



# 4 Meal Plans For Diets That Are Supported by Science

There are many diets that can work.

The key is finding something that you **like** and can **stick to** in the long run.

Here are meal plans for 4 healthy diets that are scientifically proven to be effective.

All of them include detailed information on foods to eat, foods to avoid, along with sample menus, shopping lists and even videos that explain some of the key concepts.

## 1. Low-Carb, Real Food Based Diet

The low-carb, real food based diet is perfect for people who need to lose weight, optimize health and lower the risk of disease. [\[Read more...\]](#)



It is a flexible diet and you can fine-tune your carbohydrate intake depending on your goals.

This diet is high in vegetables, meat, fish, eggs, fruits, nuts and fats, but low in starches, sugars and processed foods.

Check out the full meal plan [here](#).

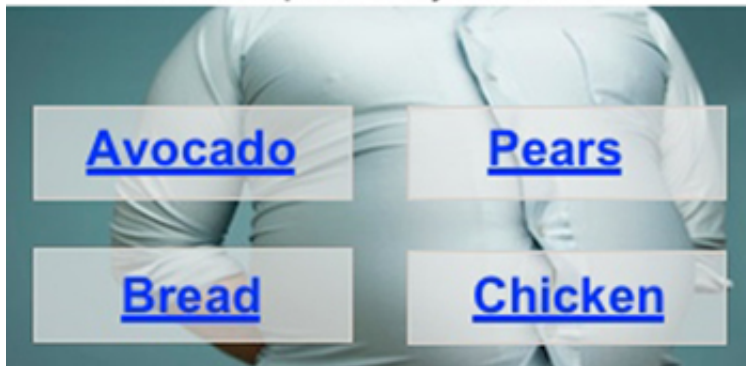
## Here are some more articles about the diet:

- [How Many Carbs Should You Eat Per Day to Lose Weight?](#)
- [101 Healthy Low-Carb Recipes That Taste Incredible](#)
- [7 Healthy Low-Carb Meals in Under 10 Minutes](#)
- [10 Proven Health Benefits of Low-Carb and Ketogenic Diets](#)
- [23 Studies on Low-Carb and Low-Fat Diets – Time to Retire The Fad](#)

## Which food makes you LOSE weight and burns belly fat FAST?

(the answer may surprise you)

Please tap or click your answer



## 2. Mediterranean Diet

The mediterranean diet is an excellent diet that has been well studied. It is particularly effective for heart disease prevention. [\[Read more...\]](#)



It involves eating the types of foods that were commonly eaten around the Mediterranean sea back in the 20th century.

It includes plenty of vegetables, fruits, fish, poultry, whole grains, legumes, berries, dairy products and extra virgin olive oil.

Check out the full meal plan [here](#).

#### **More articles about the Mediterranean diet:**

- [5 Studies on The Mediterranean Diet – Does it Really Work?](#)
- [Why Extra Virgin Olive Oil is The Healthiest Fat on Earth](#)

### **3. Paleo Diet**

The paleo diet is a very popular diet that is effective for weight loss and general health improvement. It is currently the most popular “diet” in the world. [\[Read more...\]](#)



This diet involves eating unprocessed foods that resemble the foods available to our paleolithic ancestors.

Check out the full meal plan [here](#).

**Here are some more articles about the paleo diet:**

- [101 Paleo Recipes That Taste Incredible](#)
- [7 Healthy Paleo Meals in 10 Minutes or Less](#)
- [5 Studies on The Paleo Diet – Does it Actually Work?](#)



## 1 Worst Carb After Age 50

healthplus50.com

Lose a bit of your belly each day by avoiding this 1 carb.

1 Tip of a flat belly :

Type 2 Diabetes Exercise

Crohn's Disease: Diet

protein diet

1 Veg That Kills High BP

Apple Cider Vinegar Diet

3 Worst Foods for Thyroid

5 Foods you must not eat

Diabetic Diet Meal Plans

## 4. The Gluten-Free Diet



The gluten-free diet is essential for people who are intolerant to gluten, a protein that is found in wheat and several other grains. [\[Read more...\]](#)



The best way to eat a gluten-free diet, is to eat whole foods that are naturally gluten-free. Gluten-free junk food is still junk food.

Check out the full meal plan [here](#).

#### **More articles related to the gluten-free diet:**

- [Gluten Sensitivity is Real, and “Wheat-Free” is Not Just a Fad](#)
- [6 Reasons Why Gluten May be Bad For You](#)
- [Modern Wheat – Old Diet Staple Turned Into a Modern Health Nightmare](#)
- [15 Bread Recipes That Are Low-Carb and Gluten-Free](#)



## Apple Cider Vinegar Diet

pharmapacks.com

Great prices & low shipping Coupon Code "5Off" for 5% Off!

- [1 Worst Carb After Age 50](#) ▼
- [Crohn's Disease: Diet](#) ▼
- [Diabetic Diet Meal Plans](#) ▼
- [5 Foods To Never Eat](#) ▼
- [3 Worst Foods for Thyroid](#) ▼
- [Meal Replacement Shakes](#) ▼
- [#1 Pure Garcinia Cambogia](#) ▼
- [Can't Lose Weight?](#) ▼
- [Natural Thyroid Support](#) ▼