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## DIET PLAN FOR OBESITY

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### **Mediterranean Diet Meal Plan**

Just as there's no one meal plan that works for everyone, there's no obesity diet plan that's guaranteed to work wonders. However, U.S. News & World Report, in its annual ranking of diet plans, named the Mediterranean Diet as the top overall diet thanks to its emphasis on fruits, vegetables, olive oil and fish, among other healthy meal components.

Rather than focusing on calories, fat or other nutrient numbers, a Mediterranean Diet meal plan emphasizes eating foods high in fiber, lean protein and unsaturated fats. Cooking Light magazine suggests a sample meal plan that consists of:

- Breakfast: Seven-grain hot cereal with Greek yogurt, goat cheese and fig preserves
- Lunch: Grilled chicken pitas with sesame drizzle
- Dinner: Seared salmon salad with beets and blackberries
- Snacks: Beet chips, rosemary roasted almonds, vegetables with pesto yogurt dip

### **Clean Eating Meal Plan**

If those ideas don't appeal to you, there are plenty of additional weight loss-focused meal plans you can pick from to choose an effective obesity-busting diet. For example, a sample day of meals designed for weight loss from Clean Eating magazine includes:

- Breakfast: Yogurt berry bowl made from Greek yogurt, sliced strawberries, chopped walnuts and chia seeds
- Morning snack: Sprouted-grain toast with cottage cheese and mango salsa
- Lunch: Salmon hand rolls, brown rice and edamame
- Afternoon snack: Banana dipped in flaxseed
- Dinner: Turkey taco lettuce wraps

### **High-Protein Diet Meal Plan**

If you'd like to focus on consuming more satiating protein, Eating Well magazine offers a high-protein meal plan that includes:

- Breakfast: Broccoli and Parmesan cheese omelet
- Morning snack: Plum
- Lunch: Butternut squash soup with avocado and chickpeas
- Afternoon snack: Kiwi
- Dinner: Citrus-poached salmon with asparagus and brown rice

### **Low-Fat, Low-Sodium Meal Plan**

If you're concerned about the effects fat and salt may be having on your heart, the Mayo Clinic suggests several dishes as part of a sample meal plan:

- Breakfast: Cooked oatmeal with walnuts, banana, skim milk
- Lunch: Low-fat plain yogurt with flaxseed, peach halves, Melba toast crackers, raw broccoli and cauliflower, low-fat cream cheese, sparkling water
- Dinner: Salmon, green beans with almonds, salad greens with low-fat salad dressing and sunflower seeds, skim milk and an orange
- Snacks: Skim milk, animal crackers