WHAT TO DO AFTER A MEAL TO LOSE WEIGHT



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This is my account of how I lost a significant amount of weight when I adopted the idea of eating one main meal a day. I ve written this for those who have heard about eating one meal a day and want to seek out the experience of someone doing it.

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Be realistic about the type of exercise you can do when starting a new program. If you are hoping to lose weight and keep it off, you will have to do more than a condensed fitness program.

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