

## [EASY FOOD DIETS TO LOSE WEIGHT](#)



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### **The Easiest Diets to Follow for Weight Loss Verywell Fit**

This is the best easy diet for people who can make a financial commitment to a diet program (depending on the amount of weight you have to lose, your total cost can run in the thousands) and people who don't like to or don't have time to prepare three meals each day. Keep in mind, however, that plans like Jenny Craig and Weight Watchers do encourage dieters to learn to cook for improved weight

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