

## **GOOD FAST WAY TO LOSE WEIGHT**



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I say one cheat day because I wanted to illustrate the fact that this diet can be used for people wanting to know how to lose weight in 2 weeks. If you are only using this as a fast way to lose weight, then you'll only want to indulge in one cheat day during your two-week period. However, I now give myself every Saturday as a cheat day.

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