# SIMPLE FOODS TO LOSE WEIGHT



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One study showed that drinking water a half hour before meals increased weight loss by 44% over 3 months .

Choose weight loss-friendly foods (see list). Certain foods are very useful for losing fat.

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## How to Lose Weight With a Simple Diet 14 Steps with

If you want to lose weight with a simple diet, eat plenty of lean protein and at least 5 servings of vegetables every day, especially green veggies like broccoli, kale, and spinach. Switch to whole grains rather than refined carbohydrates, and replace your desserts with fresh fruit like bananas or apples.

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# Easy Weight Loss Tips 10 Painless Ways to Lose Weight

Making just a few simple lifestyle changes can pack a big weight loss punch over time. WebMD spoke to weight loss experts and everyday people who've figured out a few painless ways to lose weight

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### A Simple Meal Plan to Lose Weight Verywell Fit

Whether you are following a 1,200 calorie per day diet, a 1,500 calorie per day diet or a program with a higher calorie count, use the downloadable schedules and simple tips to reach your goal weight and keep the pounds off for good.

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#### 9 Foods to Help You Lose Weight WebMD

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