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Fighter diet meal plan

Medically reviewed by Katherine Marengo LDN, R.D. — Written by Nina Ace on April 8, 2020What it isDoes it work?Is it safe?TipsMeal ideasSnacking:drCalorie counting is the OG of weight management. What started as a kind of basic approach to losing, maintaining, and gaining weight has since manifested into more diets than we can count. Remember when everything was a 100-calorie snack pack? The 1,200-calorie diet comes in a few forms but is, rather simply, the act of eating no more than — you guessed it — 1,200 calories per day in pursuit of weight loss. This approach, simple as it may be, comes with a host of risks (hello, malnutrition) and is definitely not suitable for everybody. Plus, it throws up a bunch of red flags. While the limited research is promising, the restrictive nature of this beast may not be sustainable in the long term.Let's look at the facts, shall we?Share on PinterestMost people need more than 1,200 calories each day. Actually, it's more like somewhere between 1,600 and 3,000 calories per day, depending on your age, sex, activity level, and health status.Men, active folks, breastfeeding or pregnant women, people in larger bodies, and those with certain medical conditions typically need more calories, but logic (OK, and science) suggests that cutting your daily intake to 1,200 calories should result in some weight loss. But for many people, 1,200 calories is just too little and could result in weakness, malnourishment, or a metabolism slowdown.If you talk to your doc (which you should always do before starting any weight loss journey) and 1,200 is simply not your magic number, reducing your daily intake by 500 calories is a good place to start for healthy weight loss.For the record, 1 to 2 pounds per week is a healthy and sustainable rate of weight loss, according to the CDC.According to some research, LCDs (that's low-calorie diets) like the 1,200-calorie diet can lead to a decrease in body fat and improvements in liver and kidney function, cardiovascular risk factors, and glycemic control.Clearly there's more to this dietary plan than just weight loss. And that's important to remember, because — say it with us — weight alone is not an indicator of health.Research also suggests low-calorie diets can reduce A1C levels in adults with type 2 diabetes and improve insulin sensitivity and adiposopathy (aka "sick fat," an endocrine condition within fat cells). Some animal studies have even found that animals on a LCD lived longer and had a reduced risk of cancer.A 2019 study found that combining an LCD with interval training was more effective at lowering risk of type 2 diabetes and cardiovascular disease than following an LCD alone.And a 2018 study found improvements in participants' thyroid hormone levels (along with BMI reduction) when an LCD was paired with some sweat sessions. But here's the catch: Weight regain after a low-cal diet is common. Plus, a lot of the available research has been done on animals, and most of the studies on humans include data from only a few weeks or months. The bottom line is that there's not much reliable research to show that the weight loss is sustainable.It's not just about how much you eat, it's about what you're eating. When you're eating fewer calories, it's harder to get essential nutrients like protein, fats, vitamins, and minerals.If all your calories are coming from cookies and chips, you could legit become malnourished. That's even more reason to become fluent in nutritional labels and talk to your doctor before giving this a shot.Don't try this if you're already at a low-body weightyour period has gone MIA due to low weight or eating too littleyou have or had an eating disorderyou have nutritional deficiencies or imbalancesyou're pregnant or breastfeeding your doc has already told you this is a bad ideayou're a childIf you and your doctor or dietitian agree that a 1,200-calorie diet is a healthy option for you, a little planning can make the whole thing more bearable.Watch your hunger timeline. Don't try to save all your calories for the end of the day. Consider the times of day you're usually hungriest (or hangriest) and plan meals around those.Stay hydrated. Did you know people often reach for food when they're thirsty rather than hungry? Drink first, wait a few minutes, and then eat if you're still hungry.Don't get too intense. Seriously, don't starve yourself, exercise too much, or otherwise go overboard. Extreme stuff could mean you're at risk for an eating disorder. If you become concerned about your relationship with food, stop and reach out to your doc.Watch out for patterns. Are you actually hungry, or do you just associate "The Office" theme song with opening a fresh bag of chips?Keep emotional eating in check. There's nothing wrong with eating your feelings sometimes, but don't make it a habit. Try some non-edible coping mechanisms (might we suggest retail therapy?).If you're going to eat fewer calories, make sure they pack a nutritional punch to keep you feeling satisfied and prevent malnourishment. And have as much water, coffee, and tea as you want, but keep the caffeine in check.For more info, you can always head down a rabbit hole on Pinterest, but here are a few ideas to get you started:Breakfast ideas1/2 avocado on whole-grain toast with an egg on toplow-fat yogurt with blueberries1 cup steel-cut oats with berries or banana1 cup cottage cheese with fresh strawberriesLunch ideas3 ounces tuna (canned in water), 1 slice of cheese, and mayonnaise on whole-wheat toastroast beef sandwich with mayonnaise, lettuce, and tomato on whole-wheat breadapple and cheddar pita pocket sandwichvegetarian Greek salad wraps with chickpeas and fetaDinner ideaschicken taco with low-fat cheese, guacamole, and salsa on a corn tortilla, 1/2 cup rice, and 1 1/2 cups broccoli4 ounces salmon, 1/2 cup brown rice, and asparagusshrimp scampi over zucchini noodlesblack bean burger in a lettuce wrap with salsa and roasted sweet potato wedgesSnack ideas2 tablespoons hummus with baby carrotsbaked apple with cinnamonpeanut butter on whole-grain toaststring cheeseForget that good food/bad food BS. Planning for (and enjoying!) some of your favorite higher-calorie foods will make this whole thing a lot more enjoyable.A few suggestions:popcorn with calorie-free flavor boosters like garlic powder and paprikalettuce corn (for a mix of salt and sweetness)rozen mango or banana, blended like ice creamAnd you might want to cut back on low-nutrient foods like:sweetened beverages, including sugar in coffeesoda and alcoholwhite bread and pastahigh-calorie condimentsbutter and oils high in saturated and trans fatsLimiting daily-calorie intake to 1,200 may lead to weight loss, but most people need more than 1,200 calories each day. If 1,200 is too little, try reducing your daily-calorie intake by 500. Keep in mind that a healthy rate of weight loss is 1 to 2 pounds per week.Be sure to choose foods that provide essential nutrients and keep you feeling satisfied. A doctor or dietitian can help you develop a nutrition plan.Studies show that low-calorie diets may improve certain health conditions, especially when paired with exercise. But remember that weight alone is not a measure of health.Cutting calories too low can lead to fatigue, weakness, and malnutrition. It also may not be sustainable in the long term and isn't a good fit for everyone, including those with underlying health conditions.If you have a history of eating disorders, pursuing weight loss may not be a good idea for you. You know yourself best, but you may want to check with your doctor before making any big dietary changes. Last medically reviewed on April 8, 2020 Page 2 The cofounder of the Whole30 plan is expanding the conversation to include the importance of mental health and the transformational power of movement. Read More The ultra-popular diet has become a go-to for those looking to reset their eating habits, but the meal plan is far from perfect. Read More In addition to changes with my skin, I began to notice that my regular diet of bread and cheese was no longer agreeing with me. So I tried Whole30. Read More Having a good diet plan is always the key to living a happy and healthy life. If you want to maintain your weight, it's important to plan your meals and it is essential for making your diet a success.Planning the meals helps in managing time and make it easier to prepare for the home-cooked meals. It will assist in making the life stress-free and have a lot of positive impact in improving your personal health and your family's as well. It will also assist in running the whole household smoothly, so it not only has a positive impact on your physical health but also for your mental health. You can live a healthy life by cooking dash diet recipes because they are an excellent source of balanced diet. Here are some of the diet tips for meal planning that will help in keeping your diet on track.1. Drink Plenty of WaterBefore eating your meals, make sure that you drink a glass of water. The water will help in making you less hungry. Drinking water before meals is a good practice because people often mistake their thirst for hunger. You can end up eating extra and consuming extra calories.Also stay away from the sugary soft drinks because they will increase the sugar level and it is not good for your health. You can satisfy your thirst by drinking flavored sparkling water or just take a brewing cup of herbal tea that is fruit-infused. People often eat mindlessly after dinner because that is the relaxation time. People often watch television at this time which makes them crave for food. It is the easiest way of putting your diet off the course. You can manage to avoid that by closing the kitchen door after the dinner time.You can also deal with the late-night eating by making it healthy. Choose snacks which are low-calorie because they will satisfy your hunger and not mess up the calorie consumption. You can include a scoop of low-fat ice cream.3. Enjoy Your Favorite FoodYou do not need to cut off your favorite food completely. To maintain a healthy lifestyle, you should opt to become a slim shopper. While shopping, try to buy just one fresh cookie instead of buying the whole box. Slimming down the portion of your favorite food is the key to a healthy diet. With small portions, you can still enjoy your favorite food, while not increasing the calorie consumption. For a balanced diet, moderation is the key.4. Eat Several Mini-Meals in a DayYou can successfully maintain your weight by consuming fewer calories than you are burning. If you are feeling hungry, all the time it can be difficult for you to live on few calories. The best solution for dealing with your hunger is to eat four to five meals a day. It is the best way of controlling your appetite. It is also suitable for the weight as well. Eating small meals will also keep you away from obesity. You should divide the daily calories in smaller meals and include some snacks as well. But always remember that your last meal should be your dinner. Do not eat any small meals after dinner. Proteins are the ultimate food for filling up your stomach. Eating proteins is much more satisfying than the fats or carbs. It keeps the stomach full for a longer period. Proteins are useful for preserving the muscle mass. It also encourages the burning of extra fat so make sure that you include it in your daily meals. You can add lean meat, seafood, eggs, yogurt, cheese, or beans in your diet plan.6. Adding SpicesAdding chilies and spices to the food results in stimulating the taste buds and it can be more satisfying. You will eat small portions and be satisfied. It will help in keeping a low-calorie count while enjoying the food. Spices are also known to help with calorie burning, so the food will not just be tasty it will also be healthier.7. Swapping Pasta for VegetablesWhile making your diet plan, you should swap your pasta dishes with salads full of vegetables. You can decrease the calorie consumption by reducing the portion of starch and replacing it with colorful vegetables. These tips are very helpful in planning a safe and healthy meal. These simple practices will also assist you in keeping your diet on track.Featured photo credit: LIVESTRONG.COM via img.aws.livestrongcdn.com

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