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Try these 18 healthy meals for weight loss, from Consumer Reports.

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Reboot your New Year's resolution to get thin with these 6 easy tricks to speed up weight loss.

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The main guiding principles of Nutrisystem are portion control, proper nutrition and daily exercise. By relying on foods with a low glycemic index (in other words, foods that release their sugars slowly and steadily, instead of rapidly and intensely), Nutrisystem meals provide a consistent amount of energy throughout the day.

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An expert team to support your weight-loss goals. Maintaining a healthy weight is vital to your well-being. But choosing a safe, effective weight-loss method isn't always easy.

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6 Easy Meal Prep Strategies for Weight Loss eatthis.com

Sometimes it's not enough just to plan what you're going to eat for the week. Planning when you'll eat your healthy meals can also help with your weight loss efforts. By sticking to a schedule, you're less likely to get hungry enough to reach for anything in sight, making it less likely that you'll indulge in junk foods from the vending machine.

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Weight Watchers Freestyle Zero Point Meals

With a new list of more than 200 foods that cost you zero points (including eggs, chicken & fish), here are our top 10 Zero Points Meals on the NEW 2018 Weight Watchers Freestyle program.

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