

EASY HEALTHY DIET MEALS



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This salad features some of the diet's key pillars: low-fat dairy (represented here by feta cheese), fresh vegetables (tomato, onion), healthy fats (olive oil), and lean protein (chickpeas).

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Instead of making separate vegetable and starch sides (and dirtying two pans), combine vegetables and grains into one simple dish. Serve with easy-to-make Citrus Salad with Balsamic Honey and Pistachios. For delicious meal planning made easy, join the Cooking Light Diet today. More information available here.

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And once you see how easy it is to cook your way to thin, The addition of garlic, lemon, herbs, chicken and veggies transform a somewhat-boring grain dish into a meal that's not only healthy, but hard to put down. Get the recipe from Pinch of Yum. 13. One Pot Pasta. No-Diet Weight Loss Guaranteed!

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1 200 Calorie Diet Menu 7 Day Lose 20 Pounds Weight Loss

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