

What A 7-Day Diet Meal Plan Looks Like



Meal planning is a short term for taking your time to think and sketch out nutritious meals and snacks for a specified period. Once you have laid the framework for your diet plan, you can purchase the related ingredients for the specified meals on the menu scheme.

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A healthy eating plan gives your body the nutrients it needs everyday while staying within your daily calorie goal for weightloss. It will significantly lower your risk of heart disease and other health conditions.

A healthy eating plan stresses mostly fruits, vegetables, whole grains, low-fat or fat-free dairy products. It includes lean meats, poultry, fish, nuts, eggs, and beans. The diet plan limits saturated and trans-fats, sodium, and added sugars. It controls portion sizes.

So how would you go about planning calories? To lose weight, you need to reduce the number of calories you get from beverages and food and must increase your physical activity.

For example, if your goal is to lose 1-11/2 pounds on a weekly basis. You must reduce your daily intake to 500 to 700 calories.

Eating plans that contain 1,200 calories-1500 calories will help most women lose weight safely. Eating plans that contain 1,500-1,800 calories are suitable for men and women who weigh more or who exercise regularly. It is not advisable to use very low-calorie diets of fewer than 800 calories per day without being monitored by your doctor.

Health Benefits Of Structured Diet Meal Plans

With the busy lives that we live in planning ahead to have the right food choices at the right times can help you to stay focused and achieve your weight loss goals. Successful diet planning relies on nutrition knowledge, portion control, understanding food labels and calorie awareness.

Research studies have looked at whether structured daily diet plans and shopping lists or providing the actual food is more favorable than less structured guidance.

A US research study found that though calorie targets were similar for everyone in the study. People who followed the formal diet plan or who ate the actual food (that was provided to them based on a diet plan) lost more weight over six months (an average of 11.8 kg) than people using less formal guidance (8 kg loss).

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