

## [HOW TO EAT HEALTHY TO LOSE WEIGHT FAST](#)



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Again, though, you'll need to change your eating habits to keep the weight off if you go off the meal replacements. Watch your drinks. One easy way to lose weight quickly is to cut out liquid calories, such as soda, juice, and alcohol. Replace them with zero-calorie drinks like lemon water, unsweetened tea, or black coffee.

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