



(Presented by Great Eating Habits website - <http://www.greateatinghabits.com>)

## Natural Ways To Lose Weight Fast Tricks That Are Essentially Painless!

Losing weight can be difficult for many people. The most effective weight loss tricks are often natural ways to lose weight fast and are simple and easy to follow to help you adopt some healthy eating habits. And there are also great ways you can get more active and burn more calories too. When I was writing down all the little tricks you can do to help you lose weight and get into shape, the movie from 1991, *What About Bob?*, came to mind. I don't know if you've seen it or even heard about it but it's one of Bill Murray's funniest films in my opinion. Here's a clip that shows Bill discovering Baby Steps, similar to what we mention below in that small things add up quickly and make it easier for anyone.

Well, I was going to insert the video clip here but for some reason it's not behaving so here's the link and you can watch it on YouTube: <https://www.youtube.com/watch?v=Yl6s6DGapug>

If you haven't seen *What About Bob* you can probably find it on Netflix or Youtube, highly recommended if you want to laugh out loud for a couple hours. OK, back to our weight loss tricks, it's the same principal that's in the movie, if you make small changes to your eating habits and try to get a little more calorie burning activity you will lose weight and keep it off.

Some people just aren't able to go hard core for medical or even behavioral road blocks. I really understand, going radical on any diet is tough. Temporary and crazy diets will never end well. If you're on one of the food provider programs (Jenny Craig, Diet Zone, Nutri-Systems, etc.), as soon as you stop eating their food, the weight creeps back.

**And my biggest issue is they sell processed food with the same crap that commercial brands do, look at the labels and you'll see what I mean.** You can't mass produce food without incorporating some necessary ingredients for it to stay fresh and survive the processing. **And they bash processed food in their literature and sales promotions, wow, talk about a total double standard.** All the companies who sell food are interested in the weight loss, not the healthy food content. Yes, they have improved over the years and try to help people incorporate better eating habits but in reality they are selling groceries and everything else is secondary. Fad diets are even more short term and often involve some crazy element that may even put you at risk. Then there's the count all the calories on some point system that will drive any normal person nuts trying to keep track. Nothing wrong with keeping a running daily tally of calories but making it too complicated defeats the whole program. Plus, calories are meant as a guide more than an absolute. Accuracy on food labels have been proven to be off as much as 25% (including the major brands of frozen dinners) and forget the restaurant menu counts since servings are often different at any of locations or kitchen staff.

Simple is good when it comes to eating healthy and making better decisions on what you eat. The amount calories often don't tell the real story, 100 calories of sugar and 100 calories of vegetables are not the same. And someone who tells you that the value of dark chocolate over some other candy is better and OK is kidding you and themselves. A 100 gram dark chocolate bar is 531 calories. Yes, that's better than eating the same amount of milk chocolate but it's not a better

choice for the 531 calories on top of your normal calorie intake. Sorry but a better solution is to eat 1/3 or 1/2 dark chocolate bar if you crave chocolate and fit the calorie intake into your normal meals.

And speaking of restaurants, in the past 10 or 12 years people are eating out a lot more. Part of it is social of course but it's also can be a time and effort saver. If you have a hectic schedule it can be hard to add an hour of meal prep to your already overloaded schedule. Then there is fact that restaurants want you to be a happy customer. So they increase the portion size and add all sorts of crowd pleasing high calorie options. How many times have you eaten so much of the appetizers or freebies like chips and dips that you can't even eat your meal? Can't really blame the restaurants for serving us what we want, it comes back to making less than good choices on healthy food. We're the one ordering the food, so it's up to us to try and keep it a little more healthy. The one good thing that's been changing is there are also healthier choices, so it's up to us to make better choices.

OK, enough of these random fun filled facts on diets and food, let's get to ways to slowly change you eating habits to be healthy and more fit.

## **Here's How It Works**

The key to good weight loss tactics are that they need to contribute to consuming less bad calories, making better choices, and increasing the calorie burn rate for most people. There are easy ways to lose weight without a diet plan, just start using some natural common sense tactics. Healthy eating habits with small changes in food choices, lifestyle, and even portions can add to any weight loss success. And be aware that even the word diet can be a problem for some people. The best long term method of dropping some pounds and increasing your activities is far less disruptive than hardcore changes that are difficult and impossible to do long term.

Weight Loss plans can be helpful to get you jump started on losing weight but for long term success in controlling your weight you need to adopt healthy eating habits. Diets are usually a short term solution for a long term problem. Easy weight loss tricks can help many to lose weight and keep the weight off over the long haul with minimal pain.

