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New York Times best-



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selling author and Reader's Digest editor-in-chief Liz Vaccariello presents the easiest diet ever, offering quick and easy meals you can find or make anywhere you go using your favorite everyday brand-name foods—so you can drop up to a pound a day! Want to drop up to a pound a day?

**Stop & Drop Diet:  
Lose up to 5 lbs in 5**

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Part 1 & 2 are the background and then the actual Stop & Drop Diet designed to help you drop weight quickly. Part 3 is the meat of the book. This section contains all kinds of popular chain restaurant foods and supermarket packaged foods (with pictures) broken down by meal and course (including drinks!).

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coach, you'll learn how to STOP eating unhealthy versions of your favorite foods and DROP pounds for good. With easy-to-follow meal ...

## **The Stop & Drop Diet: Lose Weight Eating the Foods You Love!**

If you learn to stop eating unhealthy versions of the foods you love, you can drop up to one pound a day.

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You embrace vegetables. You choose skim milk over half-and-half.

### **Lose a Pound a Day Eating Favorite Foods | Reader's Digest**

Weight loss that comes through dieting (especially extreme dieting) always risks losing lean body tissue in addition to fat. This robs your muscles, bones and organs of

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the material they need to function properly.

While some diets increase this risk more than others, it is a risk with all diets that restrict calories.

### **I stopped dieting 6 years ago and this happened... | The ...**

If weight loss is your goal, then giving up soda and similar drinks may have a big impact.

... Added sugar is probably the worst

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thing in the modern  
diet. ... Many people  
stop losing before they  
...

## **11 Foods to Avoid When Trying to Lose Weight**

Eat Stop Eat To Loss  
Weight - 18 Proven  
Weight-Loss Tricks  
From the 'Stop Drop  
Diet' In Just One Day  
This Simple Strategy  
Frees You From  
Complicated Diet Rules  
- And Eliminates

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Rebound Weight Gain  
For starters, the E  
Factor Diet is an online  
weight-loss program.  
The ingredients include  
“simple real foods”  
found at local grocery  
stores.

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- simple suggestions  
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days. [Liz Vaccariello;  
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Drop Diet Meal Plan is the loss of total body mass as a result of efforts to improve fitness and health, or to change appearance through slimming. Stop And Drop Diet Meal Plan in individuals who are overweight or obese can reduce health risks, increase fitness, and may delay the onset of diabetes.

**Stop And Drop Diet  
Meal Plan | Doing-Sit-**

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## **Ups-Burn-Fat**

Why Did I Suddenly Stop Losing Weight? ...  
The diet changes that helped you lose weight in the beginning may be unrealistic and too strict. ... 5 Low-Calorie Snacks That Will Fill You Up. The ...

## **Help! Why Did I Suddenly Stop Losing Weight? | Health.com**

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