

[SIMPLE WEIGHT LOSS PLAN](#)



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Part 1 Making Simple Diet Changes. Men need to consume more water than women, in general. Men should aim for around 3 liters (13 cups) of water a day, and women 2.2 liters (9 cups) a day. Of course, the bigger you are (man or woman), the more water you need to drink.

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A Simple Meal Plan to Lose Weight Verywell Fit

Choose an Easy-to-Follow Weight Loss Meal Plan. Following a plan created by an expert nutritionist or dietitian is usually the smartest choice. Whether you are following a 1,200 calorie per day diet, a 1,500 calorie per day diet or a program with a higher calorie count, use the downloadable schedules and simple tips to reach your goal weight and keep the pounds off for good.

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Healthy Weight Loss The Real Simple Diet Shape Magazine

Here are three ways to lose weight using the simple diet of early humankind. 1. Seek variety in your simple diet by eating a wide array of fruits and vegetables. Our ancient ancestors ate upward of 3,000 calories daily, 70 percent of which came from plants, including fruits, roots, legumes, leaves, sprouts, nuts and seeds.

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