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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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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. Learn more about how to eat clean, lose weight, and love the food you're eating with Eat Clean, Lose Weight, a helpful book of tips, tricks, and recipes from Prevention.

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How to Lose Weight Fast Quick Easy Weight Loss Tips

At any given time, there are dozens of weight-loss hypes in the marketplace that claim to take off 10 pounds in 10 days, or whatever. Desperation can tempt us to try anything from "clean eating" to cutting out food groups entirely.

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Is it possible to drop a dress size in a day? Do enemas work for weight loss? WebMD explores numerous weight loss products, types of diets, and the risks

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