

Creating your weight loss plan

Now that you've determined your daily calorie needs for healthy weight loss, you can build a well-rounded, calorie-controlled meal plan of bowl foods and snacks.

How to create your meal plan

Each meal bowl recipe gives you the information you need to put together a daily healthy, or healthy meal plan that fits with your calorie and dietary needs. If you're on a calorie budget of under 300, 400, or 600 calories, look up a recipe to identify and choose recipes for your meal plan.

1 Your daily calorie target

Using the information and guidelines on the previous pages, determine your calorie target based on the needs for healthy weight loss (500 calories fewer than the daily recommended calorie needed for weight maintenance).

2 Pick your bowls

Choose three bowls with calorie counts that together add up to about 200 calories fewer than your daily calorie target. Each recipe and its nutrition information is based on a single serving, and bowls are categorized by meal preparation speed, or potentially allowing you to make a meal plan that fits with your lifestyle.

3 Supplement meals with snacks

Use your knowledge that calorie counts between the three bowls and your daily calorie target have helped. Snacking between meals will keep you from feeling hungry and prevent those snack-purchase temptations that you're not fully in control of. Healthy snacking or combining of meal bowls.

Smart snacking

Below is a sampling of bowls with fewer than 100 calories. Add these to your three bowls to help meet your healthy goals or change your eating habits. Additions include:

- 1 apple, 1 orange, or a whole banana
- 1/2 cup (100g) unsweetened almond milk
- 1/2 cup (100g) 1% fat Greek yogurt, 1/2 cup honey, and a little ground cinnamon
- 1 hard-boiled egg
- 1/2 cup almond butter
- 1 whole avocado
- 25 baby carrots with 2 tbsp hummus
- 1/2 cup (100g) unsweetened almond milk
- 1/2 cup (100g) 1% fat Greek yogurt, 1/2 cup honey, and a little ground cinnamon
- 1 hard-boiled egg
- 1/2 cup almond butter
- 1 whole avocado
- 25 baby carrots with 2 tbsp hummus

How to plan a day

This sample meal plan uses a combination of bowls and snacks to meet your daily calorie needs and help you stay full. It's based on a daily weight loss calorie budget of 1,300 calories, the requirement of a moderately active 20-50-year-old woman.

300 Breakfast + **100 Mid-morning snack** + **400 Lunch**



+ **100 Afternoon snack** + **400 Dinner**



About 1,300 calories
That's under your calorie goal for the day!

Remember the biggest tip: calories in, calories out. Keep your weight loss plan on track by keeping your calorie goal.

Remote Jobs Weight Loss Plan Guide

Y Pai



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This book delves into Remote Jobs Weight Loss Plan Guide. Remote Jobs Weight Loss Plan Guide is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Remote Jobs Weight Loss Plan Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Remote Jobs Weight Loss Plan Guide
 - Chapter 2: Essential Elements of Remote Jobs Weight Loss Plan Guide
 - Chapter 3: Remote Jobs Weight Loss Plan Guide in Everyday Life
 - Chapter 4: Remote Jobs Weight Loss Plan Guide in Specific Contexts
 - Chapter 5: Conclusion
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6. In chapter 5, the author will draw a conclusion about Remote Jobs Weight Loss Plan Guide. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Remote Jobs Weight Loss Plan Guide.

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