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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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"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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The DASH diet, the TLC diet, the Mayo Clinic Diet, the Weight Watchers diet and Volumetrics all provide great meal plans to help you lose weight starting today. Run an internet search on any of the diets and meal plans to find out more.

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Ways to Lose Weight 42 Fast Easy Tips Reader's Digest

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How to Lose Weight Fast cosmopolitan.com

If you want to lose five actual pounds by next weekend, listen up: Losing weight fast is almost always unhealthy. That's because it can set you up for binge-eating and fluctuations that interfere

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How to Lose Weight With Protein Shakes Verywell Fit

In short, yes, you can lose weight with protein shakes. A diet that reduces caloric intake will help you to slim down regardless of whether the calories come from solid food or liquid food. And since the protein shakes usually have fewer calories than the meals you would typically consume, you will probably see results.

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