

HEALTHY FOOD SCHEDULE TO LOSE WEIGHT

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[Eating Schedule for Weight Loss | Healthfully](#)

If you're eating three meals daily to lose weight and are feeling hungry on your weight-loss diet, try adding some snacks and eating about every three hours to avoid hunger. The 2012 study in Obesity reports that eating small meals or snacks every two to three hours reduces hunger more than eating three meals per day.

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Studies done on mice in which food particularly for those with diabetes or who are trying to lose weight. But the schedule Healthy or Not? Lose