



The Shape Slim Down: A science-backed plan with daily recipes, bonus workout moves, and expert advice to to lose 10 pounds in four fast weeks.

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Drop the pounds for good—the healthy way. We did the research and put together the right amount and combo of calories paired with the most effective kind of exercise. You can do the workouts and drop 5 pounds, but if you pair those moves with the 40 delicious meals in our diet plan, you'll shed a total of 10 pounds. Follow our science-backed strategies to avoid the diet pitfalls, lose the weight, and keep it off for good.



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