

FAT LOSS RECIPES



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Grapefruit is one of the best foods for weight loss, studies show perhaps because of the effect it has on insulin, a fat-storage hormone. What's more, grapefruit is deceptively filling.

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Nutrition: 407 calories, 17.8 g fat (7.4 g saturated fat), 747 mg sodium, 35.8 g carbs, 1.5 g fiber, 1.8 g sugar, 24.2 g protein (calculated with 8 oz pasta and 1 oz parmesan cheese per serving) Pasta is considered a no-no by many dieters, but if done right noodles can be a sound addition to any weight loss diet plan.

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Almond butter and coconut oil melt together to bind these stovetop cookies without using any eggs. To take the flavor to the next level, try subbing in your favorite nut Continue Reading

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Ingredients (2 Servings) 3 Zucchini 2 Cloves Garlic Fresh Black Pepper 300g Homemade Tomato Spaghetti Sauce (See Recipe) 300g Lean Minced Beef 1 Egg 30g Fine Oats Cooking Instructions Wash and cut the zucchini depending on how you like your spaghetti.

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