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1. Choose a low-carb diet. If you want to lose weight you should start by avoiding sugar and starch (like bread, pasta and potatoes). This is an old idea: For 150 years or more there have been a huge number of weight-loss diets based on eating fewer carbs. What s new is that dozens of modern scientific studies have proven that, yes, low carb is the most effective way to lose weight.

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The problem: This only makes it more difficult, stressful, and downright impossible to lose weight. So rather than beating yourself up for eating foods you think you shouldn't , let it go.

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The average weight loss at this point is around 1-2 pounds per week the majority of it coming from fat. As you get closer to your goal weight and your overall body weight decreases, weight loss will slow down. This happens because as your weight decreases so will your daily caloric needs.

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"Doing this can lead to more weight loss than you ever imagined," says Marissa Lippert, RD, author of The Cheater's Diet. In fact, we talked to readers who knocked off 10, 25, even 60 pounds with

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