

2-Day Diabetes Diet: Diet Just 2 Days A Week And Dodge Type 2 Diabetes

By Erin Palinski



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But there was a major hitch: Living on 650 calories a day 2 days a week isn't easy. The women wouldn't be able to stick to a diet that regularly left them starving <http://www.prevention.com/weight-loss/weight-loss-tips/weight-loss-plan-2-day-diet>

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