

## [SIMPLE DIET TO LOSE WEIGHT](#)



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Eat five servings of veggies a day. When your diet is full of greens, yellows, and oranges, you know you're getting plenty of fiber and other nutrients, and not a lot of simple carbohydrates and bad fats that translates to fewer calories and weight lost.

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About the Author FitWatch makes weight loss simple by doing all the counting for you and giving you down-to-earth weight loss information, tips and tricks you can actually use in your everyday life to lose weight and get fit.

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### **Easy Meal Plans to Lose Weight Verywell Fit**

Whether you are following a 1,200 calorie per day diet, a 1,500 calorie per day diet or a program with a higher calorie count, use the downloadable schedules and simple tips to reach your goal weight and keep the pounds off for good.

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### **1 200 Calorie Diet Menu 7 Day Lose 20 Pounds Weight Loss**

But if you're looking to lose weight and need some menu ideas, we've taken out the guesswork for you with this 1,200-calorie meal plan.

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