Any good weight loss program should contribute to the long term solution. Try to always keep in mind that radical changes are difficult to maintain, so small changes that don't require so much effort are usually easier in both the short and long term. Weight loss and healthy living is not a sprint, it's a marathon. It's OK just to make small changes in your eating habits to slowly adapt to a better and healthier lifestyle. If you make it too difficult, especially early in your weight loss plan, that can set you up for failure. Try to adapt slowly but surely to better food choices, a little portion control, and more exercise.

We've organized the best weight loss tricks into 3 different categories. Each category can provide ways to help you lose weight using a few small changes to your daily eating habits. No radical or craziness, and most are just common sense tactics to help you slowly but surely lose weight.

We try and update our best tricks often from both visitor suggestions and our own experience. And it is amazing how someone can suggest something entirely new that works, so check back often.

## **Good Long Term Weight Loss Methods (change eating habits)**

When you decide to adopt a weight loss plan, be sure to include your long range goals. Once you lose the amount of weight desired, it's just as important to figure out how to maintain your new weight. So changing your eating habits will help a lot in long term maintenance efforts.

Although there are many effective weight loss diets, almost all successful ones abide by these 5 rules.

1. If you fail, don't abandon your efforts. Never give up.
2. Don't punish yourself, absolute denial is not necessary.
3. Multiple meals per day are more beneficial than the standard 3
4. Figure out how to work exercise into your daily routine.
5. Watch out for carbs and sugar, choose the lower fat items.

Watch what you eat but don't just focus on your diet, try to eat healthy. Making good choices will work forever, and can greatly improve your health.

Don't cause yourself undo stress over eating the wrong thing. Try to change your eating habits gradually and realize that small changes add up. Don't panic and punish yourself if you run off the tracks. Just swing back into your plan and move forward.

The key to any diet plan is that you must lower your daily calorie consumption, adding in some extra exercise to burn more calories is also a very good idea. If you really want that dessert, plan on burning extra calories by extending your exercise. Or share with another person(s), you still get some dessert but it's half or less than it would be eating on your own and has less impact.

Leave notes on kitchen appliances, cupboards, pantries. Put alternatives in the notes to help motivate and give you a choice.

You don't have to have an absolute count of calories, a running total will work. It's impossible to accurately count restaurant items anyway, so just use a best guess and move on. I use the memo feature on my phone and it's quick and easy to keep a running count. Speaking of calories, a good way to establish how many you have now for a baseline is a great idea. So before you even start the weight loss program, track you calories for a week. Let's say you average 2800 per day before you start your program. So in your goals you decide I'm going to take that count down 20% (560). And forget that 2000 calorie limit that your see and read a lot, it's so bogus since everyone is different . For example a very athletic person (serious runner, a big team sports person, etc.) will be able to handle twice the calories that a person who sets at a computer all day. So the best way to deal with your individual needs is track yourself for a week and get a good idea of your present caloric intake and use that figure rather than some average number like 2000 that doesn't apply to everyone by any means.
































You hear a lot about carbs when it comes to diets and losing weight. But as usually there's more to the story, there are healthy carbs and unhealthy carbs.

Healthy carbs (or good carbs) include whole grains, beans, fruits, and vegetables. Healthy carbs are digested slowly, helping you feel full longer and keeping blood sugar and insulin levels stable.

Unhealthy carbs (or bad carbs) are foods such as white flour, refined sugar, and white rice that have been stripped of all bran, fiber, and nutrients. They digest quickly and cause spikes in blood sugar levels and energy.

You'll also hear about negative calorie foods or fat burning foods, named that due to the amount of calories it takes to digest these foods are greater than the calories of the food themselves. This another helpful factor but in itself is not going to make a huge difference. Although it certainly can be helpful, it's not a single solution. Here's a list of foods that fit this scenario.

## FAT BURNING FOODS

VEGETABLES	NATURAL STARCHY CARB AND WHOLE GRAINS	FRUITS	LEAN PROTEINS
 BROCCOLI	 YAMS & SWEET POTATOES	 BANANAS	 TUNA
 TOMATOES	 BEANS	 PINEAPPLE	 TOP ROUND STEAK
 CUCUMBERS	 CREAM OF RICE HOT CEREAL	 APPLES	 CHICKEN BREAST
 MUSHROOMS	 OATMEAL	 ORANGES	 EGG WHITES
 ONIONS	 WHOLE WHEAT PASTA	 PEACHES	 FLANK STEAK
 PEPPERS	 WHITE POTATOES	 STRAWBERRIES	 TURKEY BREAST
 SPINACH	 100% WHOLE WHEAT BREAD	 GRAPEFRUIT	 SALMON
 ASPARAGUS		 BLUEBERRIES	 BISON/BUFFALO

### Foods That Consume More Calories In Digesting Them Than They Contain!

Watch out for the sodium levels in any food, especially processed foods like soups, frozen dinners, and other canned goods. Food processing can add all sorts of things you don't need that act as color, freshness, and preservation and is why processed foods usually are not all that healthy.

