

## [HOW TO PLAN A HEALTHY DIET](#)



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Edit Article How to Plan a Healthy Diet. Sometimes, you may feel unhealthy, and feel like you had enough being over weight, eating to much sugars, fats, and want this to come to an end now, planning a healthy diet is just the perfect idea for this solution. so are you wondering how?

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Make a meal plan. Get organized about your eating habits. Make a meal plan at the beginning of the week, shop for it and follow it. You can leave a couple nights open for eating out or takeout, if you like, but planning it ahead of time will help you make intentional, healthy choices.

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The food that you eat will be the No.1 obstacle when trying to achieve your fitness goals. Whatever your diet plan Paleo, vegan, low-carb, high-protein consistency will be the hardest challenge.

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### **One Week Healthy Meal Plan An Example of a Healthy Diet**

This week's meal plan was designed for a person who needs about 2,100 to 2,200 calories per day and doesn't have any dietary restrictions. Your daily calorie goal may vary. Learn what it is below, and you can make tweaks to the plan to fit your specific needs.

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### **14 Simple Ways to Stick to a Healthy Diet**

14 Simple Ways to Stick to a Healthy Diet Written by Franziska Spritzler, RD, CDE on March 16, 2016 Eating healthy can help you lose weight and have more energy.

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