

Simple Steps: 10 Weeks To Getting Control Of Your Life: Health, Weight, Home, Spirit By Lisa Lelas;Linda McClintock;Beverly Zingarella

By Lisa Lelas;Linda McClintock;Beverly Zingarella

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6 Easy Steps to Lose 10 Pounds Healthfully (Page 2) Pictured Tool: Next, calculate your daily calorie goal; to lose one pound a week subtract 500 calories.

A simple 3-step plan to lose weight fast, along with numerous effective weight loss tips. All of this is supported by science (with references).

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