

BURN FAT DIET



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Tom Venuto 's Burn The Fat Blog

Eating the same number of calories every day in a deficit is the simplest and most common approach for setting up a fat loss program. But did you ever consider that you could intentionally consume different amounts of calories on different days, shift the way that you monitor your calorie deficit, and that might make it easier to follow your diet and make you a happier eater?

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Low fat diet Wikipedia

A low-fat diet is one that restricts fat and often saturated fat and cholesterol as well. Low-fat diets are intended to reduce the occurrence of conditions such as heart disease and obesity. For weight loss, they perform similarly to a low-carbohydrate diet, since macronutrient composition does not determine weight loss success. Reducing fat in the diet can make it easier to cut calories.

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