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Morellifit meal plan

Meal planning is more than just what you'll be eating. It's about making smart choices that work for your personal daily life and tastes, as well as what is safe for managing diabetes. Get the basics down and you'll be a pro in no time. Timing meals to keep blood sugar levels balanced is no small task. Learn these tips to make your life easier: Prep for quick meals Time (or lack of it) can be a challenge for everyone. Eating healthy can be hard when balancing everything in your life. Take the time to plan before you shop, then stock your kitchen so everything you need for a quick meal is on hand. Find tips for meal planning for any eating pattern. Go heart-healthy Get tips on how to protect your heart by eating right. It all boils down to making the best choices for you that keep saturated fats, sodium and portion control in check. The more you do it, the easier it gets. Get heart-smart. Need some inspiration or just some help getting started? Healthy meal-planning can be hard—but with our Diabetes Plate Method, it's never been easier! Get the Create-Your-Plate Diabetes Cookbook, the essential guide to diabetes meal planning. Buy the cookbook From Tex-Mex to soul food, 4-ingredient recipes to an entire monthly meal planner—we have tons of books to make meal planning easier. Explore our cookbooks. Eating healthy foods is important to make sure your body gets the nutrients it needs every day. It is also important to stay within your daily calorie goal, whether that's designed to help you lose, gain, or maintain your current weight. Eating healthy foods will help to lower your risk for heart disease and other serious health conditions. By planning out your meals ahead of time, it is more likely that you'll make healthy food choices rather than choosing food for convenience instead. Path to well being Before you go to the grocery store, it can be helpful to sit down and consider what you'll need to make a healthy eating plan. Look for recipes that are easy to make in bulk, especially if you'd like to plan out and make your meals in advance. Many people find that cooking and packaging their meals on the weekend for the coming week helps keep them committed to healthy eating. Depending on your taste preferences, your menu should include: Plenty of vegetables and fruits. A general rule of thumb is that veggies and fruits should take up half of your plate. Whole grains. At least half of your grains should be whole grains, which provide more fiber and nutrients than refined grains. You can look at the labels for terms like "100% whole wheat" or "100% whole grain." Fat-free or low-fat dairy products that contain calcium and other essential nutrients but have fewer calories. Lean meats and other sources of protein, such as beans, eggs, and nuts. Limited saturated and trans fats, sodium, or added sugars. If you are using ingredients such as mayonnaise, butter, or salad dressing while cooking, try those that are lower in calories and total, saturated, and trans fats. Be sure to factor in snacks and meals that you can eat on the go in your grocery trip as well. This might include fruits, washed and chopped vegetables, yogurt, low-fat cheeses, whole-grain crackers or breads, and protein choices like nuts or low-fat turkey slices. Also, consider buying a week's worth of food containers. This way, if you prep meals a week at a time, you'll have an organized way to store them for grab-and-go. Making healthy food choices is important for your body no matter how much you weigh. It's not just about the number on the scale. However, if you are working to slim your waistline, your diet will be very important. To lose weight, you usually need to reduce the number of calories you consume and increase your physical activity, or the calories you burn. The National Institutes of Health says that if you want to lose 1-1.5 pounds per week, your total daily calorie intake should reduce by 500-750 calories. This does not mean you should cut out all food. You must eat to remain healthy. For most women, eating 1,200-1,500 calories each day can help you to lose weight safely. For men or for women who weigh more or exercise regularly, an eating plan that contains 1,500-1,800 calories per day can help you to lose weight safely. Do not follow diets with an intake of fewer than 800 calories per day without first speaking to your doctor. They will want to monitor you if this does end up being a necessity for your health. Questions to ask your doctor How do I know if I'm eating too many calories a day for my body type? Am I at a healthy weight? If not, how much do I need to lose or gain? Are there any specific nutrients I'm lacking that I should focus on in my meal plans? How often is it okay to splurge on unhealthy meals, like fast food? Copyright © American Academy of Family Physicians This information provides a general overview and may not apply to everyone. Talk to your family doctor to find out if this information applies to you and to get more information on this subject. I've always been a fan of pre-travel planning, to the point that I build a packing grid before every trip. The packing grid includes outfit components for every day of travel (based on predicted weather and activity), as well as a list of essentials that I don't want to leave behind: Advil, Band-Aids, my Fitbit charger, etc.When's the last time you went on a vacation and felt confident that you'd packed everything you...Read moreWhen I was planning my most recent trip, a book-and-teaching tour that covered four states in thirteen days, I added a few extra rows to my packing grid. These rows covered breakfast, lunch, and dinner for every day of the trip: what I planned to eat, and where I planned to eat it. Here's how to set up a similar plan ahead of your next big trip:How to Plan Meals While TravelingIf you want to create a travel meal plan, here's what you need to