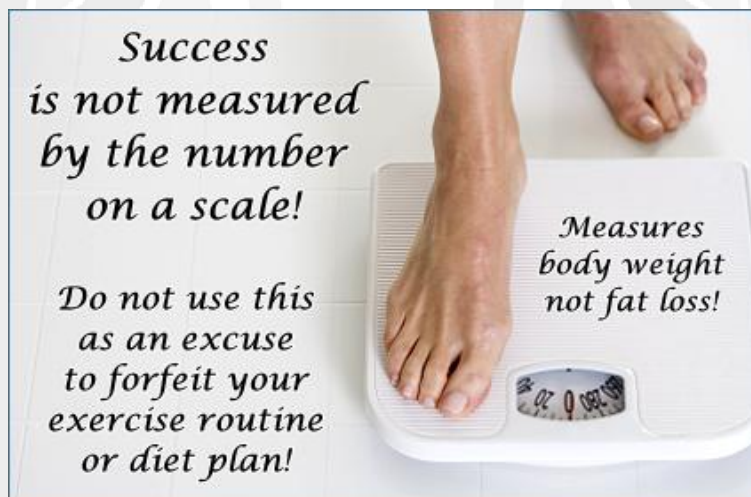


## Balanced Healthy Eating Diet Plan Guide!

Let us begin by defining fat loss and weight loss.

- **Fat Loss** - When you want to lower your body weight by reducing body fat. Healthy goals are 15% for women and 10% body fat for men.
- **Weight Loss** - When you want to lower your body weight, targeting the entire body, including the weight of your muscles, bones, organs, and body fat.



If you are seeking to lose weight, it is more than likely because you believe that your body is carrying more body fat than you desire. Two people with comparable height can weigh roughly the same but look entirely different because one may be carrying less body fat than the other. Your body weight can also fluctuate daily since it is influenced by your stomach, bladder, and bowel contents, water retention, and muscle gain or loss.

Pictures, mirrors, and clothes are the best measure for gauging successful fat loss. The body weighing scale is misleading and can become your worst enemy by damaging your motivation and self esteem. Muscle tissue is denser than fat tissue, therefore when you lose fat and gain muscle your body measurements will change even though your weight does not.

By increasing your body muscle mass with a balanced diet plan and strength routine, you will also increase your metabolism and that will therefore enable you to burn more calories. If your goal is to build body muscle mass to effectively reduce and burn body fat, make certain to keep your calorie intake to about 1,200 calories daily. If you are consuming less than 1,200 calories daily, your body will enter famine mode and begin to store and hold onto fat.



**Men aged 20-50 years of age, average height, healthy weight and regular physical activity.**

meal	portion size	food group
<b>Breakfast</b>		
Wholegrain toast with polyunsaturated margarine	2 slices toast 2 teaspoon margarine	2 grain serves 10g unsaturated spread ( 1 serve )
Baked beans	½ cup canned beans	1 vegetable serve
Tomato	1 medium tomato	1 vegetable serve
Glass of reduced milk	1 cup (250ml)	1 milk/yoghurt/cheese serve
<b>Morning break</b>		
Apple	1 medium	1 fruit serve
Coffee with milk	200ml (small coffee)	¼ milk/yoghurt/cheese serve
<b>Lunch</b>		
Wholegrain sandwich with roast beef, reduced fat cheese and mixed salad with polyunsaturated margarine	2 slices bread 65g roast beef 20g cheese 2 teaspoon margarine 1 cup mixed salad vegetables	2 grain serves 1 meat and/or alternatives serve ½ milk/yoghurt/cheese serve 10g unsaturated spread (1 serve) 1 vegetable serve
<b>Afternoon break</b>		
Unsalted nuts	30g	1 meat and/or alternatives serve
Coffee with milk	200ml (small coffee)	¼ milk/yoghurt/cheese serve
<b>Evening meal</b>		
Pasta with beef mince and red kidney beans, tomato and green salad with olive oil and vinegar dressing	1 cup of cooked pasta 65g cooked mince ¼ cup kidney beans 1½ medium tomato ½ onion 2 cups green leafy salad 2 teaspoon unsaturated oil	2 grain serves 1 meat and/or alternative serve 1½ vegetable serve ½ vegetable serve 2 vegetable serves 14g unsaturated oil (2 serves)
<b>Evening snack</b>		
Fruit salad and reduced fat yoghurt	1 cup diced fresh fruit 100g yoghurt	1 fruit serve ½ milk/yoghurt/cheese serve



