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

Part of slimming down involves a simple, sensible exercise and eating plan. If you have a higher activity level, check out these 1,500-and 1,800-calorie meal plans as well.

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How To Lose Weight Fast and Safely WebMD

First, keep in mind that many experts say it's best to lose weight gradually. It's more likely to stay off. If you shed pounds too fast, you'll lose muscle, bone, and water instead of fat, says the Academy of Nutrition and Dietetics.

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