

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!

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

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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 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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3 Easy Kid Recipes That Make Up a Healthy Meal

As a mother of two, I always want what's best for my kids. So I am constantly on the lookout for recipes that are for the health and nutrition for young children. Whether it be done solely for mealtimes, or it is just for the three main food times of the day, I am all for it.

If you're looking for a way to spice things up, then here are 3 easy recipes for the healthy eater:

1. Extra crispy French toast. Beat 2 eggs. Add $\frac{1}{2}$ cup of milk, $\frac{1}{4}$ teaspoon of sugar and $\frac{1}{4}$ teaspoon of cinammon; mix. Coat each bread slice with the egg mixture by dipping each slice into the mixture one at a time and soaking it well. Heat oil. Cook bread slices on a griddle or a skillet over medium heat for 2 to 3 minutes each side. Gently press down on the bread while cooking so that the French bread is crispy and golden at the center. Makes 6 slices. (Suggested toppings are cream cheese, honey and pure maple syrup.)

2. Hamburgers. In a mixing bowl, mix 1 pound of ground beef, $\frac{1}{2}$ minced onion, $\frac{1}{2}$ teaspoon garlic salt (you can use regular garlic, but garlic salt will be much more flavorful and will be mixed more easily than real garlic), $\frac{1}{2}$ teaspoon of salt, and $\frac{1}{8}$ teaspoon of pepper. Make 4 patties. Fry (and do not burn) and drain on paper towels. In a different pan, heat hamburger buns. Fry 4 eggs. Put burger patty on bread. Top it with the fried egg, slices of cheese, tomatoes, lettuce and

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your favorite burger toppings (mayonnaise, mustard, etc.).
Serves 4.

3. Chicken pizza. A friend of mine gave me this recipe, swearing that she got her 5 year old to eat anything else other than hot dogs and fried chicken. Clean and cube 2 boneless chicken breasts (preferably skinless, so that it would be healthier); marinate in hot sauce or barbecue sauce. Heat 2 tablespoons extra virgin olive oil in a skillet on medium heat. Add chicken when hot and cook until done. While you're waiting for the chicken to cook, bake your pizza dough (my friend buys canned pizza dough instead of making one from scratch), 8 minutes at 400 degrees Fahrenheit. After baking, top pizza crust with mozzarella cheese and the cooked chicken, then put some additional sauce (hot sauce or barbecue sauce). Put it back in the oven for an additional 3 to 5 minutes – this is to melt the cheese and to finish browning the crust a little. This is optional, but you can try serving it with a small cup of blue cheese dressing on the side for dipping.

Three healthy, simple meals that your kids will surely love. And at the same time of loving it, they do not realize that they've just eaten a lot of extra nutrients that only a mother's loving, cooking hand can give him.

Have fun, safe and easy kid recipes at your disposal. Click on the link for more info.

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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.

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

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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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Vegan Traveler Meal Planning Tips

Being away from home can make business travel and vacation challenging and stressful for anyone who's trying to eat healthy. This is particularly so for new vegans who are still trying to adjust to a diet without animal products but may have fewer alternatives than usual. However, given the fact that business travel is often necessary for our jobs, and most people enjoy going somewhere new for vacation, at least occasionally, how does the vegan or aspiring vegan deal with eating away from home?

Below are some tips for business and vacation situations:

1. Business travel—Eat as much healthy (whole-grain, low-fat and minimal refined sugar) vegan foods you can at those meals

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where you have the most control over the venue. For me that's breakfast, because lunch and dinner are often spent with colleagues or clients, and you're less likely to have a say over the venue or the menu.

Breakfast buffets at hotels are quite vegan-friendly, and they are probably the healthiest places to eat away from home. For example:

a. Most salad bars have a wide variety of fresh vegetables and fruits. Just remember to stick with oil and vinegar dressing.

b. Asian dishes (tofu, vegetable stir fry, rice/noodles, vegetable curry, porridge)

c. Whole-grain cereal (hot or cold) prepared with soy milk. Note that oatmeal is usually prepared with dairy milk if you don't specify otherwise.

d. Whole-grain breads (check to see whether they contain butter or eggs first)

If you have any doubts whether something is prepared with animal products, just check with the wait staff. And take a few pieces of whole fruit (banana, apple, etc) from the salad bar to eat as snacks later in the day.

If you are unfortunate enough to have to spend all of your meals with non-vegan co-workers during a business trip, be sure to let them know your vegan diet preferences, and suggest restaurants that are likely to have foods you will want to eat, too. The longer the trip, the earlier you should tell them, as you may find it hard to return to your vegan diet if you fall off the vegan wagon.

