

## [HEALTHY RECIPES LOSING WEIGHT](#)



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Advantages for Weight Loss The healthy monounsaturated fats found in olives promote weight loss by breaking down fats inside the fat cells. It also reduces insulin resistance of cells and helps to get rid of stubborn belly fat. Consumption of olives increases serotonin levels in the body. It is a satiety hormone that makes us feel full and curbs hunger.

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Find healthy, delicious weight-loss and diet recipes including breakfasts, lunches and dinners. Healthier recipes with high fiber content and low in calories, from the food and nutrition experts at EatingWell. Mix up your morning meal and try one or a few of these 5 healthy breakfast foods that

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