

## **5 FOODS TO LOSE WEIGHT**



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These foods work in different ways and for different reasons, but all have in common that people who eat them as part of a weight loss plan lose more weight faster than those who don't.

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The truth is, meat is a weight-loss-friendly food because it's high in protein. Protein is by far the most filling nutrient, and eating a high-protein diet can make you burn up to 80 100 more

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