

[EATING HEALTHY TO LOSE WEIGHT MEAL PLAN](#)



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Then you can organize your refrigerator with diet-friendly foods so it's easy to find the foods that'll help you lose weight. Post your plan. Your healthy weight loss plan won't do any good if it's sitting in a drawer buried beneath bills. So once you've filled out your form, post it in a place where you see it every day. It will serve as a reminder of your food choices and of your commitment to reach a healthy weight.

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Healthy Eating Plan

For a weight loss of 1 1 pounds per week, daily intake should be reduced by 500 to 750 calories. In general: Eating plans that contain 1,200 1,500 calories each day will help most women lose weight safely. Eating plans that contain 1,500 1,800 calories each day are suitable for men and for women who weigh more or who exercise regularly.

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