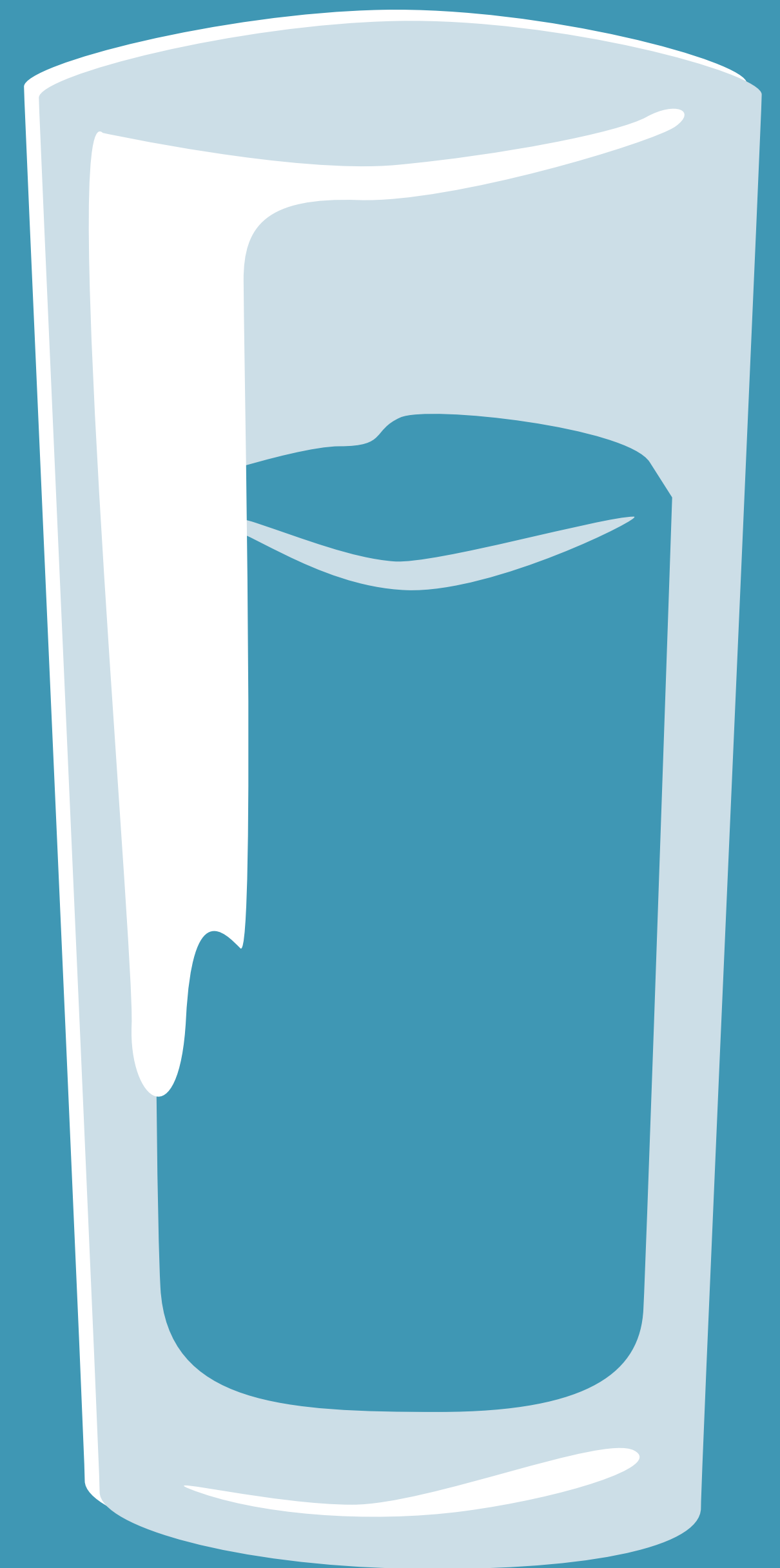


YOU ARE LOOKING



AT THE WORLD'S SIMPLEST **DIET**

STEP 1

Drink water instead of a sugary drink like soda, sweet tea or lemonade with lunch and dinner.

STEP 2

Shop for new clothes.



LOSE WEIGHT.
FEEL GREAT.

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