

**JUST 10 LBS: EASY STEPS TO WEIGHING WHAT YOU
WANT (FINALLY)**

Denice Rebecca Decarolis

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This would suggest that by getting these healthy macro-nutrients in your diet Ups and downs are part of the journey. When I did eat real food, I was only hungry for the richest, boldest flavors I could find: cheeseburgers, steaks, deep-fried spicy foods. Dinner—chicken and veg and perhaps baked potato. So if you want Long term results you have to change your lifestyle permanently otherwise you will just be in the same situation when you stop your diet.