

## [EAT TO LOSE WEIGHT](#)



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Watch your drinks. One easy way to lose weight quickly is to cut out liquid calories, such as soda, juice, and alcohol. Replace them with zero-calorie drinks like lemon water, unsweetened tea, or black coffee. Diet drinks will save you calories, compared with sugary beverages.

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When you set your mind to dropping a few pounds and see the proof when you step on the scale, it's a pretty amazing feeling. Make it happen by following this formula designed by two nutritionists Stephanie Clarke, RD, and Willow Jarosh, RD, of C&J Nutrition on what to eat every day for breakfast, snacks, lunch, and dinner.

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Celery. If you wonder what to eat to lose weight, don't overlook celery. Celery is almost the perfect diet food, as you burn more calories eating it, than you gain from consuming it. Add it to your pre-meal salad and the fiber in celery will help fill you up with absolutely no gain in calories.

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