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Healthy Meal Plans: a Proven Weight Loss Strategy by [Jennifer Pearl](#)

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Balanced, healthy meal plans and physical exercise go hand-in-hand. When pursuing long-term weight loss, using meal plans for weight loss make the process more effortless and successful. For a multi-dimensional approach, it's recommended that individuals also increase their physical activity levels to burn more calories and boost their metabolism.

While it's possible to plan meals and your calorie intake each week without assistance, MealEasy's full service meal planner provides quick and delicious meal options. MealEasy meal plans are designed by health-oriented chefs and nutritionists to ensure that you get superior meal choices with the best nutritional value.

Meal plans for weight loss and calorie counting

To lose a pound of weight weekly, you need to reduce your daily calorie intake by 500 calories. However, keeping track of your calorie intake can be very tricky, especially when you're very busy. When you eat restaurant foods, determining the amount of calories in a meal becomes a lot of guesswork.

To avoid this, you should create weight loss meal plans and try to follow through with them as much as possible. However, calorie counting can be a very tedious task. Forget about calorie counting. With MealEasy, healthy dieting becomes even easier. This interactive meal planner comes with customizable options for portions and calorie ranges, two important aspects of successful meal plans for weight loss. Want to maintain a 1200-calorie a day diet or 1600-calorie diet? Specify your ideal calorie range and MealEasy instantly generates a weekly meal plan tailored to your health goal.

Dieting doesn't mean sticking to bland meals. MealEasy incorporates over 1,500 healthy and delicious recipes in its meal plans. The featured dishes are low in fat, low in cholesterol, and high in nutrients, so there are no feelings of guilt when you finish a plate.

The additional benefits of meal plans

Besides helping individuals, or even entire families, accomplish weight loss goals, MealEasy offers a full range of unique benefits. Many members have realized that the small amount of planning results in more free time and also the complete relief of typical "dinnertime" stress. Furthermore, the ability to manage multiple meal plans with a single login makes managing specialized diets easier than ever before. Save money and get started on the path to better health today. Visit www.mealeasy.com to learn more how you can benefit from their meal planning software. You'll be happy that you did!

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Jennifer Pearl is a resourceful author, who has written numerous publications on different types of a [healthy meal plans](#), healthy meal planner, health, and wellness. To find out more about the different types of a [meal plans for weight loss](#) you can visit the author's website www.mealeasy.com.

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