

# 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

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 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

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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.

### **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

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care products available in the market. You can visit his review site at [Best Weight Loss Products Review](#) for more information.

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# Vegetarian Weight Loss Diet

## The Incredible Success of a Vegetarian Weight Loss Diet.

Consuming a vegetarian weight loss diet can be one of the best ways to take extra pounds off and to keep them off for good. If you are someone who has been looking to lose weight, chances are that you have tried numerous different diet plans that simply haven't worked for you. Even if you were successful at initially losing weight, those lost pounds always seem to find their way back. You don't have to worry about these issues when you follow a vegetarian diet that's packed with nutritious foods!

There are a couple of differences in your average vegetarian diet and one that's designed to help you lose weight. This is simply because when there is extra fat to lose, keeping a limit on consumed calories is necessary. But once you have lost the weight that you'd like, you can stop focusing on limiting calories and you can start focusing on living life in delicious abundance.

## What Makes up a Vegetarian Weight Loss Diet?

There are four major food categories that make up a healthy

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vegetarian diet, and there is no exception just because you happen to be trying to get rid of some excess weight. These food groups include fruits, vegetables, grains and legumes. In order to understand what a vegetarian weight loss diet can do for you, it's important to understand what each of these categories entail.

### **Grains**

The first thing to understand is that not all grains were created equally. In fact, all refined grains should be eliminated from your diet plan for good. They don't offer any nutritional value and they add a bunch of empty calories to your daily consumption. Instead, focus on whole grains like brown rice, quinoa, couscous, oats, millet and more. Consuming whole grains on a regular basis can help you to fight hunger, to keep blood glucose levels normal and to provide you with necessary vitamins and minerals found in them.

### **Legumes**

The legume family includes beans, nuts and seeds including lentils, sunflowers seeds and hemp seeds. These foods provide a vegetarian weight loss diet with plenty of healthy fats that are needed, protein to help keep hunger at bay, and enzymes known to help fight some cancers. Eat a wide range of legumes such as black beans, kidney beans, peas, almonds and cashews.

### **Fruits and Vegetables**

One can never get enough fruits and vegetables, especially when following a vegetarian weight loss diet. These foods are fabulous sources of vitamins, minerals and antioxidants that can help fight diseases such as cancer, heart disease and even diabetes. Almost all fruits and vegetables are low in

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calories, and they're easy to incorporate into a daily routine.

Incorporating a well balanced diet of fruits, vegetables, grains and legumes can help you to fight the bulge for a final time, without ever having to worry about your waist line again. Following a vegetarian weight loss diet for life can help you feel energized, healthy and ready for whatever life has to offer.

To visit the original article click here: [Vegetarian Weight Loss Diet](#)

SacredEden.com is an online health store that can fill all your health needs. Sacred Eden's mission is to restore people back to a state of perfection. Visit SacredEden.com and find out more about our herbal formulas, vitamins, minerals and much more.

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## Quick Vegetarian Weight Loss

A vegan diet can help you with your weight loss plan but first we must establish what a vegan diet is and the different types

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of vegans.

1. Some vegans only eat a strict diet of vegetables and stay strictly away from dairy products, eggs, meat, honey, processed foods, stimulants such as coffee, etc.
2. Some vegans eat a non-meat diet strictly because they believe the killing of animals is inhumane and their diet is consistent with their beliefs.
3. Some vegans have been put on a vegetarian diet due to certain health risks.

These are all good and acceptable reasons to be vegan. So whatever type of Vegan you subscribe to you can lose weight with a well-BALANCED vegetarian diet with healthy exercise.

When losing weight, however, the key is to make it attainable, and make it easy. With attainable weight loss and easy weight loss you will find yourself much more successful in the long run. So, here are ways to make a simple vegan diet attainable and easy.

### ATTAINABLE:

- ❑ Pick a plan that you can live with. Don't restrict yourself too much at first. For example, if you are used to coffee in the morning, tackle that issue later. Go simple at first and once you are succeeding, move on to conquer other things.
- ❑ Don't allow yourself to get discouraged. If you cheat, or slide...so what? Go back on it next meal! There is never a reason to get mad at yourself or beat yourself up. THAT is the reason people fail. They get discouraged and quit. Even if you decide to eat only raw vegetable, yet one day you are out of

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food, open up a can of green beans for goodness sakes, and forget about it!

□ Control your thoughts! The bible says the battlefield is in the mind. If you can conquer this, you have won your battle. If you keep your mind NOT on how and what and when you eat and what you did not eat and when can you eat next and ...so on...you are allowing yourself to focus on the wrong things which is probably what got you over weight or unhealthy in the first place. Eat your food, stick with your plan, and go do something else. Make your thoughts go on a diet too. Do not think about food or eating.