A good goal to start with is one pound per week. Don't set unrealistic goals and set yourself up for failure. One pound a week is great over a long period of time and will allow anyone to achieve their goals. You will probably see the most weight loss in the first two weeks due to water retention levels and making better choices. And then the third week run into a temporary wall due to the nature of dieting. And remember that you do not want to starve yourself since that can send your body into the survival mode where it won't want to burn calories due to not knowing when it will receive more energy. Then there's also a possible bump in the road if you are adding some calorie burning exercises, that can add some weight due to increased muscle mass. Just be aware that you will have some ups and downs during the course of your journey that are the same for most.

### Daily Eating Tricks That Work!

Two American drink favorites, coffee and tea, combined with sugar are damaging to any diet. Caffeine can increase insulin in your body and reduce burning of stored fat. Throw in the sugar, dairy products, and flavorings most people add and what little calories you may burn will be the sugar, not the fat. And when you put any kind of dairy product in your coffee or tea, it can add up to 100 calories easy. Try reducing caffeine by 50%.

Speaking of caffeine and sugar, most soft drinks are loaded with both. So make sure you count them in your 50% reduction in caffeine intake. Soda is the poster child for empty calories along with alcoholic beverages.

When you sit down to a meal, drink a glass of water. It helps fill you up and can help you eat less. Alcohol or flavored drinks usually just add empty calories and this also helps you stay hydrated.

Eat slower! Allow time for your stomach to signal you it's full. Plus most digestive problems can be eliminated by eating slower and thoroughly chewing your food, and drinking more water with meals. This is a real problem for many people, they eat so fast that by the time they realize it, they are already way too full.

Eating foods without sugar or fat can take away some of the taste and enjoyment of your meals. One good way to compensate is to use more seasoning like any kind of pepper, garlic, herbs, and spices. Many spices are very good for your digestion. Also try lemon juice or vinegar to add a little flavor.

Don't skip meals (especially breakfast), burning fat is all about eating too. Five or six small meals allows you more fat burning time and keeps your metabolism up. It also helps you eat less since you don't feel so hungry when you do eat.

Check the labels on everything you buy at the grocery stores. It's important to be aware of what's in your food as manufacturers often hide large amounts of sugar or unhealthy fats in packaged food, even food claiming to be healthy when it's not.

Prepare more of your own meals. Cooking more meals at home can help you take charge of what you're eating and better monitor exactly what goes into your food. Not to mention you'll save money.

Only eat when you're hungry, ignore the clock. Small meals every 3-4 hours can be better for your digestive process. Try to balance what you eat, snacks that have large amounts of sugar and or salt taste good but are not very nutritious, commonly referred to as empty calories (no nutrition).

If you like chocolate, go with the dark varieties rather than the milk flavored. Dark chocolate has more antioxidant properties and small amounts are actually good for you. The key words here are small amounts.

The best portion control trick (especially with restaurants that serve way too much food) is to eat half and take home the other half to eat later. And you'll save on your grocery bill too. Given the amount of food that restaurants serve these days you can easily get two meals out of one.

Use apple cider vinegar on vegetables, salads, or on anything that works for you. Apple cider vinegar has many beneficial effects and is known to prevent high blood pressure and for breaking down fatty deposits. Some people add a couple spoonfuls to a glass of water and drink every day.

Sugar is to your weight loss goals as Darth Vader is to the rebellion. And it is every where you look. Because sugar can make anything tasted good, food manufacturers add it to everything so you'll like it and buy more. In the 1970s a new sweetener, corn fructose, was developed. It too is sugar regardless of the name. Soda uses corn fructose since it's cheaper and works better in their process of making soda.

All fat is not bad! In fact we all need a little fat in our daily diets such as essential fatty acids, Omegas 3, 6, and 9 are good for you.

## **Good Fats:**

### **Monounsaturated**

MUFAs, or monounsaturated fats can lower cholesterol, including LDL cholesterol, the bad kind; while increasing HDL cholesterol, the good kind.

