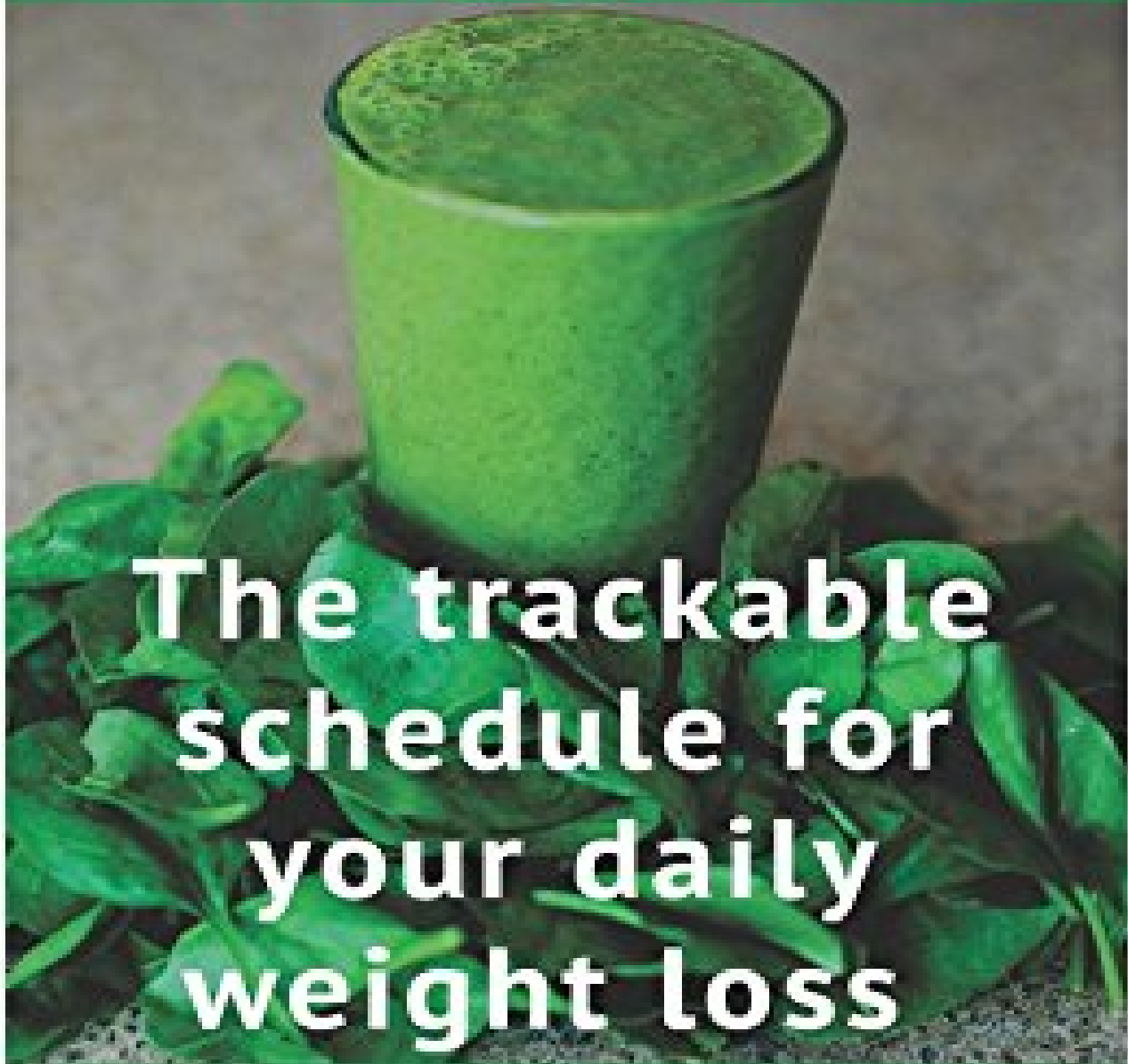


**Bonus  
inside**

# CHANGE YOUR DIET

A photograph of a tall glass filled with a vibrant green smoothie, likely made from spinach and other leafy greens. The glass is surrounded by a pile of fresh, dark green spinach leaves. The background is a neutral, light-colored surface.

**The trackable  
schedule for  
your daily  
weight loss**

by John Smith

# Resumo de Change Your Diet: The Trackable Schedule for Your Daily Weight Loss

People don't have the ability to slim down not since it is something impossible. Their efforts become fiascoes just because they do not understand the right method to a weight loss plan that is healthier.

They simply switch into a runaway Spartan diet thinking that as long they won't be adding calories to the system as they cannot eat anything. Plus they think it is a cut that is short weight loss.

Nothing is farther from the truth. Going on a starvation diet is not the way to weight loss that is healthier. On the contrary, it could grow to be counterproductive because you are thereby depriving the physical body of important nutrition.

What the physical body does when this occurs is to turn to the reserves stored in the muscles to make up for the deficiency.

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