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## Vegetarian Meal Plan

Meal plans that are carefully planned out. At the beginning of your vegetarian phase, plans are always very helpful. They function as your map and as your guide on what to eat and how much you can eat. Planned out plans build the foundation of a disciplined vegetarian diet.

People wish to lose weight not only for cosmetic reasons. Being overweight can invite a host of health issues – one of the most distressing of which is sleep apnea. It has been observed that more than half of sleep apnea patients are overweight. Moreover, a mere 10% reduction in weight can result in a 14 to 26% reduction of incidences of sleep apnea!

Tofu, teas, and beans are all allowed, too! Furthermore, most vegetarian meal plans are extremely economical. For example, you could create a 2000 calorie vegetarian meal plan for a portion of what it costs to build a non-vegetarian meal plan. Depending on the size of the crowd you are feeding, most vegetarian meals cost less than \$ 5. You can build a salad – complete with your preferred vegetables, nuts, and salad dressing – and you are set!

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As funny as those quotes are, nothing could be further from the truth when it comes to the real definition of a full time veggie eater. Vegetarian stands for so much more. Not only a veggie meal lover someone who stands for something in life, it is someone who believes very strongly in a special diet.

Your first step in developing meals plans is to ensure you are going to have balanced nutrition. Now you need to get a copy of the USDA 'food pyramid'. You can easily adapt this to a vegetarian diet. The only real change to the pyramid will be in the protein category which we will discuss in a little bit. Next using the pyramid as a guide either create some meals on your own or from a collection of vegetarians recipes.

Vegetarian food excludes animal meat and fish. Usually animal protein from egg and dairy sources are included in vegetarian meal planning. Everyone needs protein to stay healthy. Going vegetarian for a few meals a week is a great way to expand your meal repertoire and really get creative with fresh ingredients. Expanding your palate to include the different spices common in other countries will make each meal an adventure.

Not only will you notice a change in the way you feel, but you

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will also see a change in the way you look. Eating a vegetarian diet can help your skin be clearer, your hair grows faster, and you can lose inches off your waist-line. Here is a very simple vegetarian meal plan to help you get started making real changes to your lifestyle.

The vegan diet plan should include the three basic meals daily and the additional snack times in between. Not because you're into a vegan diet, you are allowed to skip meals. You just changed your meaty lifestyle into a leafy one. You're not trying to harm yourself here. The vegan diet plan should consist of breakfast, lunch and dinner. There should also be an allotted time for small meals at brunch and siesta time.

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## Calorie Diabetic Diet Menu

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## Helps Diabetics to Plan Their Diet

A calorie diabetic diet allows you to take control of calorie intake. We get calories from basic food content which are carbohydrates, proteins and fats. We get energy from carbohydrates but it affects our blood glucose level. More carbohydrates results in high sugar levels in your blood.

With the help of calorie diabetic diet you can control per day calorie intake and hence can manage diabetes effectively. The need of calories is not same for everybody, the amount lies between 1200 and 1800. But in the case of gestational diabetes calorie range should be between 2000-2500 calories per day.

In calorie diabetic diet you have to be careful about foods which you include in your meals. Plan your meal according to your calorie diet. The menu depends upon which calories diet you choose. Your doctor suggests you a calorie diet according to your diabetes type and physical status.

If you choose 1800 calorie diet then plan your whole day meals such that throughout the day you get only 1800 calories and not more than that.

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A sample menu for 1800 calorie diet is: In breakfast include two slices of wheat toast, one cup low-fat yogurt, 1/2 cup orange juice, two teaspoon margarine, four teaspoon sugar free jelly and coffee or tea.

The lunch should be of four oz grilled chicken, two dinner rolls, two oz fat-free or low-fat cheese, two cups green salad with one tablespoon dressing, one teaspoon margarine, one peach and one cup skim milk.

Dinner include one bread, 2/3 cup pasta noodles with 1/2 cup pasta sauce, 1/4 cup eggplant and zucchini, and 1/2 cup unsweetened applesauce.

This is one sample of 1800 calorie diet. You need not follow this plan every day, you can make variations in your meal but remember that plan your meal in such a manner so that it contains only 1800 calories. While choosing foods you can take the help of food exchange list. A food exchange system divides all foods into six groups. Each group contains list of foods having same calories. You can replace the food with another food of same calories but exchanging foods between the groups is not allowed. You can exchange the food within the group. With the help of exchange list you can select the food and

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exchange it with another food having same calories.

Occasionally you have to eat some food which is not in your regular diabetic diet especially when you go for a party. Then in this case adjust your diet so that you can also enjoy that food. Eat less calories at lunch and have a small portion of cake or ice cream. Instead of sweets drink a calorie free beverage. If you take excess amount of calories than your regular calorie diet then burn the calories by exercise such as walking, cycling etc. Monitoring your blood glucose level is essential because if it goes up you can adjust your next meal and can keep sugar level within normal range.

Thus calorie diets are very effective in diabetes treatment and management.

