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Free Weight Loss Recipes and Programs

If you have been surfing the net for weight loss diet programs. You will notice a proliferation of so-called quick diet programs. These are known as fad diets. You will realise that when fashion is over, their popularity will wanes, and the plans are actually not reliable.

What you have to look out for are programs that encourage skipping meals. Skipping meals is really unhealthy, as it causes hypoglycaemia, where your blood sugar level becomes dangerously low. You will also end up with a lower metabolism, which is essential burning away the extra fat in your body. So, taking regular meals will not only keep you healthy, but also help you burn fat. You can find a few delicious free weight loss recipes towards the end of the article.

The next thing you have to be aware of is programs that do not include exercising or vice versa. Exercise is crucial in enhancing the various functions of your body like blood circulation. If you can exercise as well as follow a healthy diet program, then you will find yourself losing weight and staying healthy at the same time



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Finally, if you are really overweight, do be patient because it does take time and effort for you to burn away the extra fat that may have taken years to accumulate. But if you keep at it and never give up, I am very sure you will achieve your goal sooner rather than later.

Here then are the weight loss recipes.

Chicken Broccoli Casserole

Ingredients:

1 pound chicken Boiled and deboned. – (1 to 5)
8 broccoli flowerets
1 cup mayonnaise
1/2 cup sour cream
1/2 cup chicken stock
12 ounces cheddar cheese
3 tablespoons french fried onions
3 tablespoons bacon bits
1 1/2 teaspoons curry powder

How to Prepare:

Boil and debone the chicken. Boil the broccoli and drain. Mix mayo, sour cream, chicken stock and curry powder. Arrange shredded chicken on bottom of casserole dish, then broccoli. Pour mayo mixture over the



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chicken and the broccoli. Layer cheddar cheese and then onions and bacon. Bake in a 350 degree oven for 25 minutes. Allow to cool for five minutes and then serve.

Stir Fry Ground Beef

Ingredients:

1 pound ground beef – lean
1/2 cup chopped onion
2 tablespoons soy sauce – low sodium if desired
2 cups zucchini slices
1 cup diced tomato – large dice
1 packet sweetener
1/2 cup water
1/2 teaspoon salt and pepper – each
1/2 teaspoon ground ginger

How to Prepare:

Mix ground beef, onion, soya sauce and salt together. Peel and slice zucchini. Dice tomatoes. Heat oil on high. Stir fry ground beef mixture until browned, about 7-8 minutes. Add zucchini and water, stir well, then cover. Cook 5 minutes, stirring occasionally. Add tomatoes and sweetener, cook 2 or 3 minutes more or until tomatoes just warm through and start to wilt.



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Creamy Mushroom Pork Chop

Ingredients:

- 1 tablespoon Butter
- 4 pork chops – (4 to 6), bone in Garlic Salt Black Pepper
- 1 Jar Ragu Parmesan Alfredo Sauce – (16 oz.)
- 8 ounces button mushrooms – whole
- 1 Pinch Dried Thyme

How to Prepare:

Melt butter in large skillet. Season chops on both sides with garlic salt and pepper, and brown in butter. Transfer chops to slow cooker. Remove skillet from heat and stir alfredo sauce into drippings. Slice mushrooms and scatter over chops in slow cooker. Pour alfredo sauce over all Sprinkle with dried thyme. Simmer on medium low heat about two hours or until chops are fork tender

Dave Lu is a health and fitness enthusiast. He researches, writes articles and reviews on various weight loss and health care products available in the market. You can visit his review site at [Best Weight Loss Products Review](http://BestWeightLossProductsReview.com) for more information.

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Do Free Diabetic Diet Plans Exist? Find Out If Free Diabetic Diet Menus Exist

There are a many reasons why you can suffer from diabetes, it can be a family disease or genetically driven to you from your ancestors. Whatever may be the reason, when you are diagnosed with diabetes you surely need to have a diabetic meal plan from experts and and you can now get it for free.

Have you ever heard of the fact that fitness practitioners or body builders also follow a diabetic meal plan? Yes, they do so to loose some more extra weight. Believe it or not, but it is scientifically proven that this is the way to loose extra fat and to prevent diabetes.

A free diabetic meal plan will help you to get rid of some of the symptoms you might be having due to diabetes. In a recent survey it has been proven that fitness practitioners who are suffering from diabetes when put on a diabetes meal plan not only start to loose fat, but also start to loose symptoms that originate due to diabetes.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



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You might already have a diabetic plan followed for years. But what's wrong to get it checked against a freely available one to make sure you're doing everything right? There have been cases where experts have made meal plans which were totally of the chart. If you want to loose some extra fat from your body and also to loose some of your diabetic systems then you need to have a blood sugar level controlling plan.

Though making a diabetic meal plan is a real easy one to do not everyone succeeds in doing it. There shouldn't be any guessing if you are suffering diabetics. So all you need to do is to do a little research to gather some more information which is available at no cost and make out a suitable diabetic meal plan for you.

I have found this resource for a Free Diabetic Meal Plan

Gluten Free Vegan Recipes – Learn About Living Gluten

Recipes from The Weekend Chef (<http://theweekendchef.com>)



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Free & Vegan

Gluten Free Vegan Recipes – Learn About Living Gluten Free & Vegan

Gluten free vegan recipes can be tasty if you open yourself up to trying as many combinations of your allowable foods as possible. **Visit Here** <http://bbc-food-network.blogspot.com>

Many vegetarians are used to eating glutes so when it becomes necessary to make a change to include the removal of the gluten products, choices do become more limited. Those who need to avoid the foods which contain glutes will have to stay well away from wheat of course and wheat bran. Other foodstuffs which are no longer allowed include oats, barley and rye. You will also need to be certain that you are using nothing that includes textured vegetable proteins, hydrolyzed proteins, malt or extenders and binders. These are hard to spell names which contain glutes, so leave them alone.

You may still enjoy pasta products as long as these are made with rice, corn or quinoa.

Noodles are okay on this diet also if you only use rice noodles. Tempeh is still allowed on this diet and while you may no longer enjoy the taste of bulgur wheat in your tabouleh, you can still use quinoa. Brown rice will offer you

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a satisfying and filling meal. Learn to enjoy grits instead of oatmeal and also experiment with using this product in many other dishes; it will even lend itself to a tasty stew. If wraps are a staple of your diet, you don't have to give them up, but you do have to avoid the ones made from flour. Corn tortillas are found in almost any grocery store now.

When you mix a variety of these products into your gluten free vegan recipes and find creative ways to use them you will be able to make some good meals that offer great flavor combinations. You should remember to add plenty of fresh vegetables and fruits into your daily meals and take advantage of many of the rice products that are becoming available in grocery stores and health food markets. **Visit Here** <http://bbc-food-network.blogspot.com>

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