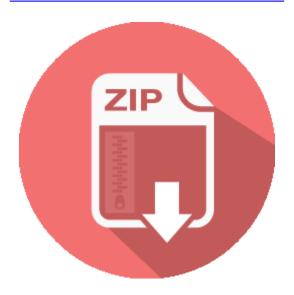
HOW YOU LOSE WEIGHT



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You can expect to lose 5 10 pounds of weight (sometimes more) in the first week, then consistent weight loss after that. I can personally lose 3 4 pounds per week for a few weeks when I do this strictly. If you're new to dieting, then things will probably happen quickly. The more weight you have to lose, the faster you will lose it. http://ebookslibrary.club/How-to-Lose-Weight-Fast--3-Simple-Steps--Based-on-Science.pdf

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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. http://ebookslibrary.club/How-To-Lose-Weight-Fast-and-Safely-WebMD.pdf

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Regardless of how busy you are, it is essential that you make time to exercise each day if you actually want to lose weight and keep it off. Even little things like walking instead of driving to the store can affect how quickly you lose weight. Before you begin, use a measuring tape to measure your waist, hips, and bust.

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1. Eating More Protein Can Reduce Appetite, Cut Cravings and Increase the Number of Calories You Burn. When it comes to losing weight, protein is the king of nutrients. Adding protein to your diet is the simplest, most effective and most delicious way to lose weight with minimal effort.

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Unfortunately, there is no maintenance phase to the weight loss process. To keep the weight off, you have to do at least as much exercise as you did to lose the weight and, frankly, you may have to do more. The more weight you lose, the less energy your body expends during exercise and the more you have to do to get the same results. http://ebookslibrary.club/How-to-Lose-Weight-and-Keep-It-Off-Verywell-Fit-Know--.pdf

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