EASY:

□ Buy a variety of food to have on hand. When shopping at the grocery store, ONLY buy the types of foods on your diet. Buy fresh, maybe have some canned or frozen on hand if you run into a bind, but don't buy chips, or other temptations making it hard on you. Get that stuff out of your pantry so you won't have to look at it. Only have on hand the type of food you should eat even when you are cheating. Cheat with special things that you will only eat when you feel you have to cheat. For example, cheat with fresh fruit or a smoothie if you must. It will conquer the sweet tooth and help keep you on target.

□ Pre-Plan what to order when at a restaurant. Know what you are choosing before you show up at the fast food place or a restaurant. Of course and most of the fast food restaurants offer many salads to choose from. Don't even try to be tempted. Remember...the battlefield is in the mind.

Again, keep special foods on hand when you want to cheat such as special nuts, almonds, macadamia nuts, blueberries, etc.



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Have a special “treat” just for you keeping it within your dieting plan.

The key to a nutritionally sound vegan diet is variety so you can include fruits, vegetables, lots of different kinds of leafy greens, whole grain products, nuts, legumes and seeds. Be creative here!

A healthy vegetarian diet is not just cutting out certain foods such as meat. It’s about making sure you are getting ample amount of nutrients and all of your daily nutritional needs. Do not skimp on nutrients. Learn your diet and find out what your body will need to continue and be successful!

You do not need to count calories or mess with carb counting, or weighing your food, but it would be wise to eat organically grown fruits, plants, whole grains, and natural foods. Foods without these chemicals are better for everyone, vegan or not.

Judy Stevens writes on weight loss and weight gain with a specialty in hormonal imbalances. To read more go to <http://www.review-suite.com> or for free charts on food cravings and ideal weight go to <http://www.squidoo.com/menopause-and-weight-loss>

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## Recipes For Weight Loss

It really isn’t difficult to find good simple low-fat recipes. In fact you only need a little common sense to modify just about any favourite recipe so that it has less fat (and/or

less sugar) in it.

For example, if you are making something with beef mince in it, you can start by using the highest quality mince with a very low fat content. If a recipe calls for butter you can reduce the fat content considerably without compromising on taste just by using a dairy blend which combines butter with canola oi

Sugar can be replaced by a low-calorie sweetener that's used spoon-for-spoon or cup-for-cup in the same way as you would use sugar. Of course you can use other types of artificial sweeteners as well but something like Splenda is the simplest option and has a very natural taste compared to some others. It's also possible to use natural ingredients like apple sauce and apple puree for sweet recipes in place of sugar.

Light evaporated milk is a very good substitute for cream, as is low-fat plain yoghurt and low-fat sour cream, depending on the recipe. There are so many low-fat alternatives on the market these days, it really isn't difficult to considerably reduce the amount of fat in so many recipes – without necessarily using those that will ruin the taste altogether. Cheese that is reduced in fat content by even 25 per cent will help but it still tastes perfectly acceptable. You can find low-fat versions of almost any dairy product you might need. Even condensed milk comes with reduced fat content these days, so you can even make an indulgent slice with less fat in it if you crave a little bit of something very special. If a recipe calls for coconut milk you can buy that with reduced fat too. Of course there are plenty of tasty low-fat milks on the market too. It's not like the old days when the only low-fat choice was skim milk and you might just as well use water. Just using low-fat milk instead of full-cream milk in your

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recipes will make a significant difference.

Adding plenty of veggies to some meat dishes – such as spaghetti bolognese, burgers and meatloaf – will make them go further, and a regular portion size will not only be more nutritious but will naturally have less fat content as well. This is also a great way to encourage children to eat veggies. My five-year-old son just loves these family favourites even though he is not fond of eating veggies on their own. In this day and age, where childhood obesity is a huge issue, it's vital to use whatever means we can to encourage our children to develop good low-fat eating habits.

If you want some good low-fat recipe books though, you really couldn't find anything better than a series by Annette Sym, an Australian business woman who developed her own recipes when she lost 35 kilos some years ago. Her first book of recipes proved such a hit that she has gone on to produce four more. The series is called "Simply Too Good to Be True" and the books are full of great simple recipes accompanied by gorgeous photos that will make your mouth water with anticipation. These were developed by simply modifying favourite recipes according to common sense, along with a little research and experimentation.

Weight Watchers recipe books are always a great addition to a low-fat recipe library too – and they bring out several new books each year. Most of the recipes are simple enough for most cooks to try and use ingredients that are easy enough to acquire. At the same time they are very appetising and innovative.

Besides, the internet is an amazing source of recipes of every kind – so there is no doubt anybody could find a wealth of

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great low-fat recipes by doing a simple Google search.

loosing weight is as easy as ABC It doesn't matter who you are. Your age, status and wallet do not count. Don't get Scammed. 87% of loosing guides Are Bogus. Don't Pay Until You Read This Free→ The truth behind weight loss

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## What You Should Know About Chicken Recipes – Low Fat Recipes and Weight Loss

Some facts about fat and what you need to know about the different types of fat and why you should use chicken recipes with low fat content as part of a healthy diet plan.

