

THE BEST DIET TO LOSE WEIGHT FAST



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Watch your drinks. One easy way to lose weight quickly is to cut out liquid calories, such as soda, juice, and alcohol. Replace them with zero-calorie drinks like lemon water, unsweetened tea, or black coffee. Diet drinks will save you calories, compared with sugary beverages.

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Here are 10 more tips to lose weight even faster: Eat a high-protein breakfast. Eating a high-protein breakfast has been shown to reduce cravings. Avoid sugary drinks and fruit juice. These are the most fattening things you can put into your body. Drink water a half hour before meals. One

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Drink lots of water before meals. Drinking water before you eat has also been shown to lead to increased weight loss by decreasing the amount you eat at meals. It's hard for your eyes to be bigger than your stomach when you're already full from downing plenty of water! Staying hydrated also promotes good digestion,

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Hunger will subside, while your body will lose its motivation to store fat, Ludwig says. Non-starchy vegetables, fruit, fish, meat, beans, and other whole foods are all on the menu. You can eat until you feel full, Ludwig says. Other experts agree the right sources of fat help promote weight loss.

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Had it with strict diets? To learn how to lose weight fast, we found easy lifestyle tweaks that send extra pounds packing. We talked to readers who RELATED: The 50 Best Weight Loss Foods of

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How to Lose Weight Fast Quick Easy Weight Loss Tips

Aim to eat anywhere between 400 and 500 calories for your morning meal, and make sure you're including a source of lean protein plus filling fat (e.g., eggs, beans, unsweetened Greek yogurt, nuts, or nut butters) and fiber (veggies, fruit, or 100% whole grains).

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