

[HOW TO LOSE WEIGHT AND DIET](#)



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1. Choose a low-carb diet. If you want to lose weight you should start by avoiding sugar and starch (like bread, pasta and potatoes). This is an old idea: For 150 years or more there have been a huge number of weight-loss diets based on eating fewer carbs.

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How to lose weight and keep it off BBC Good Food

I view any other claims that claim greater weekly weight loss with more than a little suspicion and avoid them. For me I found that the 5:2 diet is the most effective way to lose weight. I am around 14 lb lighter than I was in Jan 2013. The weight has stayed off. The diet suits me. It may not be for every one but ultimately I find it mentally achievable.

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My Diet Plan How to Lose Weight Fast and Diet Tips 2015

What's going on guys?! So I am one month away from my first NPC Men's Physique Competition April 11, so I decided to share with you my diet plan as I prepare for the event.

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Ways to Lose Weight 42 Fast Easy Tips Reader's Digest

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