

## [NUTRITION PLAN TO LOSE WEIGHT](#)



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You're so close to showing off that six pack! If you're at 15% body fat and you're looking to get down to 10% (or even single digits), here's exactly how to shed 5% of your body fat and see results.

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To lose weight, aim for a goal of 10,000 steps per day and work up to that goal over time. Practice Mindful Eating. Many people eat on the run or consume meals while they're distracted.

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