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As interest in health and nutrition grows, more and more people are trying protein shakes as a way to lose weight. Protein shakes come in a variety of flavors in powder form or in ready-to-drink packages, such as cans or foil packs. Relying on ready to meal replacement shakes for weight loss part of a healthy diet or weight loss program is pretty common these days.

Six Ways to Maximize Your Results with Meal Replacements shakes for weight loss

Use these helpful tips to make meal replacements a successful part of your weight loss:

â€¢ Use a meal replacement for no more than two meals, or one meal and one snack, per day, unless you are closely supervised by your doctor.

â€¢ Choose meal replacements that contain at least 200 calories. They should also have a balance of carbohydrates, proteins and fats to provide adequate nutrition and decrease between-meal munchies.

â€¢ Use meal replacements at the meals that cause you the most trouble. If breakfast is always a donut on the run, drink a Kashi shake instead. If you routinely skip lunch, or succumb to the fast-food advertisements, grab a Slim-Fast lunch bar. If you cannot find the time to make a healthy dinner, have a Snapple-a-Day.

â€¢ Mix and match so you do not get bored. You can use two meal replacements on some days and just one on others when you have more time to make healthy meals. Also, try lots of different meal replacement products to keep your taste buds happy. For example, you could have a Slim-Fast shake for breakfast and a bowl of Special K for lunch

â€¢ Choose fresh fruit for snacks twice a day for added nutrition and fiber. If you're drinking lots of shakes, you'll be happy to have something you can chew

â€¢ Maximize your weight loss by making your traditional meal well balanced. To do so, make your plate look like this: Fill half with vegetables (raw or cooked, your choice), one-quarter with protein (chicken, fish, tofu, legumes, and red meat) and the remaining quarter with the starch (pasta, potato, rice, bread).

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