Drink lots of water because it is calorie free and helps to flush away the toxins. Did you know that flavored carbonated water has no calories, sugar, body, sweetener, color or preservatives? Do you want to know more? Check out [tutorials.carbonatedseltzerwater.com/](http://tutorials.carbonatedseltzerwater.com/)

This article is submitted by Ola Martinsson, who just recently got the diagnosis diabetes. Trying to read and understand as

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much as possible about diabetes. Found an interesting site at <http://adviceondiabetes.com> with a free ebook including more than 500 diabetes recipes.

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## Diabetes Type 2 – A Diabetic Meal Plan Can Reverse Your Diabetes

Has your physicians told you or your family member that you have diabetes type 2? I know that this information was the worst news that you have heard in a long time, but just know that there is something that you can do to reverse diabetes. Diabetes is just not a disease of the pancreas but it will affect every part of your body if the blood sugar is not under control. The complications of diabetes can be blindness, hypertension, stroke and even heart attack.

A diabetic diet is the most effective treatment for diabetes. If you change the way you eat then you can lose weight, reduce your blood sugar level and may even reverse this diabetes.

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A diabetic diet will consist of a balance of carbohydrates, protein and fats. There is lot of discussion on how much carbohydrates you should have but most nutritionist would agree that the carbohydrates that you should eat will be a low glycemic index (or a carbohydrate that will not raise your blood sugar level) such as having for breakfast a piece of whole wheat toast vs. a doughnut.

Most people who start out on a diet do very well, but then fall back into their old ways. It is believed that if you want to succeed you need a plan. There are professionals on line that will create a diabetic meal plan for you to get your started today. Also have a plan for when you are eating out, decide before what you will order or eat before you leave so you will not be so ravenous and be tempted to eat some things that you should not eat.

Decide today that you will follow the diabetic diet. There are professionals that will plan the diet just for you. Don't let diabetes take over your life. Take back control today and decide that you will eat the right food in the right amounts.

I have found this resource for Free Diabetic Diet Plan and would like to share it with you.

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## The One Week Marketing Plan by Pot Pie Girl

“One Week Marketing Plan” was written by Jennifer Ledbetter better known as Pot Pie Girl, sharing her experience on how she started an internet business making \$ 154,819.96 a year as a Super Affiliate, using only free methods working from home. If you read her eBook you will quickly see that she is very straight to the point and gives the reader a clear simple step by step guidance of how to make a good living from building Squidoo lenses and writing articles.

Here is how “One Week Marketing Plan” can work for you.

- \* Every element of One Week Marketing is broken down into daily tasks. Just pull up that day’s action plan and follow the simple steps and you’ll be well on your way to making money.

- \* She has taken all the guesswork and frustration out of

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making money online for you. She takes you by the hand and show you how to plug in each piece of the puzzle to make money.

- \* Showing you The Steps to Starting a Successful Online Business with no money to invest. How to get on the ground and running with no money out of your pocket.

- \* One of the simplest, most effective ways to gather niche market ideas.

- \* How to use Squidoo effectively to draw potential customers.

- \* How to get ranked in the first page in Google and hold your position.

These are only a few benefits of this well written guide to help you succeed with your business. As a bonus she also includes a conversation with Nick. This was done as a test to see whether her product will work for anybody that applies these methods. Nick made 5 sales in his first two weeks applying her methods as you will she in the testimonials. I have started implementing her methods myself and am already seeing some great results. My traffic to my Squidoo lenses has almost doubled in my first week and I also made more sales. I

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am so glad that I now don't have to spend so much money on paid advertising. All you need is a desire and follow her steps and you will see that this really works.

If you want to start with a No Budget business then "One Week Marketing Plan" by Pot Pie Girl might be what you are looking for.

Carl Nell has implemented these strategies as described in One Week Marketing and want to encourage new beginners who want to start an internet business with zero investment. Go for it guys the opportunity is here. You can read a full review on "One Week Marketing" at <http://www.squidoo.com/1-week-action-plan>

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## The Need for a Diabetic Diet Plan

A diabetes menu planner is very important for people with Type 2 diabetes. That is because Mediterranean Food Pyramid the

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foods they eat to be as healthy as possible. The food you eat has a direct impact on your blood glucose, body fat, and overall health. That is why it is so important for diabetics to create a realistic diabetes diet plan. Insulin-resistant people have special Diabetes Diet and Food.

As a Type 2 diabetic, you need to be careful about the excess fat on your body. But, more importantly you need to be careful about the amount of sugar (from sugar added in processed foods, and from starches like white rice or white potato or white bread) that you eat with each meal.

For example, simple starches like white rice may spike blood sugar levels very high, very quickly for a diabetic and non-diabetic. The speed of the rise of sugar in the blood is predicted by the glycemic index rating. So, for a diabetic, eating simple starches like white rice may require careful planning.

People with diabetes must really understand the value of using the glycemic index and glycemic load concepts as important tools for eating healthy. If you must eat white rice or white potato or white white bread, plan to have protein/meat and vegetables (complex carbs), with a small amount of rice on the

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plate. Therefore, diabetics should always make good choices of the foods that they eat. Good choices in carbs include what you eat (on the glycemic index list) and how much you eat (as measured by glycemic load).

