

[WHAT I EAT TO LOSE WEIGHT](#)



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One easy way to lose weight quickly is to cut out liquid calories, such as soda, juice, and alcohol. Replace them with zero-calorie drinks like lemon water , unsweetened tea , or black coffee .

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What to eat to lose weight? 20 Foods that help you lose weight. Current thinking suggests that losing weight is not all about cutting back on everything; it s about eating more of the right foods and less of the wrong. You don t need to go through the day with that empty feeling in your stomach and suffering those embarrassing tummy growls.

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If you want to lose weight and still eat the foods you enjoy, make sure you re eating lots of fresh food that s high in fiber, like fruits, vegetables, and beans. Instead of unhealthy high-calorie foods, add good fats to your diet from avocados, nuts, and olive oil, which will keep you feeling full.

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How to Eat to Lose Weight A Step by Step Guide The

Eating healthy isn t supposed to be a temporary blip. If you want to lose weight and keep it off, it takes commitment. If that sounds daunting, it s probably because you re used to diets that kind of suck.

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