

DIETER

Meaning: DIETER: a person who restricts their food intake, often for the purpose of losing weight or maintaining a healthy lifestyle.

1. The dieter meticulously tracked her calorie intake every day.
2. Each week, the dieter celebrated small victories, like resisting dessert.
3. Being a dieter requires both discipline and a positive mindset.
4. The dieter joined a support group to share tips and stay motivated.
5. After months of dedication, the dieter reached her weight loss goal.

Source: sentences.whatistheurl.com

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