

[DIETS THAT WILL HELP YOU LOSE WEIGHT FAST](#)



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Beans are also high in fiber and slow to digest. That means you feel full longer, which may stop you from eating more. 2. Soup. Start a meal with a cup of soup, and you may end up eating less. It doesn't matter if the soup is chunky or pureed, as long as it's broth-based. You want to keep the soup to 100 to 150 calories a serving.

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