
diet meal plans

Posted by sirch - 2008/11/19 09:10

I'm looking for sites or programs that show dialy meal plans, preferrably diet. Or any plans yous guys may have to share would be great! Thanks.

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Posted by RCE - 2008/11/19 09:10

I'm looking for sites or programs that show dialy meal plans, preferrably diet. Or any plans yous guys may have to share would be great! Thanks. This one may have some I know you can build your own menus. I use it as a resource to check calorie makeup of various foods based on different quantities. I searched several and found it to be one of the best I've found. <http://www.nutrientfacts.com/> RCE

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Posted by sirch - 2008/11/19 09:10

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Posted by dkw12...@yahoo.com - 2008/11/19 09:10

I'm looking for sites or programs that show dialy meal plans, preferrably diet. Or any plans yous guys may have to share would be great! Thanks. I have found that the less I do to food, the better. Oatmeal, toasted whole wheat bread, plain green beans, raw salads with no dressing, apples, fresh fruit like strawberries or blueberries, a baked potato with nothing on it. You won't find these things in cook books because nobody makes any money selling the idea and you are not likely to see them served at a restaurant, without being prepared with sugar, or oil, or butter, or cream, or other things that do not improve their natural flavor or healthiness. Keep it simple. dkw

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Posted by Del Cecchi - 2008/11/19 09:10

sirch <si...@sover.net wrote in message I'm looking for sites or programs that show dialy meal plans, preferrably diet. Or any plans yous guys may have to share would be great! Thanks. Thanks - That site has some great info. Check out <http://www.mayoclinic.com/health/food-and-nutrition/NU00617> - Hide quoted text -- Show quoted text -

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Posted by dkw12...@yahoo.com - 2008/11/19 09:10

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Posted by SFrunner - 2008/11/19 09:10

www.cookinglight.com

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Posted by sirch - 2008/11/19 09:10

www.cookinglight.com Excellent Mag. There's another one called CookingSmart, but I have yet to understand why they laid out their website with other things. They need to create a webpage specifically for the mag.

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