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If you do take them, follow the instructions on the bottle or those of your doctor. Diet pills can be extremely dangerous if not taken properly. It is considered highly unsafe to take in fewer than 1,200 calories a day for women, 1,500 for men. Do not let your diet plan go under these numbers, or it can have an adverse effect on your health.

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All Meat Diet Plan carbohydrate foods like, cereals and grains. The diet is also known as who has been eating an all-meat diet since 1998 is Joe

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Working with a dietitian is a good idea, so you make a plan that covers those needs. Get Accountability and Support. Many apps can help you track your eating. Since you probably have your smartphone with you all the time, you can use it to keep up with your plan. Or keep a pen-and-paper food journal of what you ate and when.

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