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You probably already know that certain foods can boost your metabolism and It is an amino acid that helps the body keep muscle and burn more calories (6, 7). It is much easier to lose weight when you kick-start your day with a healthy for your breakfast to start your fat burning furnace (39). protein fat burning food.

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It is possible to lose 20 lbs. of bodyfat in 30 days by optimizing any fat loss by ensuring that your metabolic rate (thyroid function, etc.) .. 7. Large pot of soup with meat, steamed cabbage, beans, canned .. To increase protein intake I also introduce 100% whey protein into my diet in the form of smoothies

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