

Quick and Easy Meals to Lose Weight

In this day and age of fast food it is not easy to lose weight. Standing over a stove for half an hour to an hour compared with readily made greasy cheeseburgers that are consumable in a matter of minutes is a no-brainer. This is the main reason America today is the most obese country in the world.

Fixing a healthy and nutritious meal nightly is an undertaking that most busy Americans just do not have the time for anymore. However, it is extremely important to get back to making healthy meals at home instead of opting for the quick and easy drive-thru. There are a vast amount of healthy recipes that can be made in less time than it can take to order, pay and pick up McDonald's.

Knowing what a healthy diet consists of is the first step in creating a healthy meal. In any diet, protein is an important element. Protein is so important that it cannot be cut out as many people think they can with cutting out meat.

Whether you are a vegan or not, your diet needs protein. If you are a vegan, substitute red meat with whole-grain foods and vegetables, if you are not, reduce the amount of red meat found in your diet. Red meat consists of high concentrations of bad protein.

To lose weight, cut out of your diet, or reduce drastically, the amount of fat intake. Saturated fats from whole milk, most chesses and red meat add pounds quickly. Add items like canola oil, soybean oil, and olive oil to your cooking for weight loss assistance.

It is often said that cutting out carbohydrates from your diet will help you lose weight. Whereas, this is true, it is also not healthy to completely be without carbohydrates. Complex carbohydrates, such as cereals, fruits and vegetables, and pasta, increase stamina and energy.

Limiting the intake of caffeine is another great diet habit to assume daily. Reducing the amount of caffeine ingested will greatly enhance your weight loss. As will reducing alcohol intake, both to the amount of less than three units a day.

Not substantially hard to make, eggs benedict and cheese souffls are high protein meals. Reduce the amount of fat and grease ingested by cooking omelets and vegetable pies in the oven. Without the greasy meats like pepperoni and sausage, pizza is a great source of all food groups.

An example of a weight loss pizza is a margherita pizza. Salads can be served as an excellent and healthy dinner. Good health and weight loss are promoted by eating melon and chicken salad, spinach salad or chef salad.

Any fish dish can be a healthy and quick meal that can help lose weight. Children will have fun and eat their veggies with a vegetable shish kabob. Another way to get the children to eat their vegetables is by serving eggplant parmesan and spinach bakes.

Recipes that are fast and easy to make can be prepared the night before or just after work without effort. The healthiest meals that involve vegetables and proteins are the ones that keep you out of the drive thru. No matter how busy your life, it is better to eat healthy and lose those fast food pounds.

About the Author

A lot of people are using planned meal programs, like the south beach diet. You jump-start this diet with a brief low carbohydrate period. You just eat the foods that are planned for you. The meal plan is adjusted to your special situation. [losing weight fast](#)

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