# The proper nutrition: basics, principles, the menu for every day

*More and more modern people prefer to lead a healthy lifestyle: in particular, to eat in the right way, to keep a diet, to do exercise. However, in the rapid rhythm of days, it is the issue of complete and proper nutrition that doesn’t become the easiest one to implement. This is due to the fact that a person often does not want to spend time on cooking, preferring semi-finished products and canned food; seizes the feeling of hunger with fast-food, fatty and sweet foods; not attentive to the choice of products and does not think about which food is healthy and which is not. In addition, not everyone manages to drink at least 1.5-2 liters of pure water daily, which helps normal metabolism and cleanse the body of toxins.*

*Of course, changing the habitual food culture and regime becomes a certain barrier to overcome. However, this always gives a positive result associated with the improvement of the body, improved well-being and weight loss. There is another argument - tasty healthy food gives a feeling of joy in life.*

# The healthy eating principles

The formula for the proper, healthy nutrition is quite simple, as it includes only two components that are directly dependent on each other. Its essence is as follows: the energy value of food (measured in calories) must correspond to the energy expenditure of the body. Everyone knows that if a person eats a lot, but moves a little, his unspent energy is turning into excess weight. This means that in maintaining normal weight lifestyle, occupation, gender, physiological evidence, and physical activity matter. However, each person can follow simple rules.

So, the proper, that means, balanced or rational nutrition requires:

* to follow the regime, always to eat at the same time;
* to stick to a meal schedule: breakfast, light snack, lunch, afternoon snack, dinner. In this case, the main amount of food should be ingested during breakfast and lunch;
* to take a break between the meals no more than 3 hours;
* to take into consideration the energy value of products and correctly proportion them in the nutrition schedule;
* to calculate the volume of a serving of food, keeping the "plate rule": 1/4 - complex carbohydrates, 1/4 - proteins, 1/2 - vegetables, fruits, berries;
* to combine fats, proteins and carbohydrates according to the personal physical activity, do not forget about vitamins, trace elements, fiber;
* to give preference to vegetables and fruits, fish, poultry, lean meats, seafood, low-fat dairy products, legumes, whole grains, cereals;
* to reduce the use of salt, sugar, sweets and pastries (fast carbohydrates), carbonated drinks, factory juices, alcohol;
* to adhere to the healthy cooking methods: steaming, stewing, boiling;
* to include nutritional supplements and dietary supplements in the diet;
* to take food only when you feel hungry; do not eat too cold and too hot food; chew thoroughly;
* to try to have dinner before 6-7 p.m.;
* to sleep at least 7 hours a day, to avoid stress.

# How to switch to a healthy diet in the right way?

To maintain a normal weight, feeling comfortable and the overall well-being of the body, a menu for every day is worth thinking over, which is usually called a light diet for every day. A balanced diet should be compiled individually, for one day or a week. Its goal is the nutritional balance, that means the ratio of proteins, fats, carbohydrates, which is close to 1 - 1 - 4, to help the body to digest the nutriment completely and thus be enriched with the necessary substances. This way, protein gives satiety, fats and carbohydrates - energy. We must not forget that a diet and the optimal for your age and health status physical activity bring the double benefit.

The use of nutritional supplements and dietary supplements also plays an important role in maintaining health and normal weight. Therefore, The Amway Company offers the useful products included in the Bodykey and BodyDetox programs.

* The Liver Active NUTRILITE™ facilitates the protection of the liver by heavy loads and the normalization of metabolic processes.

One of the basic and universal dietary supplements to support the functioning of the liver is "The Liver Active". Its original composition solves the main problems with the protection of the cell walls of hepatocytes and the bile flow, and is maximally adapted for the inhabitants of Russia. "The Liver Active" contains the milk thistle that serves as a hepatoprotector ("hepato" - liver and "protector" - protection) for the liver and has a mild choleretic effect. The main active ingredient of the milk thistle is silymarin, its task is to restore, strengthen and protect the cell walls of hepatocytes. It acts as an antioxidant and scavenges free radicals. And even in the most advanced cases, when the liver cells degenerate into the connective tissue (fibrosis) and lose their function, silymarin is able to slow down the process and contribute to its reverse development. This action is very well studied and confirmed from a scientific point of view.

* "The NUTRILITE™ Protein Powder" is the vegetable protein that replenishes the lack of protein in the organism and supports performance; is an alternative to meat, eggs, milk, cheese.

