

[WEIGHT LOSS FAST TIPS](#)



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"Your specific [weight loss] program may differ from someone else's based on climate, geography, heredity, the quality of the food you're buying, the volume in which you're eating that food, and so much more. A lot of people take advice that doesn't honor themselves. What works for me is not going to work for you. It's just not.

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"Doing this can lead to more weight loss than you ever imagined," says Marissa Lippert, RD, author of *The Cheater's Diet*. In fact, we talked to readers who knocked off 10, 25, even 60 pounds with some easy tweaks. Borrow their slim-down secrets to transform your body the real-world way.

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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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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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