

## [HEALTHY PLAN FOR WEIGHT LOSS](#)



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### **Healthy Eating Plan**

Calories. For a weight loss of 1 1 pounds per week, daily intake should be reduced by 500 to 750 calories. In general: Eating plans that contain 1,200 1,500 calories each day will help most women lose weight safely. Eating plans that contain 1,500 1,800 calories each day are suitable for men and for women who weigh more or who exercise regularly.

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But if you're looking to lose weight and need some menu ideas, we've consulted with registered dietitians on this 1,200-calorie meal plan. Learn more about how to eat clean, lose weight, and

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### **Weight Loss Health**

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1 of 22. Our 1,350-calorie-a-day diet features foods that are great at stopping that famished feeling. Plus, you'll get 25 grams of slimming fiber a day. Just pick one breakfast, lunch, dinner, and snack each day. Stick to our diet and this workout plan for five weeks, and you'll lose up to 15 pounds.

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