
7 day diet Looking for a free 7 day diet plan for person on a budget.

Posted by Nora Williamson - 2008/11/17 19:31

Hi everyone, Can anyone direct me to a website with a free 7 day diet plan for the person on a budget? I saw a few good 7 day diets, but they involved expensive items like shrimp & fish, or products designed to be lean (like lean bacon, reduced calorie soups etc)...which also equals expensive. Can anyone direct me to a sound diet plan that uses common (ahem

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Posted by Beverly - 2008/11/17 19:31

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Posted by Carol Frilegh - 2008/11/17 19:31

Hi Nora. Here are some sites many of us in the group use to help in weight loss. www.fitday.com this is good for tracking your food and exercise...it's also free <http://www.stumptuous.com/weights.html> this site has excellent info on exercise, eating, etc. Krista posts here often and is an excellent source of info www.cookinglight.com www.allrecipes.com both of the sites have menu planners and other info on healthy cooking. They both have good search features that allow you to input a food item and find recipes that fit your needs. I don't know why the lower calories soups, etc have to be so much higher than other foods. Even the food items with reduced sodium are usually priced higher. I started making my own soups and freezing it in individual containers. It tastes better and I know it's low in sodium and calories. HTH Beverly Nora Williamson <loxen...@qwest.net wrote in message Hi everyone, Can anyone direct me to a website with a free 7 day diet plan for the person on a budget? I saw a few good 7 day diets, but they involved expensive items like shrimp & fish, or products designed to be lean (like lean bacon, reduced calorie soups etc)...which also equals expensive. Can anyone direct me to a sound diet plan that uses common (ahem

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Posted by Bridget M. - 2008/11/17 19:31

I don't know about web sites, but you can do dieting on a budget if you stick with the basics: meat, fish, poultry, eggs, plenty of green leafy vegetables, peppers, cucumbers, mushrooms, tomatoes, berries, other fruits, a bit of wild rice or some other nutritious grain, etc, good quality oils like olive or sunflower, and drinking water. With all the foods that have labels out of your shopping cart, you can save a fortune. .. Bridget M. Atkins maintenance for life.

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Posted by Determined - 2008/11/17 19:31

exercising with a purpose. I imagine eating your meals would be more rewarding as well since you worked hard to find all the ingredients. Well, I grew up out in the country, with regular trips into the mountains to pick mushrooms and berries. We also had a huge garden and raised our own meat. I think it's great exercise, but wouldn't use it as my main source of food. You might consider going to the U-pick farms, where you can pick your own veggies and berries too. But you still need protein, and you won't get that on plantlife alone. You could also plant a small garden, if you don't have room where you live, there are many community gardens where people can plant for free.

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Posted by Beverly - 2008/11/17 19:31

plant for free. Another thing to consider is container gardening if you're limited on space. When I lived in the condo and only had a courtyard I grew tomatoes, lettuce and a few other salad fixings in patio pots. It was great going out to the courtyard and picking my salad..... Beverly

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exercising with a purpose. I imagine eating your meals would be more rewarding as well since you worked hard to find all the ingredients. Would love input on this. And it seems like it would be fun and more cost effective than going the store bought route. Nora

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Posted by Beverly - 2008/11/17 19:31

yogurt, nonfat milk, chicken breasts and tuna. You need good sources of carbs from fruits and veggies and whole grains like oatmeal. Try to focus on getting plenty of protein (.8g - 1g per lb of body weight), I'm just curious, where do you get this amount? I do quite fine, and feel great on less, around 75 to 100 gs of protein. In fact, if I eat too much protein, I feel like a complete slug. I know it's all YMMV, as we are all made up a little differently. I've found so many

different suggestions for daily protein intake. I do like this site as it gives ranges based on your activity level. Scroll about half way down the page.... http://www.physsportsmed.com/issues/1996/04_96/protein.htm

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Try to focus on getting plenty of protein (.8g - 1g per lb of body weight), I'm just curious, where do you get this amount? I do quite fine, and feel great on less, around 75 to 100 gs of protein. In fact, if I eat too much protein, I feel like a complete slug. I know it's all YMMV, as we are all made up a little differently. Yeah, you're right, it really depends on activity level. Protein does tend to help preserve muscle mass during dieting, which is catabolic. I lift weights 5-6 times a week, and am doing 20-30 minutes of cardio every day, and also restrict calories, and I find protein definitely keeps me going. Just so you know, for me, 104g of protein would be .8g per lb of bodyweight. I think the real point is to feed your lean body mass - 1g of protein per lb of lbm. So for someone who is considerably overweight, the protein need might be the same as for someone close to goal, depending on lbm amounts.