

[WAYS ON HOW TO LOSE WEIGHT](#)



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How to Lose Weight Fast Quick Easy Weight Loss Tips

Aim to eat anywhere between 400 and 500 calories for your morning meal, and make sure you're including a source of lean protein plus filling fat (e.g., eggs, beans, unsweetened Greek yogurt, nuts, or nut butters) and fiber (veggies, fruit, or 100% whole grains).

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8 Easy Ways to Lose Weight Verywell Fit

5 Drink Plenty of Water. Water helps you lose weight in several ways. First, drinking more water can help alleviate bloating. In addition, replacing drinks that cause weight gain with water cuts hundreds of calories. In fact, if you do the math, you'll be surprised at the number of calories you can lose and dollars you can save by ditching soda!

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