

Planning Your Diet

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We have plans for everything these days. That is how we can fit 100 different things into each day. While to an extent this seems a bit over doing it, some things do need to be planned. I do not know why we do not plan our diets. I mean, we plan everything else. Some even plan when they have sex. Hence, the birth of hump day. Why not spend a few minutes to plan what you are going to eat? If you are reading this, you have the time so. So sit back and follow these seven easy steps. Don't blink, if you do it will be over. It is really that simple.

1. Mini meals are great. They tell of people with certain diseases, they should be eating several small meals per day. They say that a person should eat something every two hours. Well, that isn't too impossible to do. I suggest you begin by every four hours. Keep it like you normally would any of your other meals. Make sure you have your protein and your fiber. Have some veggies and some fruit to balance everything out. Do not make your mini meal with a bucket of fried chicken. I know that since it is a mini meal, the temptation doesn't seem as great. I mean, if you only slip up in a mini meal, who is watching? It is a great opportunity for the small and improper hungry all day. Make your mini-meal and eat whenever you have planned. If you plan on eating every two hours, every two hours it is. It doesn't take a road map to figure this out.
2. Don't go over board.

This is easier said than done. You must have a specific amount that you are looking at reducing. If you are trying to reduce your meals by 10%, then you should stick to that. I am not sure that you have the calculator and count up each meal which you have. If you have been on a diet for very long, you already have a good idea how many calories things have. Don't eat with your eyes, eat with your mind. Who will help you reduce the amount of food you eat.

3. Eat good tasting food. From time to time let yourself go. Eat something that you know you shouldn't. If you get it out of your system, it will be easier to maintain your diet. If on the other hand you can not even eat things that you do not from time to time, all you do harm himself, in the long run. You are going to nibble each day on those things instead of just eating them occasionally.
4. Eat your calories, don't drink them. Don't fill up on sodas and other drinks. You can use all your calories for a day in these if you take too much. A few sodas here. A few cups of hot chocolate there. A few beers here. You get the point. That will put on the pounds easily.
5. Exercise. You need to do this to keep fit. Not only will it keep you fit, but it will keep you mentally sharp as well. This can go a long way in helping you stick to a diet. If you are depressed, chances are you will end up eating fatty foods that will make you fat. If you consume all the fat, it will give you more depressed. It is a bad cycle to start.
6. Make your meals last. Chew your damn food son! I put you heard that one as a child. Well, it is true. Don't swallow your food. Instead, eat it slowly and enjoy the taste of it. If you do this, it will make you feel like you have done something has eaten. If you swallow it down, you won't get the same benefit. You will continue to feel a void.
7. Discover your food triggers. We all have these. When was the last time you went shopping and you looked at a bag of cookies and realized that you had to have it? I do this sort of thing all the time. You have to understand what foods trigger your response system. If you can do this, you can avoid situations that will make you eat things that you shouldn't eat.

Well, that wasn't so bad was it? There is no need to freak out when it comes to a diet plan. It is simple and easy. Just like anything in life, you should have a plan before you begin to do whatever it is that you are doing. The same is true with your diet.

by Michael Messner