

## [THE FAST WEIGHT LOSS DIET](#)



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Fast Weight Loss Diets You Should Follow . 1. Ketogenic Diet. What makes the ketogenic diet special is how it conditions and puts the body in a state called ketosis. In this state, your body starts to utilize substances called ketone bodies, which are produced by the breakdown of your body fat triglycerides. In the keto diet, since your carbohydrates consumption goes down, the amount of glucose in your body goes down, too.

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### **How To Lose Weight Fast and Safely WebMD**

If you shed pounds too fast, you'll lose muscle, bone, and water instead of fat, says the Academy of Nutrition and Dietetics. The academy's advice: Aim to lose 1-2 pounds per week, and avoid fad diets or products that make promises that sound too good to be true. It's best to base your weight loss on changes you can stick with over time.

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### **How to Lose Weight Fast 3 Simple Steps Based on Science**

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.

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### **How to Lose Weight Fast 12 Ways to Drop 5 Pounds in a Week**

Eating fewer calories than you burn will help you lose weight it's that simple, Dr. Seltzer says. But you need to know your patterns before you can make a plan. To assess how much you're actually eating to maintain your current weight, Dr. Seltzer recommends using MyFitnessPal. Just input whatever you eat, and be honest.

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