

DIET PLAN TO LOSE WEIGHT FOR WOMEN



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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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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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You don't need to exercise to lose weight on this plan, but it is recommended. The best option is to go to the gym 3 4 times a week. Do a warm-up and lift some weights.

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