

EASY DIET TIPS



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If 10 tips for painless weight loss (or maintenance) aren't enough, how about trying some of these ideas from WebMD's weight loss community members? Eat at the same times every day (including snacks).

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Healthy Eating HelpGuide.org

You will have won half the healthy diet battle if you have a well-stocked kitchen, a stash of quick and easy recipes, and plenty of healthy snacks. Plan your meals by the week or even the month One of the best ways to have a healthy diet is to prepare your own food and eat regularly.

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