

## [WHAT FOOD CAN EAT TO LOSE WEIGHT](#)



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### **DO NOT Eat These Foods When Trying to Lose Weight AVOID THEM**

Honestly, You can eat anything you want & still lose weight as long as you eat the right amount of calories but the foods below may cause you to gain weight because they increase your hunger & cravings to a point where you'll end up eating too many calories and they may cause you to gain excess water weight so Foods You Must AVOID When Trying to Lose Weight Are

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### **Eat STOP Eat**

If you re ready to finally lose all the weight you want then you ll love this story I used to follow the diet gurus like a lost sheep That all ended over a juicy hamburger in 2009 across from a fellow named Brad Pilon.

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Try going low-carb/low-fat for a month or so. Contrary to popular belief, fat WILL PREVENT rapid weight loss if you eat enough of it. When ketogenic diets used for seizure control cause too much weight loss, dietary fat is

drastically increased and weight loss stops.

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