

[WHAT DO I NEED TO DO TO LOSE WEIGHT](#)



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Adrienne. I am a bit confused. A VLCD is under 1200 calories and it is not recommended to stay on that for an extended amount of time but when I put in my height and weight it tells me I need to eat between 1066 and 1340 cals to loose weight.

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(If you somehow got here without reading Phase 1 first, you're going to be a little lost. It's ok, just go back and read it here: Phase 1: How To Lose Weight) In Phase 1 of The Lose Weight Diet, you learned how to lose weight.

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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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