

## [HEALTHY FOODS TO LOSE WEIGHT RECIPES](#)



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These healthy fats have been shown to be a natural aid to weight loss. A 2001 study , for instance, found that people eating a MUFA-rich diet lost an average of nine pounds, while their

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Remember, the most important thing about making a healthy breakfast for weight loss is the way it fits into your complete program to lose weight. Balance your calories throughout the day to keep your goals and your hunger in line.

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With this list of 50 healthy, delicious and low calorie weight loss meals, you have no excuse not to eat something delicious and healthy! All of these recipes will help you stick to your healthy eating goals, combining delicious meals that aren t loaded with calories.

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### **Healthy Recipes for Breakfast Foods to Help You Lose Weight**

For breakfast, snack or a healthy dessert, try using yogurt instead of milk for your cereal. If making this as a to-go snack, keep the cereal separate and top just before eating. If making this as a to-go snack, keep the cereal separate and top just before eating.

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