Thanks to the combination of pea, soy and wheat proteins, the product contains all the essential amino acids. Their combination is as close as possible to the composition recommended by the World Health Organization. “NUTRILITE™ Protein Powder” is superior in balance to many whey proteins. It does not contain soy isoflavones, it contains protein isolate only (the pure amino acids without impurities).

* A mixture of dietary fibers with “The NUTRILITE™ inulin” stimulates the gastrointestinal tract, removes excess fat and toxins.
* "The NUTRILITE™ Fiber Blend" chewable tablets replenish the fiber deficiency in the body, felicitate the intestines cleansing, inhibit appetite and help control the weight.
* "The Bodykey™" dry mix is for a delicious milkshake that becomes a healthy snack for those lead active lifestyles and helps to drop out extra pounds.
* "NUTRILITE™" is a carb blocker that prevents the organism from converting excess carbs left over from the daily intake into fat. During each meal, up to 500 kcal are blocked.

# The diet rules

In our days, the problem of excess weight and, consequently, weight loss is one of the most relevant ones. Overeating, love of unhealthy foods, a sedentary lifestyle, stress can cause extra pounds. It happens that the struggle with them lasts for years. In this case, neither fasting nor strict diets help. However, it is worth to recollect of the calories calculation and the fact that weight will begin to decrease when the calorie deficit reaches 20%. Therefore, you can try to change your view of nutrition and follow a simple diet that works effectively and does not make harm to the organism, but can significantly improve your figure and well-being.

Such a diet excludes, first of all, fatty, floury and sweet, but consists not only of kefir and apples, but also of tasty and healthy dishes. In addition, it includes the correct use of pure water: 1 glass in 20-30 minutes before breakfast and between meals. There are a few more nuances. So, it is better not to use "quick" cereals, but to cook or steam them in the evening. It is worth learning to "deceive" your body with the help of interesting culinary tricks: especially when you want the foods that are excluded from the diet, for example, sweets. Moreover, it's time to try new healthy grains like bulgur, couscous and quinoa.

Meals due the menu for weight loss are best to start on Saturday or Sunday. Even one week can give a noticeable result if you consume no more than 1600 kcal every day and include dietary supplements in your diet.

# What products should you avoid?

In order for the diet to be healthy and correct, it is necessary to reduce as much as possible, and it is better to exclude the highly processed foods and high calorie foods. The highly processed foods are products that are technologically processed to improve appearance, taste, to quicken the cooking process or increase the expiration date.

Of course, the highly processed foods are very convenient - there is no need to spend time to cook. However, such food largely loses its nutritional value, and the valuable substances in its composition (vitamins, minerals, fiber) are destroyed. As a rule, such products contain a large amount of simple carbohydrates, saturated fats and salt.

A healthy diet should not include trans-fats, when liquid vegetable oils are artificially converted into a solid, imitating butter form. These substances are alien to the organism.

The foods to avoid include:

* fast food;
* chips and crackers;
* sausage, frankfurters, carbonades, semi-finished meat products;
* confectionery;
* bakery products;
* margarine and spreads;
* fatty meats (pork, lamb);
* fatty milk and cheeses, cream, sour cream;
* soda, packaged juices;
* marinades and pickles.

# The menu for every day

The menu includes:

* Milk products;
* Seeds and nuts;
* Cereals;
* Fruit;
* Fish and seafood;
* Vegetables;
* Smoothies, cocktails
* Eggs;
* Poultry meat, beef;
* Whole wheat bread.

Below is a sample menu of the proper nutrition for the week.

**Monday**

* The breakfast: an oat porrige with dried apricots and pumpkin seeds, a black tea, the dietary supplement "Liver Active NUTRILITE™".
* The snack: a natural fat-free yogurt, an apple or a smoothie (carrot, celery, green apple) + the inulin and fiber blend "NUTRILITE™".
* The lunch: a stewed chicken breast with rice; a vegetable salad with olive oil (cucumbers, tomatoes, bell peppers).
* The snack: prunes, a hibiscus drink. Or a chocolate-flavored milkshake based on the dry mix "Bodykey".
* The dinner: a salmon baked with rosemary, a green salad with olive oil and lemon juice (lettuce, parsley, cucumber, avocado). Or a balanced shake + the protein powder "NUTRILITE™".