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2. Leisure travel—Being a vegan, culinary travel takes on a whole new twist. It used to be that going somewhere foreign, you'd probably eat out 3 meals a day. And, if you're staying in a conventional hotel, often you have no choice. Rather than being at the mercy of the restaurants or room service, I highly recommend finding a room equipped with kitchenette, so you'll have the ability to cook some of your meals if you cannot find vegan-friendly restaurants.

A refrigerator in your hotel room is also essential for you to store and eat fresh fruits/vegetables. Ask the concierge at the hotel for directions to a nearby market to buy fresh fruits and vegetables, and try to carve out room for them among the mini-bar items. Again, the longer your trip, the more important it is to follow this advice.

If you don't like the idea of cooking for yourself while on vacation, by all means do your research ahead of time so you are prepared to have a vacation that is both enjoyable and healthy. For example, London has a great variety of vegan restaurants, as well as 100s of Indian restaurants that are typically vegan-friendly. Whereas other countries, such as Spain, are more meat-centric (you may have guessed when every restaurant in Madrid is ornamented with cow's shank in the window and/or hanging from the ceiling). Still, this shouldn't necessarily stop you if you're determined to see Picasso's Guernica.

3. What about times when you're not traveling far from home, but just have no time to cook healthy? It's difficult enough for one person, let alone two, to grocery shop, cook, and align their schedules perfectly to eat together on weekdays. Therefore, be sure have a list of vegan restaurants that are convenient to wherever you and whoever you're dining with may

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be. Decide how far you are willing to go out of your way to eat healthy, and plan ahead.

It would be great to eat at home all the time, especially when becoming vegan, but as busy people we often don't have control over the timing or even the location of travel. That's why it helps to get used to cooking and eating healthy at every opportunity. Then, when you're away from home, maintain consistency in your diet. You won't feel like eating just anything, but will be more motivated to make an effort to seek out and plan healthy meals.

Originally from Washington, DC, metro area, I have lived and worked in Tokyo, Japan, for about 20 years. I was schooled in Journalism. but work in the Technology field. My hobbies are cooking, running, and photography. I also began learning saxophone a few years ago, but don't practice nearly enough...

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Planning a Diabetic Meal

Planning your diabetic meal is easy when you know how it should be done. Here is a guide to starting out.

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You should start off with learning the ideal portion sizes for each food group. With diabetic meals, you do not need to eliminate any of the food groups, but just eat them in the right moderation. Starting with starches, the serving guide


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for the different types of food are $\hat{A}\frac{1}{2}$ cup of rice, cereal or beans, one slice of bread, or a small bagel or muffin. In a meal one should aim for two to three servings. For fruits, they should generally one serving in a meal of medium-sized fruit, $\hat{A}\frac{1}{2}$ cup of fruit juice, or 15 grapes. Vegetables servings are $\hat{A}\frac{1}{2}$ cup cooked, or one cup raw; two servings should be consumed during lunch and dinner. With meat, keep to two to three ounces a meal, where one ounce is equivalent to one serving. A serving of dairy product would be one cup of milk or yogurt, and should one should consume two to three servings a day. Fats are also important but should be limited to serving per meal; a serving refers to one tablespoon of peanut butter, one teaspoon of butter, or one tablespoon of salad dressing. You may notice that the portion sizes in a meal are much smaller than you would have without diabetes, but it is no excuse to not enjoy the meal. Take your time to chew and swallow your meal. It helps with digestion anyway.

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Managing the meals and coming up with diabetic recipes can be easy with meal planning tools. You can consult a registered dietician for a suitable plan for yourself, or you could check out the free tools that are available online. Lastly, you can keep that recipe and reuse it in the future. You can modify the recipe from time to time so you do not get bored of the taste. If you are planning to complement the dish with another, you can reduce the food portion of this recipe so that you can enjoy the other dish as well, or use lower calorie ingredients.

Chris is the writer of this article , you can visit us for more information on Diabetic meal . Visit for more details.

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Diabetes Meal Planner

Having diabetes does not mean you are doomed to a boring, repetitive food routine. It simply means that you must spend a little more time paying attention to what you eat and when you eat it – as well as how you cook and eat it.

A diabetes meal planner will let you easily work out your meals without the worry of whether or not it is suitable for your health because you will have worked out in advance what you should be eating!

Meal planning helps you to manage your diabetes. You can work with a dietitian to have a plan put together for you, or you can do it yourself once you have the required knowledge. Thankfully there is no a lot of free information on the internet (but you must gain your information from reputable sources).

