

My favorite weight loss key is having a Defined Program of the same basic meals.

HAVING THE SAME SET HEALTHY MEALS EACH DAY WORKS FOR WEIGHT LOSS: Create 1-2 breakfasts, lunches, and dinners that you know the calories of, that you enjoy, that is healthy, and that you can stick with following the [Healthy Plate Guidelines](#). It is good to deviate between different healthy items in your plan like different vegetables and fruit, [healthy proteins](#), [healthy fats](#), and [whole grains](#) to offer variety. But make sure they contain the same calories.

Support for this Principle: Consistently eating the same meal or a few different dishes can help you easily track your calories. Count it once and be done with it. It makes it so easy. This is what I do. See sidebar. Eating the same meal or snack each day can help you create healthy eating habits without the stress of figuring out what to eat. Frequently eating the same thing cuts down on the time it takes to plan out meals. It can also make it easy for you to shop, prep, and cook. The more choices you have to make throughout the day, the harder it becomes to make good ones, including about what to eat. [Healthline.com](#) posted a [study](#) of 1,018 college students that found that those who had a high cognitive load, or were mentally taxed and tired, were less likely to choose healthy foods. Eating the same thing every day or repeating meals and ingredients throughout the week may help you lose weight or stick with your diet. [Research](#) has shown that more dietary variety is associated with fat and increased body weight. This is especially true when people are given an assortment of snack foods instead of just one. We can't help but have a little bit — or a lot — of everything. Researchers believe that different tastes and textures may encourage overeating.

Some say: Your body needs a wide variety of fruits, vegetables, proteins, and whole grains to ensure that you're getting the macronutrients and vitamins you need. Depending on what you're eating, you can become nutritionally deficient by severely limiting yourself to a few meals or a handful of foods. To this I say make sure that each meal you design is loaded with healthy items following the suggested Healthy Plate Plan. In doing so you will have no deficiency. They also say that eating a wide assortment of foods and rotating what you eat helps increase the diversity of healthy bacteria in the gut. This good bacteria is important not just for overall health, but also for weight loss. A study from 2016 found that a lower diversity of good bacteria was associated with obesity and abdominal fat. I agree with making you gut healthier, we can do this by making sure you have a lot of gut friendly foods in the meals you choose.



I typically eat the same 4 healthy meals day that I know the calories of.

1. Oatmeal (oatmeal, Greek yogurt, tbs. peanut butter, berries made with unsweetened almond milk)
2. Smoothie ([see](#))
3. Egg Sandwich (2 pieces of toasted whole wheat bread, 2 tbs of hummus spread on toasted bread with one egg, 4tbs egg whites, baby spinach that was cooked in a microwaveable lightly spread with oil bowl)
4. Chicken Stir Fry ([see](#)) or a Healthy Bean Based Soup ([see](#)).