There are 3 types of fat:

Saturated fat

Polyunsaturated fat

Monounsaturated fat.

Not all fat is bad for you and it is actually important that you include some of the “good” fats in your diet.Â But let's concentrate initially on what you can do if you follow some simple guidelines to help reduce the amount of “bad” fat you include in your diet.Â The fat you need to cut back on is saturated fat.Â Because our bodies find it difficult to process saturated fats it tends to be stored as fat, which

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increases cholesterol levels, which in turn leads to the chance of a heart attack.Â Fortunately it is a pretty simple process to reduce our intake of this type of fat, and below are some easy steps to take to achieve this.

Stop using full-fat milk and full-fat dairy products and choose low-fat or fat-free versions – taste-wise you really won't notice much of a difference.

Only eat red meat occasionally and choose cuts with less fat on them.

Chicken is an excellent low-fat meat but only if you remove the skin after cooking – don't be tempted to leave it on.

Try and eat fish at least twice a week, though once a week is better than not at all.

When cooking using fat, use liquid vegetable oils, such as olive oil or canola oil and avoid using solid fats such as butter.

Experiment with herbs and spices to flavour your food, rather than using toppings and sauces which are full of fat.

Eat more fruit, vegetables and whole grains.

Using chicken recipes – low fat content.

Chicken is such a versatile meat and the only real limitation to its uses within recipes is our imagination.Â You can buy as much, or as little, as you need and cook it in so many quick and easy ways.Â If you are in a rush, stir-frying couldn't be simpler, or quicker, and provides a far healthier option to what you can buy at the fast-food outlets – and for a fraction of the price.

If you work all day, or don't want to be standing over the cooker for what feels like hours, a slow cooker is an absolute Godsend.Â I have used one for many years now and I have yet

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to have a meal “go wrong” in one of these – even if it has been cooking for 1-2 hours longer than the recipe advises.Â Just set it up before you go to work and come home to a house filled with a fabulous aroma.

Making some simple changes to the way you buy and cook food can mean a massive difference to your health and your weight.

If you would like more information on low-fat cooking with chicken, together with many other low-fat recipes, please visit my blog at <http://weightedagainstyout.blogspot.com/2009/07/low-fat-diet-tips-and-using-chicken-in.html>

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## **Kids Low Calorie Snack Recipes – 15 Kids Snacks Recipes for Weight Loss**

Oligospermia or low sperm count is the reason behind the inability of some men to conceive babies. Unfortunately, the causes of this condition are still to be understood. There are some hypotheses regarding the factors that lead to low sperm count. It might not be clear what’s causing it, but it seems to be common knowledge what’s aggravating it. Smoking and using drugs or alcohol are the number one enemies of fertility. So is overweight or underweight. Neither is good

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for the sperm count because it is believed that men who don't have a normal weight also have hormonal problems. Testosterone imbalances are to blame for many cases of oligospermia. Besides these, there is also the overheating of testicles that "kills" sperm. This can happen due to wearing tight underwear or due to taking frequent hot baths. Prolonged exposure to chemical substances like pesticides is also connected with fertility in men.

Natural treatment for oligospermia or low sperm count should definitely start with identifying the factors that trigger this condition in your particular case. There are synthetic pills on the market claiming to cure oligospermia. They are mainly hormone based and they can have unpleasant side effects. It is best to go for a natural treatment based on herbs, especially ayurvedic ones. These have similar properties with hormonal pills and have the same effects, only without the side effects.

Once you know the factors that might cause oligospermia in you, you might find it easier to increase your sperm count. If you smoke or constantly drink alcohol, give up these habits. Avoid overheating of the testicles and also keep a normal weight. This is not only done by dieting, you also need to exercise on a regular basis. Herbal remedies are indeed helpful in oligospermia, but a few changes in your life style won't hurt either.

Many men don't realize that stress can prevent them from conceiving a baby. It is very important to stay calm and relaxed during the natural treatment for oligospermia or low sperm count. Otherwise, stress might reduce your sperm count even more.

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Oligospermia is indeed a condition that has no other symptoms and no other disadvantages besides the fact that you can't make babies. Even if you don't consider enlarging your family right now and you don't plan to do this in the foreseeable future either, it's still good to treat it because you never know when you change your mind in what concerns your descendants.

Read [How to Lose Stomach Fat Fast](#). Also know how to [Lose Baby Fat After Pregnancy](#). Read the benefits of [Natural Slimming Pills](#).

