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Chili contains two ingredients that can help promote weight loss. Most chilis are made with hot peppers and beans. Capsaicin in hot peppers temporarily speeds up metabolism as your body attempts to cool itself. The fiber in beans keeps you full longer and slows the release of carbohydrates from the

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When you have a jam-packed schedule or are just too tired to be bothered with the stove, we know it can feel like a major effort to deal with a guilt-free meal.

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What are you having for dinner tonight? With this list of 50 amazing, healthy, delicious and low calorie weight loss meals, you have no excuse not to eat something delicious and healthy!

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