

DIET TO HELP YOU LOSE WEIGHT FAST



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You have to eat fewer calories than you burn. "Certain foods can help you shed body weight," says Heather Mangieri, RD, a spokeswoman for the Academy of Nutrition and Dietetics, "because they help
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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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Research demonstrates that eating later can actually lead to slower weight loss, while eating a larger meal at breakfast and smaller meals throughout the day can help you lose more weight! And
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