Peter Filinovich

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## **Oprah's Vegan Diet – Top 3 Vegan Diet Recipes to Lose Weight and Detox Your Body Revealed on Oprah!**

Oprah Winfrey undergoes a vegan diet regime for shedding those extra pounds and detoxifying her body. According to her, a good lifestyle is the key for maintaining a better health. She recommends workouts, rest and healthy diets for losing weight. Lately, she decided to undergo 21 day vegan cleanse diet. She was highly inspired by Kathy Freston's book called Quantum Wellness.



Weight gain is the most common problem, which causes lots of difficulties in our day-to-day life. People with fluctuating weight like Oprah usually have to suffer its nuances but you can easily prevent this deformity by undergoing a vegan diet regime, which claims to diminish your fats permanently from your body. This diet plan mainly focuses on detoxification. Vegan diet contains anti-oxidants, essential fatty acids and fibers, which can easily help in flushing out toxins from our body.

### Top 3 vegan diet recipes

\* **French Onion Soup:** This is a classic vegan dish which can be consumed during lunch. The main ingredients for this product are olive oil, chopped onions, no-dairy margarine, sugar, soy sauce and multi grain baguette. Firstly heat oil and margarine then put some chopped onions into it. Add salt and garlic and stir it well till 5 minutes. Then cover the pan and let it cook for 30-35 minutes. After that you can add broth, sugar and soy sauce. Heat for another 5 minutes and your soup is now ready to serve.

\* **Lentil soup:** You can easily prepare this delicious soup for your dinner. The main ingredients required for this product are olive oil, onions, diced tomatoes, vegetable broth, zucchini, slice celery, thyme, oregano, bay leaf, salt and pepper. It will take maximum 15 minutes to cook this meal.

\* **Unrolled cabbage:** It is very easy to cook. The maximum time required for its preparation is 20 minutes. Main ingredients required for preparing this dish are soy sauce, salt and pepper, chopped cabbages, chopped onions, prepared mustard, brown sugar, salt and lemon pepper. You can easily bake it in the oven.

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The above foods contain enables your body to lower cholesterol levels and shed those extra pounds. One should completely avoid saturated fats during their cleansing process. You can also have acai berries for burning fats naturally. Acai berries contain anti-oxidants, EFAs and fibers, which can easily stimulate fat loss. In order to lose weight healthily, you need to have a healthy colon. You should regularly clean up your colon for rejuvenating your entire health.

Dr Oz's top advice on the Oprah show has been **Regular Colon Cleanse** for a healthy digestive system and to flush out toxins from the body. To know more

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## Diabetic Weight Loss Diet

Very few people realize the profound cause that weight has on diabetes. Even instances of gestational diabetes are a lot greater in patients that are overweight than in those that are not. Type 2, or adult onset diabetes is more generally found in overweight people than those that are within their ideal weight ranges. In fact, almost 90% of those with Type 2 diabetes are overweight. If you are suffering from Type 2 diabetes, the greatest gift you could perhaps give yourself just might be the gift of getting your weight under control.

Among those that suffer from Type 2 diabetes almost 40% have high blood pressure, which is another condition that is thought to be brought on by excess weight. Being overweight might also lead to a condition known as insulin resistance in which the body no longer reacts to the insulin that is

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required to assist the body in using sugar and glucose as fuel on a cellular level.

There are a number of things you can do to help yourself out if you have been diagnosed with Type 2 diabetes or labeled at risk for this devastating condition. First of all, take off the weight. Dieting is in no way easy and hardly ever fun for the average person. However, if you do not begin to take drastic steps toward procuring the best potential health for yourself you may not be capable to enjoy the quality of life you had intended for your golden years. Let your situation be your motivation and make plans to enjoy watching your grandchildren graduate college.

Don't sit down and let Diabetes control you. Stand up and take control of your body. This is a struggle to the end and if you let it, diabetes will be your end. If you fight it standing up, lose the weight, get out there and exercise, listen to the doctor's instructions and follow them. Find the strength within you to battle this disease. You'll be amazed at what occurs when you decide to stand up and fight for your health.

Get active. Find activities that you enjoy and get out there and do them. Even if it's just going out to walk around the block everyday get out there and walk. Enjoy your time in the sun. Pick flowers with the little ones. Take up golf. Do whatsoever it takes to get up and moving each and every day in order to remember why you want to live evermore in the first place.

Watch what you eat. You have strict dietary requirements once you've been diagnosed with diabetes. This means that you definitely must follow your dietary requirements. Learn to live within those restrictions in order to live and take

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pleasure in life to the fullest you can. The amazing thing is that there are all kinds of foods obtainable that are friendly to those with diabetes that weren't available just a few short years ago. It is quite probable to live and eat the foods that you enjoy even with diabetes if you stick to your plan. The most crucial thing about dieting with diabetes is that you by no means lose sight of how crucial it is to do so.

Diabetes can be a side effect of being over weight,dont let it happen to you.<http://www.effectiveweightlossdiet.net>

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