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Week 1 Losing weight Getting started - Week 1 Welcome to Week 1 of your weight loss journey and well done for taking the first steps to a healthier lifestyle. Over the next 12 weeks weâ€™re going to help you make healthier choices to help you lose weight and keep it off. From today, weâ€™ll help you stick to a daily

weight loss journey - NHS

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Ingredients (makes 2 small glasses or 1 big glass): 1 how lose weight pdf kiwi. 1/2 apple. 2 big handfuls spinach. 2 teaspoons lemon juice. 2 teaspoons wheatgrass powder (optional)

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Get off to the best possible start on the NHS 12-week weight loss plan with these 12 diet and exercise tips. 1.

Don't skip breakfast. Skipping breakfast won't help you lose weight.

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