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Taking a balanced diet every day keeps you fit and healthy. A balanced diet contains all the required nutrients and minerals needed daily. Some people blindly eat first and then follow some diet plan to lose weight that not only devoid body of the necessary nutrition but can cause serious deficiency diseases too.

One should consult a dietician or nutritionist before following some diet plan. We should never follow the diet plan that asks to leave food. There are many crash diets that really work but these can cause sudden loss of nutrition. Eating very less or just following liquid diet will lower your metabolism rate, making you gain more weight than you lose.

Food depravation can also have some psychological effects too. Following crash diet will make you cranky and more irritable because you are constantly hungry. Moreover, the weight you lose from a crash diet is not permanent, and must be maintained by proper dieting or exercise, or else you run the risk of gaining all the weight back.

An effective and proper diet plan limits intake of carbohydrates and replaces refined foods with their crude form. These diets first consider our daily intake of nutrients and calories that are required for sustenance of body and then limit the food intake as per requirement. The Zone diet is also such diet that follows a formula of 40% carbohydrates, 30% protein, and 30% fats. This must be followed at every meal.

Zone Diet Plan also offers some recipe that is based on the balanced plan and consists of all the required nutrition needed by body. Some of the example of daily meals from breakfast to dinner that comes under Zone Diet Plan is:

â€¢ Breakfast:

A one-day meal plan might include a breakfast of 1 1/3 cups oatmeal with 1 cup low-fat cottage cheese or a 4-egg-white omelet with 2 cups strawberries.

â€¢ Lunch:

For lunch, recommendations include 4 oz. turkey breast or tuna with 1 tsp. mayonnaise and two pieces of whole-rye bread.

â€¢ Dinner:

For dinner, you might have 4 oz. chicken breast, 1 cup cooked broccoli, an orange and a salad with 1 tbsp. oil-and-vinegar dressing.

â€¢ Mid-meal snacks:

Snacks could include a cornbread muffin, chocolate malt, 1 cup low-fat plain yogurt or even high-carbohydrate Snickers accompanied by the protein from 3 oz. sliced turkey.

After considering your daily activity factor, The Zone Diet begins with determining your daily protein, carbohydrate, fat, and other nutrition requirement and spreading that amount throughout the day among three meals and two snacks. Under Zone Diet, recipes of three meals and two snacks, lays

emphasis on using fresh fruits, vegetables, tofu, cottage cheese etc. as ingredients as fresh ingredients are full of nutrients and minerals and are vital for good health.

It has also been proven too that Zone Diet is effective in losing weight and maintaining constant blood sugar levels, Hence making you fit and healthy.

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