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At £50.40 a week, the Cambridge Weight Plan markets itself as cheaper than both LighterLife and Slim-Fast that cost £72.40 and £68.60 per week respectively. Side effects of the Cambridge diet While positive results of following the Cambridge Weight Plan might include substantial weight loss , some people who have tried the diet have claimed that they suffered a few side effects such as bad ...

The Cambridge Diet: how does it work and can it help you ...

BY Lyn Genet Recitas: THE PLAN (The Plan) Eliminate the Surprising "Healthy" Foods That Are Making You Fat--and Lose Weight Fast by Lyn-Genet Recitas (Jan 1, 2013) (THE PLAN) Published January 1st 2013 by Grand Central Life & Style. Hardcover, 320 pages. Author (s):

Editions of The Plan: Lose Weight Fast and Forever by ...

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6 ways to kickstart your healthy weight loss plan. Here are 6 simple things you can do to eat healthily and help you lose weight. You'll find lots more tips and information in our lose weight section. To reduce the amount of fat you eat, you could trim the fat off meat, drink skimmed or semi-skimmed milk instead of full fat, choose a reduced ...

How to diet - NHS

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Cambridge diet: 1:1 Weight loss plan - How it works and ...

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