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The Greek Diet has been linked to a variety of health benefits. Includes a 4-week meal plan and a kick-start plan for fast weight loss. Recipes are created by a highly acclaimed chef. Provides gluten-free and dairy-free options. Cons. The meal plan is too low in calories for physically active dieters. May not appeal to dieters who don't enjoy cooking.

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Greek yogurt makes a healthy addition to any weight-loss diet. It's filling, high in protein yet low in calories and a good source of calcium. Buy the plain variety and add fresh fruit to bump up the nutrition. The tangy yogurt also makes a healthy topper for your baked potato or you can use it to increase the protein content in a fruit smoothie.

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