

## [7 DAY DIET TO LOSE WEIGHT](#)



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### **7 Best Juice Diet Recipes for Weight Loss iFocusHealth**

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### **All Day Fat Burning Diet by Yuri Elkaim**

The All-Day Fat Burning Diet is the only diet that resets your metabolism to lose up to 5 pounds per week by encouraging you to eat delicious food using a unique 5-day food cycle that mirrors and honors your body s natural rhythms.

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