

## **WHAT ARE THE BEST WEIGHT LOSS FOODS**



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### **302 WEIGHT LOSS FOODS The Best Foods to Eat Yourself Thin**

Diane. Hi Adrien I have exercised eat the same foods and stayed at 168 and a bit below for a year. Then at Xmas I had put 5 lb on tried to lose it again came off went on then I got weighed a couple of days ago and I was up to 174 I am going crazy.

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AVOID When Trying to Lose Weight Are

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