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To eat less and move more to lose weight may sound like stating the obvious. But for most people to eat less, to move more and to lose weight all sound more like the impossible – goals they’ve been dreading.

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Develop an eating plan that’s right for YOU. Build a personalized exercise program that fits YOUR needs. 4 Fine-tune a healthier lifestyle that fits YOUR routine.

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So every day, the idea is to eat different foods from different taxonomies,

and vary your sources (e.g. shop at different stores, markets, different cuts of meat, etc). Following this diet isn't always easy, especially when you eat out or grab a bite to eat with friends. So I stick with the 80-20 plan.

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