Nuts such as almonds, pistachios, walnuts, and peanuts contain MUFAs. Avocados, olive and canola oils, also contain MUFAs.

### **Polyunsaturated**

Polyunsaturated fats also lower LDL cholesterol. Salmon and fish oil, as well as soy, safflower, corn, and sunflower oils have polyunsaturated fats.

## **Bad Fats:**

### **Saturated Fats**

Saturated fats increase LDL cholesterol, the bad kind. Saturated fats can be found in most animal products as dairy, meat, eggs and some seafood. A few plant foods can also be high in saturated fats like palm kernel, palm oil, and coconut oil.

### **Trans Fats**

Trans Fat, a product of our scientific community, created to make food last longer and work better in the food production process. Hard stick margarine, vegetable shortening, microwave popcorn, fast food French fries (although a few large fast food chains have recently switched to MUFAs) most contain Trans Fats. Recently many producers of packaged foods have eliminated Trans Fats and now state so on the labels, which is a very good thing.

Like a glass of wine or an alcoholic beverage at night with dinner? So do I but it can add some calories. One way to reduce the caloric intake is to mix equal parts of wine with water (I have one glass serving but break it into two glasses - half water - after a day or two you don't even notice). Same with the hard liquor, use a half of shot in two instead of one with full shot.

### **Exercising Tricks (burning more calories)**

There is a huge debate on the best time of day to exercise. Some say the morning is the best since you are less likely to skip the workout and you start burning fat first thing in the day. Others say that you will burn more fat if you exercise late in the day or early evening. I say the best time is when you have the time and will do it.

When doing any kind of exercise, raise your level of activity for short bursts. This is called Interval Training and is supposed to be very effective for weight loss and burning more calories. It also helps raise the cardiovascular effect of any exercise routine. As an example if you walk for 2 miles every day you can speed up for a few minutes, then slow down for a few. This does appear to increase your caloric burn rate.

Any daily exercise is good for losing weight. That being said, never push yourself beyond any physical limits. If you have any type of medical condition or are on medication, always check with your doctor before starting any exercise routines.

Try to work your exercise into your daily routine, do something you like, do it with others, take your pet. Do what ever you can to make it enjoyable and something you look forward to rather than a forced participation.

Start any exercises out slow and warm up gradually.

If you hurt yourself or feel any pain - that's from anywhere - stop immediately and seek medical help. Never take a chance with any chest pains or signs of labored breathing.

Walking, dancing, jogging, swimming, bicycling (stationary or real), sport activities like tennis, basketball, softball, etc. can all help you burn more calories and not even know you are exercising.

Sitting at a desk all day? Learn how to burn more calories without exercise during your work day. Get up and stretch every hour, tap your feet, walk around on your coffee breaks, park far away from entrances, take the stairs when ever you can.

Another good weight loss trick is to find some kind of exercise that you enjoy doing. It can be as simple as taking walks, or some type of team sport like bowling, playing tag with your kids (trust me, you'll love it and so will the kids). Keep it simple and fun but get some kind of activity going and stay with it.

Here's a list of easy exercises that almost anyone can do and what the calorie burn rate is for each.

Hourly Calorie Burn Rate (not exact but a good rule of thumb)

240 - Bicycling - 5 mph

240 - Walking - 2 mph

275 - Swimming - 75 yds lap per minute

320 - Walking - 5 mph

400 - Tennis

410 - Bicycling - 10 mph

500 - Jumping Rope

500 - Swimming - 150 yds lap per minute

740 - Running - 5 mph

920 - Running - 7 mph

Any of these weight loss tricks can contribute to better health and eating habits. Little changes, one at a time, can make a huge impact on losing weight over the long haul. No matter which diet plan you may use, or you don't use any special diet, these tricks can help you achieve your weight loss goals and get you in shape too.

As we discussed on our web page, do it yourself diets are not for everyone. Some people need a little more help in the form of both support and direction. If you want a bulletproof diet plan with all the bells and whistles like meal plans, peer support, and step by step instructions there are two we recommend. The reason we chose two is not everyone can fit one method since we all have some individual needs. So we chose one for people with health issues like Diabetes or eating limitations due to health concerns, and one for generally healthy people that are overweight and want to look better and feel better. **You can go here to find out more about our suggested diets:** [www.greateatinghabits.com](http://www.greateatinghabits.com).

