

## [EASY HEALTHY EATING PLAN](#)



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Easy Healthy Eating Plan: May 2014 Notes on this easy healthy eating plan: This meal plan is exactly what my family of four eats on a \$330/month budget. You might need to change portion sizes according to your own family size and budget. Meals are based around 2 whole chickens, 1 rack of ribs, 1lb of salmon (or other fish) and 2lbs beef.

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Anatomy of a Healthy Meal. Once, we were told that eating nutritiously simply required choosing from four basic groups (meat, fish, and legumes; dairy; grains; vegetables and fruits). Today the model is different, but the math is just as easy to remember: Half your plate should contain vegetables and fruits; one-quarter should be lean protein; and the last quarter, whole grains.

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### **Meal Plans Healthy Recipes Healthy Eating EatingWell**

Browse dozens of meal plans to find one that's right for you. 1,200-Calorie Weight-Loss Meal Plan for Fall With this healthy 1,200-calorie meal plan, you can enjoy the comforting dishes of fall and lose a healthy 1 to 2 pounds per week.

<http://ebookslibrary.club/Meal-Plans-Healthy-Recipes--Healthy-Eating-EatingWell.pdf>

### **14 Day Clean Eating Meal Plan 1 200 Calories EatingWell**

This easy clean-eating meal plan for weight loss features healthy whole foods and limits processed items to help you clean-up your diet. Eating clean is a great way to up your intake of good-for-you foods (like whole grains, lean protein, healthy fats and plenty of fruits and veggies) while limiting

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