Type 1 and Type 2 Diabetes Meals

If you have Type 1 Diabetes then your meal plans will focus on balancing your intake of food plus your exercise with insulin. If you have Type 2 diabetes then you need to balance the food you eat with your own body's insulin supply. Your aim will be to reduce cholesterol, fat and salt if need be.

Everybody with diabetes requires a different approach, so your meal planner should be customized to your own personal needs.

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An individualized meal plan that is designed specifically for you will give you the best results in the long term.

Why Should You Use a Diabetes Meal Planner?

There are many benefits to planning your meals. To name just a few:

1. It helps lower your blood glucose levels
2. Your cholesterol will be controlled and lowered
3. Your blood pressure will be reduced
4. You can maintain a healthy weight
5. Your feeling of well being will be improved

With these benefits in mind, there is no reason NOT to be using a meal planner for your diabetic diet – so what are you waiting for?

It is vital to track your eating when you are diabetic..

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Preparing Fast And Simple Asian Vegetarian Meal

Asian vegetarian cooking is one way individuals are able to do get pleasure from fantastic vegetarian cooking. You will find many different Asian vegetarian cooking recipes to select from. People can select their favorite Asian vegetarian cooking, or try a new Asian vegetarian cooking recipe. Listed here are some great Asian vegetarian cooking recipes.

Spicy Confetti Noodles

several medium green onions
two medium bell peppers
two medium carrots
two packages (5 ounces each) Japanese curly noodles or 10 ounces uncooked spaghetti
two teaspoonfuls sesame oil
1/3 cup water
1/4 cup dry sherry or Water
1/2 teaspoonful chicken bouillon granules
1 tablespoon finely chopped gingerroot
two tablespoons soy sauce
one tablespoon chili puree with garlic
one teaspoonful curry powder
1/4 teaspoon sugar
a couple of garlic cloves, finely chopped

one. Cut onions into 2-inch pieces; cut pieces into thin strips. Cut bell peppers into small pieces. Cut carrots into julienne strips.

2. Cook and drain noodles as directed on package. Toss noodles and oil in big bowl. Stir in onions, bell peppers and carrots. several. Mix remaining ingredients in wok or 12-inch skillet. Heat to boiling around medium heat, stirring from time-to-time. Add noodle mixture; toss with sauce. Heat by means of, stirring constantly.

Indian Lentils and Rice

8 medium green onions, chopped (1/2 cup)
one tablespoon finely chopped gingerroot
1/8 teaspoonful crushed red pepper
two garlic cloves, finely chopped

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five 1/4 cups vegetable broth

1 1/2 cups (12 ounces) dried lentils, sorted and rinsed

one teaspoon ground turmeric

1/2 teaspoon salt

one big tomato, chopped (one cup)

1/4 cup shredded coconut

a couple of tablespoons chopped fresh mint leaves or 2
teaspoons dried mint leaves

3 cups hot cooked rice

one 1/2 cups plain fat-free yogurt

1. Spray 3-quart saucepan with cooking spray. Cook onions, gingerroot, red pepper and garlic in saucepan over medium heat 3 to 5 minutes, stirring from time-to-time, until finally onions are tender.

2. Stir in 5 cups of the broth, the lentils, turmeric and salt. Heat to boiling; lessen heat. Cover and simmer 25 to 30 minutes, adding remaining broth if needed, till lentils are tender.

a few. Stir in tomato, coconut and mint. Serve more than rice and with yogurt.

Indian Split Peas with Vegetables

2 teaspoons vegetable oil

1/2 teaspoon cumin seed or 1/4 teaspoonful ground cumin

1/4 teaspoonful ground turmeric


two jalapeo chilies, seeded and finely chopped

three cups cauliflowerets (1 pound)

two cups cooked yellow split peas

1/4 cup chicken or vegetable broth

a couple of cups Green Giant frozen sweet peas, thawed or one
can (15 oz) Progresso black beans, drained, rinsed

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1. Heat oil in 10-inch skillet more than medium-high heat. Cook cumin, turmeric and chilies in oil two minutes, stirring from time-to-time.

a couple of. Stir in cauliflowerets and broth. Cook and cover several to 4 minutes or until finally cauliflowerets are tender.

three. Stir in remaining ingredients. Cook about 5 minutes, stirring often times, right up until hot.

How many times have you wished you could know more about cooking? Visit cooking101.org and see the top cooking advice and tips on the internet healthy salmon recipes.

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