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recruits and mentors a group  
of struggling dieters. He  
wants to prove they can lose  
weight for good by following  
his incredibly simple but...



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*BBC Two – Tom Kerridge's*

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Set yourself up for success with some small tweaks, starting at home. Do things that will help, not hinder, your weight loss. If you want to make that early-

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morning jog Waterstones lay out  
your running...

*How to Lose Weight for Good  
- WebMD*

For instance, there is good  
evidence that the  
Mediterranean diet, with

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unrestricted nuts and olive  
oil, can lead to  
improvements in body weight  
over a five-year period  
compared with a low-fat...

*How to lose weight for good,  
according to a dietitian*

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Other reasons for trying to lose weight may be as important to you as health. You might want to get fitter, get in-shape, look better, feel better or just be able to get into clothes which no longer fit.

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Whatever your reasons, you've made an important step by getting hold of this booklet. Read on to find out more about losing weight - for good.

*So you want to lose weight*

*Page 21/45*

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Tom Kerridge's Lose Weight for Good Tom recruits and mentors a group of struggling dieters. He wants to prove they can lose weight for good by following his incredibly simple but

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*Tom Kerridge's Lose Weight  
for Good episodes - BBC Food  
Juice fasting, low-carb,  
Paleo, the Master Cleanse—if  
you're someone who struggles  
with her weight, you might*

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always be looking for the  
hot new diet that will  
magically make it all  
easier. Sorry to...

*6 Things You Have to Give Up  
To Lose Weight For Good*  
National guidelines



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recommnd that, for  
sustainable weight loss, a  
reduction in calorie intake  
of about 600 a day is  
needed. This could lead to a  
weekly weight loss of around  
0.5kg (1lb). While it may  
not sound a great deal next

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to the promises of many quick-fix diets, it allows you to incorporate healthy eating habits into your lifestyle permanently, so you're more likely to keep it off for good.'

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*How to lose weight and keep  
it off - BBC Good Food*

Being active is key to  
losing weight and keeping it  
off. As well as providing  
lots of health benefits,  
exercise can help burn off  
the excess calories you

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cannot lose through diet  
alone. Find an activity you  
enjoy and are able to fit  
into your routine. 5. Drink  
plenty of water. People  
sometimes confuse thirst  
with hunger.

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*12 tips to help you lose  
weight - NHS*

Learn more about how to eat  
clean, lose weight, and love  
the food you're eating with  
1,200 Calories and More: The  
Complete Guide to Building  
Your Perfect Weight-Loss

# Download Free Lose Weight For Good By Tom Meal Plan from Good ...

*1,200 Calorie Diet Menu - 7  
Day Lose 20 Pounds Weight  
Loss ...*

The secrets of male weight  
loss revealed (and dieting  
isn't one of them) A leading

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UK expert in gender and health has studied the best ways for middle-aged men to lose weight - and it's much . . .

*The secrets of male weight loss revealed (and dieting*

*Page 31/45*

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Lose Weight for Good: Full-  
flavour cooking for a low-  
calorie diet eBook:

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customers use our services  
so we can make improvements,  
and display ads.

*Lose Weight for Good: Full-*  
*Page 33/45*

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*flavour cooking for a low*

...

In his various cookbooks - including his most recent one, *Lose Weight and Get Fit*, Tom has shared some of his favourite recipes with fans, including healthy meal

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ideas for lunch, dinner and some ...

*Tom Kerridge recipes: Tom Kerridge's Lose Weight For Good ...*

Dieting is the practice of eating food in a regulated

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way to decrease, maintain,  
or increase body weight, or  
to prevent and treat  
diseases such as diabetes  
and obesity. Dieting to lose  
weight is recommended for  
people with weight-related  
health problems, but not

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otherwise healthy people. As  
weight loss depends on  
calorie intake, different  
kinds of calorie-reduced  
diets, such as those ...

*Dieting - Wikipedia*

But remember, however much you

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change your eating and  
physical activity patterns, a  
weight loss of one pound (1/  
2kilo) a week is all you  
should expect. Losing weight  
too quickly may not be good  
for you (see page 28).

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*So you want to lose weight ...  
for good*

Being on a carb-free or  
ketogenic diet is currently  
in trend to stay fit and  
lose weight effectively. It  
either eliminates carb's  
consumption entirely or

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*5 Best healthy carbs for men  
to speed up their weight  
loss ...*

By adopting a new, healthy  
approach to eating you  
really can Lose Weight for



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Good. A Michelin Star chef,  
Tom Kerridge made his name  
on television competing in  
the Great British Menu for  
BBC2 two years running,  
where he won the main course  
twice.

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Losing this much weight can be a sign of malnutrition, where a person's diet doesn't contain the right amount of nutrients. You should pay particular

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attention if you experience  
other symptoms, such as:  
tiredness. loss of appetite.  
a change in your toilet  
habits. an increase in  
illnesses or infections.

*Unintentional weight loss -*

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