

## **FOODS TO EAT ON A DIET TO LOSE WEIGHT**



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It s easy to find healthy foods to include on a weight loss diet. These are mainly whole foods like fish, lean meat, vegetables, fruit, nuts, seeds and legumes.

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### **How to Lose Weight by Eating The Clean Eating Diet Plan**

At Lose Weight By Eating we preach clean eating, and believe the best way to lose weight is by eating a healthy diet full of fat burning foods. Losing weight starts in the kitchen, and what you eat is far more important than how you exercise because weight loss is 70% what you eat and 30% exercise.

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