### Diabetes Menu Planner

One of the best ways for diabetics to control the quality of their meals is to plan their diabetes menus. Diabetes menu planning means that you create a menu for the day, week, or even month that you stick to. A good diabetes menu plan will include diabetes snack options that will help to control your appetite as well as different diabetic meal options so that you don't get bored by eating the same foods over and over again.

We at TypeFreeDiabetes.com prefer the Mediterranean food pyramid because it includes more high glycemic index carbs than most food pyramids. Obviously, the larger amounts of food and activities start at the bottom suggesting daily use, and gets smaller as you move up (weekly) toward the top which suggest monthly Diabetic Diet Foods to use.

### Diabetes Menu Planning Goals

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The goal of every diabetes menu plan should be to ensure that you have a balanced diet with an appropriate amount of:

- Carbohydrates (45%-65%) – Use more low Glycemic Index carbs than high
- Proteins (10%-35%) – Keep it lean
- Unsaturated fats (20%-35%) – Monounsaturated and polyunsaturated

Diabetes menu planning is an also an excellent way to keep track of calories.

The average person should consume about 2,000 calories per day to ensure that their body functions properly and they have enough energy to be active. It is also recommended that the average person consumers about:

- 100 grams of protein (at 4Cal/gram)
- 275 grams of carbohydrates (at 4 Cal/gram)
- 56 grams of fat (at 9 Cal/gram) each day (yes – it is actually important to consume fat – that is monounsaturated fats and polyunsaturated fats from plants and fish). Eat as

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little saturated fats as possible. Saturated fats mostly come from non-fish animals, like birds, cows and pigs.

Www.typefreediabetes.com is dedicated to providing you the tools and diabetic meal plans to help you build your diabetes menu plan. A good Diabetes menu plan will not only provide information that is based on careful research 2000-Calorie-Meal-Plan, but we also provide a range of recipes for diabetes (including diabetes snacks, vegetarian recipes, and even diabetes desserts) that are suitable for any healthy diet.

Check out our Nutrition, and Recipes sections for more information about how you can plan your tasty diabetes menus and live a healthy lifestyle by eating well! Remember, the food choices you make will have a major impact on your blood sugar. Bad food choices will raise your blood sugar, that will cause you to use more diabetes drugs, or make you suffer severe diabetes complications. The choices are yours to make. Prevention is much more pleasant than the cure.

Click Here For: [Blood Sugar Meters and Diabetes Diet Recipes](#)

TypeFreeDiabetes.com is the premier source for your diabetic needs on-line. At TypeFreeDiabetes.com, you can enjoy a

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balanced diabetic lifestyle by learning about – how to control blood sugar, lower body fat, diet to prevent diabetes, reduce diabetes medications and reverse diabetes complications.

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## Tips for Diabetic Diet Plan

Present-day diabetics are more fortunate than those of years past, as there is now a wealth of information on diets and health regimens that may help them get through the pains of the disease. They only need to browse the internet to find free diabetic diet plans.

You should not follow a complicated diabetic diet plan, rather your diet should comprise with a wise selection of nutrients and low in calorie and fatty contents. There are two essential factors that you must not forget while preparing your diet plan. One is eating foods at regular time every day and the second point is the selection of healthy food in right amounts.

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Make sure you check with your health care professional, before starting a diabetic diet plan, such as the Medifast diet, because it may require changes to your medication.

A good diabetic diet plan is designed to provide you with the information you need to develop your own diabetic diet plan. Free or not, any good diabetic diet plan should incorporate foods from each of the food groups and may likely include aspects of the diabetic exchange plan.

Weight is dropped gradually but decisively, blood glucose values as well as medication doses are decreased. Symptoms such as neuropathy which is pain of the nerves in the legs and feet can even improve or disappear. Heart disease can be reversed.

You may be thinking that creating a diabetic meal plan sounds like a lot of hard work, that you don't know any different food groups and that you find it all a little too confusing. However a couple of weeks becoming more knowledgeable in the area of diabetes may help to make you more comfortable and healthier.

Now, be sure that your diabetic diet plan fits in with your

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schedule and eating habits. That way you will not be likely to ruin your diet simply because your work schedule conflicts with your meal schedule.

Carbohydrates – These are your main source of caloric energy and consist are any food source that can be broken down into glucose (sugar). They are responsible for most of the glucose found in the blood stream and are the primary source of energy for the brain and cellular functions.

Another point to remember is that an effective management of diabetes entails a consistent and regular healthy lifestyle. Most people think that just because diabetes is a condition caused by sugar regulation, they can restrict their intake of sugars.

Diabetic diet planning is very simple once you understand it, however few do. Your diet is something that shouldn't be guessed at, especially if you are suffering from diabetes. However, a simple check can help you find out this information or shed some light on how to eat correctly in order to lose body fat and stop diabetes dead in its tracks.

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