consider:Where you'll beHow much time you'll haveHow long it'll be before your next mealHow much you want to spendWhether this should be a "special meal"Let's break each of those down:Where you'll be: In a hotel? On a highway? At an airport? Your location will help determine your options—and whether you want to take advantage of those options or plan ahead for something different (like stopping by a supermarket before checking into your hotel vs. ordering room service after you arrive).How much time you'll have: Is this a situation where you can take a leisurely lunch, or will you need to catch a bus in the next 30 minutes? Did you schedule back-to-back meetings, or promise the grandparents you'd arrive by 5 p.m.? Knowing how much time you have to eat will help you know what type of meal to plan—and ensure you fit it into the schedule.How long it'll be before your next meal: This is important. If you're about to board a five-hour flight, you'll probably want a different type of meal than, say, if you're planning to visit a relative who will offer you delicious homemade cookies as soon as you arrive. Knowing when you're likely to eat next—and what that meal will be—can help prevent undereating or overeating.How much you want to spend: Check restaurant websites and make sure they're within your price range.Whether this should be a "special meal:" Traveling often means trying new restaurants and racking up larger-than-usual tabs, but if you're hoping to stick to a budget, it's useful to designate a few meals as "special" and let the rest of them be lower-cost or "ordinary." Knowing that you have a special meal coming up also gives you something to look forward to.I used a combination of Yelp, Google Maps, and restaurant websites to choose the restaurants I planned to visit, and wrote those restaurant names into my travel spreadsheet underneath the itinerary (and matching outfit) for each day, e.g. "Breakfast: free at hotel; lunch: World Foods next to Bolt Bus stop; dinner: Hearthstone." If you don't want to do the full spreadsheet, you could calendarize your meal plan or drop it into your favorite to-do app.When out and about, I used to put all my ideas into a pocket notebook. Then I switched to emailing...Read moreThe Benefits of Knowing Where Your Next Meal Is Coming FromPlanning my meals in advance was a game-changer. Instead of having to ask myself, every few hours, where I was going to eat and how far I'd have to go to get the food, I was able to start my day with a plan. Maybe that meant having continental breakfast at my hotel, taking an extra banana/bagel/yogurt back to my room for lunch, and meeting friends for dinner. Maybe it meant mixing up some of the meal replacement powder I'd packed in my carry-on, and making sure to do it the night before so it'd be good and cold for breakfast the next morning. Maybe it meant splurging on a really nice prix-fixe meal—although does it really count as a splurge if it's on the schedule and in the budget?Meal replacement drinks have become more ubiquitous as we're getting busier and working longer...Read moreMy meal plan also let me skip some of the indignities of travel: arriving at the airport and buying a \$6 hummus cup because I hadn't thought to carry anything better with me; showing up at my hotel and having to decide between ordering room service and taking my chances on whatever restaurants offer delivery; picking some fast food place for lunch just because it's familiar and I'm too hungry to research any better options. I researched my options before I left, along with their prices and various distances from all the places I planned to be while traveling. (I even looked up food photos on Yelp, to get a sense of portion size and grease level.)Even if you've got a major soft spot for the Olive Garden, no one goes to chain restaurants...Read moreAvoid the "Where Do You Want to Eat?" "I Don't Know..." DiscussionIf you're planning meals for a family or a group of people, looking up your available options before you leave—and picking one of those options in advance—will save you a lot of that "Where do you want to eat?" "I don't know, where do you want to eat?" hassle. You can look up nutritional information and allergens before you're stuck on the highway (or in the middle of a busy downtown sidewalk). You can ensure everyone gets their favorite cuisine at some point on the trip. You can get your entire party into a restaurant or cafe before hunger compels you to choose the nearest option—and you're less likely to have one of those meals that ends with everyone complaining about the food.Of course, just because you make a plan doesn't mean it has to be set in stone. Your meal plan is a guide that you can use if something else doesn't come up. Maybe you drove by a quirky diner and decided to stop and give it a try. Maybe the restaurant you chose turned out to be too busy or too loud or otherwise unpalatable. Maybe you forgot to check the hours, and you picked a place that was closed on Mondays. Going off-plan, in this case, means making an informed choice about where to spend your time and your money—which is very different from getting hungry and deciding to settle for the first restaurant you see.In my family, we had a no-restaurants rule for our kids for about two years. This is because they...Read moreIf you've also tried planning your meals before you travel, let us know what worked and didn't work for you. Do you estimate how much each meal will cost, and build it into your travel budget? Do you pack non-perishable food in your suitcase, or plan supermarket or convenience store trips to get fresh fruit and other essentials? When you look up restaurants online, do you plan what entree you'll order and how it'll fit with your daily nutrition goals? I love planning, so I'm curious to learn how you do meals when you travel—and whether I should add a few more rows to my packing grid.

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