**Women aged 20-50 years of age, average height, healthy weight and regular physical activity.**

meal	portion size	food group
<b>Breakfast</b>		
Wholegrain breakfast cereal, with reduced fat milk	60g cereal 1 cup (250ml) reduced fat milk	2 grain serves 1 milk/yoghurt/cheese serve
Reduced fat yoghurt	100g yoghurt	½ milk/yoghurt/cheese serve
<b>Morning break</b>		
Coffee with milk	200ml (small coffee)	¼ milk/yoghurt/cheese serve
<b>Lunch</b>		
Sandwich with salad and chicken	2 slices bread 40g chicken 1 teaspoon margarine 1 cup salad vegetables	2 grain serves ½ meat and/or alternatives serve 5g unsaturated spread (½ serve) 1 vegetable serve
Apple	1 medium	1 fruit serve
<b>Afternoon break</b>		
Unsalted nuts	30g	1 meat and/or alternatives serve
Coffee with milk	200ml (small coffee)	¼ milk/yoghurt/cheese serve
<b>Evening meal</b>		
Fish prepared with olive oil	100g cooked fillet of fish	1 meat and/or alternatives serve
Boiled rice	14g unsaturated oil	14g unsaturated oil (2 serves)
Potato	1 cup boiled rice	2 grain serves
Carrots	½ medium potato	1 vegetable serve
Broccoli	½ cup	1 vegetable serve
½ cup	½ cup	1 vegetable serve
<b>Evening snack</b>		
Plums and reduced fat yoghurt	1 cup stewed plums 100g yoghurt	1 fruit serve ½ milk/yogurt/cheese serve





Naturally it is not practical to consume the same meals every day, the above balanced healthy eating plans are just guides to get you under way with the planning of your own daily healthy diet and meal plans.

Use the above plans as a guide and substitute similar meals, paying close attention to food groups and portion size. By creating a healthy daily meal chart you can avoid inadvertently breaking your healthy eating routine through confusion or lack of cuisine.

### **The Importance of counting calories.**

Regarding weight loss or weight management, most people want to reduce the calorie intake from food and beverages (energy IN) and increase their physical activity (energy OUT).

For a weight loss of 1 kg (2.2 pounds) per week, calorie intake should be reduced by 500 to 1,000 calories per day. Generally speaking:

- Healthy Eating Plans that contain 1,000–1,200 calories each day will assist most women in reducing weight safely.
- Healthy Eating Plans that contain 1,200–1,600 calories each day will assist most men in reducing weight safely.
- Healthy Eating Plans that contain 1,200–1,600 calories each day is also appropriate for women who weigh 75 kg (165 pounds) or more, and indulge in regular physical exercise.

If consuming 1,600 calories each day and are noticing no weight loss, then you may want to reduce your intake to 1,200 calories. Please give your body time to adjust to the healthy eating plan and do not expect results after just one day. Very low calorie diets of fewer than 800 calories each day are not recommended, and should not be used unless you are being monitored closely by a qualified healthcare professional or your doctor.

As carbohydrates bind to water, eating fewer carbohydrates will formulate faster weight loss by reducing water retention. This is the reason many people lose so much weight in the first two weeks of starting a particular diet. Keep in mind that carbohydrates are required to supply the energy for the body to participate in a strength training routine.

You will gain body muscle while effectively losing body fat when you participate in a strength training routine. The body weight scale will show minimal progress in your quest to reduce body fat as it does not measure body toning. When gaining body muscle and losing body fat, your body measurements will change. Use a tape measure to monitor your progress if you must, but better still, gauge your progress by your higher energy level and obviously increased fitness level. Above all else, stray strict to your dietary plan and strength training routine.

COSMICSOLUTIONS hope that you will find this healthy diet plan guide useful in your ongoing quest to live the best possible life you can. Stay positive and focused on your vision for a healthier you!

Good health makes life more enjoyable: [more information](#)

Strength training to improve overall health and fitness levels: [more information](#)

Protein powders for high quality supplements to facilitate muscle recovery: [more information](#)