## Additional Resources

There is a lot of what I call white noise on the Internet about losing weight, diet programs, and all sorts of gimmicks to lose weight. We've sifted through all the misinformation and out and out wrong information and created what we feel are the best valid (realistic, backed by science, and proven through testing) sources. The problem with many websites is they have a vested interest in the information presented so always do your own research.

Here's a good US Government website devoted to weight loss and has some good general information:

<https://www.nutrition.gov/weight-management/strategies-success/interested-losing-weight>

Another good US Government website of the CDC:

[https://www.cdc.gov/healthyweight/losing\\_weight/](https://www.cdc.gov/healthyweight/losing_weight/)

And another very good website on all the myths of weight loss is here:

<https://www.niddk.nih.gov/health-information/health-topics/weight-control/myths/Pages/weight-loss-and-nutrition-myths.aspx>

I've always liked lists of food with their nutritional values so I've include a few below that are based on specific values for you to keep handy for reference when doing any meal planning (or checking on other meal plans to make sure they aren't pulling your leg).

Here's a great website with a database of every type of information that might be helpful to you when selecting foods for meal plans or even at restaurants. You just fill in what you are looking for, like highest fiber, protein, moisture, sugar or glucose, etc. You can drill down as far as you want for very specific information. The only issue is that they have a worldwide list of foods so you might see some you've never heard of before or find in your neighborhood grocery store.

<http://nutritiondata.self.com/tools/nutrient-search>

Put that link on your smartphone and you can access it while you're ordering in a restaurant. You can see exactly what the real deal is on what they are serving within reason. Just keep in mind that portion control is the trick in eating at any restaurant.

## **New healthy Food Services - A Great Idea But Are The Worth It?**

I'm sure you've seen or read about all the new food services that will deliver food right to your door that is healthy and convenient. I've seen too many diets go down the drain because of lack time and energy, so it's great to have something quick and easy for those kind of days. I have two fall back choices for those days, a smoothie that I have in the freezer (more on those below) and some prepared foods from a healthy food service.

There are two ways most of these meals come, frozen for fast and easy prep or just the ingredients and you get to cook them yourself. I've tried several that were OK, they all offered diversity is always a good thing.

But I did try one that stood out from all the rest in some important ways. The nutritional value was extremely reliable and the selections were very diverse and appetizing. The thing I like best about this whole concept is some days you just don't have the time or energy to cook and these are a much better fallback solution than going to a restaurant. Check it out and see if it's of interest here: <https://www.petespaleo.com/>. The only drawback I see to any of these services is they are pricy. If you go to the grocery store and buy the best brand of similar foods you're going to pay about \$9-10 for single serving, but the online services are at least double that (you do get a break for ordering a meal for 2 or 4 people).

I buy about five meals at a time and it runs about \$130. About the same or a little less in a good healthy food restaurant but I don't have to drive over and get it. You're paying for convenience so it is what it is.

## **Depending on Where You Live - There Might Be A Great Local Healthy Foods Deli!**

I live just south of Seattle and I've found a Deli/Grocery store that does the best job of providing absolutely healthy foods in raw and prepared forms. If you live in a bigger city you probably have Whole Foods or a Trader Dicks that are pretty good. But they don't hold a candle to my local favorite, just my opinion but you may find the same true in your community so look around and ask people for recommendations. Here's a link to my favorite if you live in the Seattle area (or just want to look at what they offer): <http://www.marlenesmarket-deli.com/>.

## **Everybody Loves Diet Shakes**

Diet or Weight Loss Shakes are easy to make and can be a perfect meal replacement. You can make sure you get the nutrition you need and nothing else. When I make primarily fruit shakes I like them cold. But when I do vegetable shakes I warm them up (more soup like) since I can't drink something green or worse that's cold :). I'm made a ton of different



versions but I find that I always go back to the simple recipe below. I also like to keep it simple, no protein powder or additives, just natural ingredients.

I make 2 or 3 at a time and freeze the extra for a quick snack or meal. I've also found what I consider to be the best and easiest to clean blender on the market. It's a Hamilton Beach Personal Single Serve Blender for under \$20 at your local Target or Walmart and online at Amazon. It's small, quick to clean, and simple. My current one is about 2 years old and I use it every day almost. Now if you're going to make multiple shakes or smoothies, a big blender could be better since it will hold more but for one off quickie shakes you can't beat the Hamilton model.

Here's my best two diet shake choices and a url for many more:

### Green - Vegetable Shake

You can use this recipe with 1/2 cup for a meal replacement or 1/4 cup of each for snack.

