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No single food will automatically target your turkey neck (fat loss only happens when you burn more calories than you ingest, leading your body to preferentially break down lipid stores for energy). But alongside a proper fitness regimen, what fat burning foods you eat will help you torch body fat.

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This will ensure that you supply your body with the nutrients necessary to build muscle and burn fat. Bonus: Your resting metabolic rate increases. It will also prevent your body from kicking into "starvation" mode, which can happen when too much time elapses between meals.

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