pounds you lose. At day seven you can pull out your scale and step aboard to see how many pounds have come off.

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How to Lose 1 Pound a Day With This Diet ezinearticles com

So how do you lose 1 pound a day with "this" diet? Well first off the special diet is called calorie shifting. It is a unique diet that automatically causes the body to raise metabolism and fat burning and keep it high, causing rapid weight loss.

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