Spinach  
Peas  
Broccoli  
Avocado  
Edamame

Optional - If you have a pepper of choice (I'm partial to Peperoncini) throw it in for taste and nutrition. I also add a pinch of garlic and basil for a little more flavor.

This shake has 8 grams of protein and 7 grams of fiber on the 1/4 cup snack version and double that for the 1/2 cup meal replacement version. It also has lots of minerals and vitamins. Once I run it through my blender I heat it up, so it's kind of like a warm soup.

### Purple Fruit Shake

I don't use any additives like dairy, yogurt, or sugar. The fruit has all the sweetness I need and my goal is to have a fruit shake that is all natural. And I rarely put anything in that isn't a fruit (very little protein in these, just moisture, fiber, minerals, and vitamins). I do like to keep the fructose down to minimum.

Blueberry (Blackberry just as good)  
Cantaloupe  
Cranberry  
Passion Fruit  
Pear

These fruits have high moisture and fiber with lower fructose which is my target. I go with a 1/4 cup if I use all five fruits but sometimes I go with 2-3 and then may up the quantity to 1/2 a cup. And I like the flavor but you can adjust to whatever is better for you. Just watch the fructose so you don't overload. And there is a lot of minerals and vitamins besides the moisture and fiber in this group too. I don't use this as a meal replacement but as a snack that tastes great and makes sure I get some fruit into my daily diet.

You can get pretty creative with fruit shakes, so experiment all you want. I have a friend that has created a fruit combo that tastes like a piece of apple pie.

Here's a great website with some really different recipes for shakes and smoothies. I don't do any of them straight from the website but they do give you some great ideas to adapt to more healthy and nutritious versions.

<http://www.realsimple.com/food-recipes/recipe-collections-favorites/healthy-meals/healthy-breakfast-smoothies/spinach-grape-coconut-smoothie-0?>

## Good Meal Plans - Boy Is This A Challenge

I don't even know where to start on meal plans for weight loss. First off I see crazy ingredients that nobody would have in their cupboard or maybe even in the nearest grocery store. I've seen so many that would torpedo any diet program trying to exactly duplicate the items in any given meal. A good example, I saw a breakfast that suggested roast Kale and several varieties of nuts. OK, that's healthy in regard to nutritional content but I'm not a Kale person and I'm not roasting Kale and nuts in the morning, sorry. For some that might work but I don't think that's very realistic for most people.

One of the best meal plans that I've run across is from Good Housekeeping (magazine). The appeal is that they use foods that are easily prepared, found in grocery stores, and foods that you already eat. The more exotic and difficult to prepare, the faster most dieters will kick those meal plans to the curb. This is where the good old KISS (keep it simple stupid) philosophy really works. Don't add to your stress by adding one more possible roadblock to your weight loss goals.

Here's an example of the Good Housekeeping meal plans:

### Day 1

#### Breakfast

- 3/4 cup bran flakes, 1 banana, 1 cup fat-free milk

#### Lunch

- Sandwich: 1 mini whole wheat pita, 3 ounces turkey breast, 1/2 roasted pepper, 1 teaspoon light mayonnaise, mustard, lettuce
- 1 stick part-skim mozzarella string cheese
- 2 kiwifruits

#### Dinner

- 4 ounces broiled flounder or sole
- 2 sliced plum tomatoes sprinkled with 2 tablespoons grated Parmesan cheese, broiled until just golden
- 1 cup cooked couscous
- 1 cup steamed broccoli
- 1 fat-free pudding cup:

This meal plan is pretty simple but I would make some changes. I'd lose the string cheese and go with cheddar. And I have no interest in the fat-free pudding so maybe replace with yogurt. BTW, the plum tomatoes (or any tomato) that is broiled with Parmesan Cheese is very good if you've never tried them. The best meal plans are ones you make yourself

for the most part. I suggest you find one with the basics and then substitute items with the same food value that you prefer. But keep it simple and use items that are healthy but that you like. It's all about simple and easy changes, not making you a gourmet chef and using unfamiliar food items.

You can find the Good Housekeeping Meal Plans here:

<http://www.goodhousekeeping.com/health/diet-nutrition/advice/a20559/lose-weight-meals-oct04/>

OK, that's all I have for now on Weight Loss Tricks and Tips. We do add, update, and include readers tips often. So check back often. You can email us with your suggestions, complaints, whatever at [Tips@greateatinghabits.com](mailto:Tips@greateatinghabits.com).

Good luck with your weight loss and remember to never give up!!!