

## [EASY FOOD DIETS 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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Use these easy tips and tricks to get motivated and inspired to lose weight and get fit. Dieting does not have to be an exercise in frustration and starvation. Read on to lay a strong diet foundation.

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### **Easy Weight Loss Tips 10 Painless Ways to Lose Weight**

Weight loss and maintenance is easier when everyone's eating the same thing -- and you're not tempted to taste someone else's calorie-dense food. Remember that little things add up.

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### **Ways to Lose Weight 42 Fast Easy Tips Reader's Digest**

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### **20 Easy And Healthy Weight Loss Recipes You Need To Try**

Just because you're trying to lose weight, doesn't mean you have to give up savory comfort food and this cheesy, bacon topped dish proves just that! By using quinoa in lieu of traditional white rice, the talented blogger behind this dish boosts the protein content six-fold and adds an additional 11.5 grams of waist-whittling fiber to her

casserole creation. And thanks to the addition of

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