**Tuesday**

* The breakfast: an egg boiled without a shell in hot water on a slice of whole grain bread and a leaf of green salad, a coffee with milk, "Liver Active NUTRILITE ™".
* The snack: a fresh carrot and black raisin salad or a smoothie (carrot, celery, green apple) + the chewable tablets - the fiber blend "NUTRILITE™".
* The lunch: chicken liver stewed with onions; a cabbage salad (white cabbage, carrots, cranberries).
* The afternoon snack: a prune and apple salad or a chocolate-flavored milkshake based on the "Bodykey" dry mix.
* The dinner: a sea bass baked with lemon in foil; boiled rice, a salad (cucumbers and parsley), an herbal tea. Or a balanced shake + the protein powder "NUTRILITE™".

**Wednesday**

* The breakfast: a millet porridge with pumpkin, a tea or a black coffee, "Liver Active NUTRILITE™".
* The snack: a fermented baked milk, a bread, a rooibos drink. Or a smoothie (cucumber, parsley, green apple) + the inulin and fiber blend "NUTRILITE™".
* The lunch: a vegetable soup, a boiled lean beef with buckwheat.
* The afternoon snack: a grapefruit or chocolate-flavored milkshake based on the "Bodykey" dry mix.
* The dinner: 2 eggs scrambled with milk and green beans (with the addition of 2 tablespoons of bran), a vegetable salad (tomatoes, cucumbers, walnuts, cilantro), a mint tea. Or a balanced shake + the protein powder "NUTRILITE™".

**Thursday**

* The breakfast: a curdled milk, a bread, a tea, "Liver Active NUTRILITE™".
* The snack: a pear baked in the oven with cinnamon. Or a smoothies (fat-free kefir, lingonberries, blueberries) + the chewable tablets - the fiber blend "NUTRILITE™".
* The lunch: a fish soup, steamed vegetables (Brussel sprouts, carrots, potatoes).
* The afternoon snack: a kiwifruit and chamomile tea or a chocolate-flavored milkshake based on the powdered blend "Bodykey".
* The dinner: steamed beef cutlets, a salad (daikon radish, tomatoes, dill). Or a balanced shake + the protein powder "NUTRILITE™".

**Friday**

* The breakfast: a boiled egg, oven-baked tomatoes, "Liver Active NUTRILITE™".
* The snack: biscuits and a chicory tea or a smoothie (strawberry, flaxseed, banana) + the fiber and inulin blend "NUTRILITE".
* The lunch: a beet salad with olive oil, boiled lean beef.
* The snack: a kefir and a slice of whole grain bread. Or a chocolate-flavored milkshake based on the dry mix "Bodykey".
* The dinner: fish cakes, rice, a salad (arugula, orange, parsley). Or a balanced shake + the protein powder "NUTRILITE™".

**Saturday**

* The breakfast: a toast with a slice of cheese and stewed spinach, a green tea, "Liver Active NUTRILITE™".
* The snack: fat-free cottage cheese with fruit, an herbal tea. Or a smoothie (pear, lettuce, blueberry) + the inulin and fiber blend "NUTRILITE™".
* The lunch: a white bean salad, a boiled chicken breast and spicy greens.
* The snack: almonds and dried apricots, an herbal tea. Or a chocolate-flavored milkshake based on the dry mix "Bodykey".
* The dinner: a stuffed squid (rice, squid, onion); lettuce (arugula, parsley, cucumbers, tomatoes). Or a balanced shake + the protein powder "NUTRILITE™".

**Sunday**

* The breakfast: fat-free cottage cheese with fruits, poppy seeds and sesame seeds, tea, "Liver Active NUTRILITE™".
* The snack: a whole grain toast with avocado, green tea. Or smoothie (tomato, cucumber, bell pepper) + the chewable tablets - the fiber blend "NUTRILITE™".
* The lunch: a bulgur with chicken fillet and vegetables.
* The snack: a fruit salad (apples, pears, kiwi, lemon juice, cinnamon). Or a chocolate-flavored milkshake based on the dry mix "Bodykey".
* The dinner: a baked turkey breast marinated in low-fat yogurt and spices; baked vegetables (zucchini, bell peppers, tomatoes). Or a balanced shake + the protein powder "NUTRILITE™".

# How much weight can you lose with the proper nutrition?

The main goal of losing weight is not to lose weight quickly, but to keep the effect of the proper nutrition for at least 3 years. Abrupt fluctuations in weight, on the contrary, lead to metabolic disorders in the body, and in the future, it will be more and more difficult to lose weight. The optimal weight loss should not exceed 0.5-1 kg per a week. This allows an average of 3-12 months of healthy eating to reduce the body weight by 8%.