

[A SIMPLE DIET](#)



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Part 1 Making Simple Diet Changes 1. Drink more water. Did you know that if you up how much water you drink, 2. Make fruit your dessert. We've all been there, and this happens to some 3. Eat five servings of veggies a day. When your diet is full of greens, yellows, and oranges, 4. Switch

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The Simple Diet T Nation

Here's my philosophy: I call it the Simple Diet, because it's simple to understand and the foods you're eating will be in their simple, or basic, form. This diet is particularly useful when you want to lean up a bit but still live a relatively normal lifestyle.

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Healthy Weight Loss The Real Simple Diet Shape Magazine

Discover how a simple diet plan helped people lose 30 pounds in 15 weeks. After six weeks on the Origin Diet, everyone who'd wanted to lose weight did up to 30 pounds in 15 weeks! Cholesterol levels and blood pressure dropped, menopausal hot flashes lessened, and some people were even able to reduce their medications.

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How to Lose Weight Fast 3 Simple Steps Based on Science

A simple 3-step plan to lose weight fast, along with numerous effective weight loss tips. All of this is supported by science (with references).

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Simple Diet Ideas Effortless Ways to Lose Weight and Eat

Most people get wrapped up in the details and strategies of a particular diet and never get around to actually following it. I like to keep things simple. I'd prefer to abandon the details, understand the main idea, and actually make adjustments.

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The 3 day Diet Plan Moose and Doc

A short diet plan is the perfect way to detox and reset your whole body after eating or drinking or simply get a big boost of vitamins and antioxidants. If you enjoy the diet plan for 3 days feel free to repeat every now and then.

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