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## Best life diet

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### Abstract

A three phase plan to definitive weight loss through behavioral changes, increased activity levels, improvements in diet, and the resolution of key eating issues. The Best Life Diet is a slow and steady approach to weight loss. This diet by Oprah's weight-loss guru outlines small incremental changes to help you live your best life, which involves an active lifestyle, "emotional freedom," portion control, and wholesome eating.

**Keywords:** Best Life Diet, weight loss, active lifestyle, emotional freedom.

### Introduction

Make small lifestyle changes for big results. Begin by assessing why you overeat and addressing emotional issues. Then make minor diet changes such as cutting off eating two hours before bedtime and having breakfast every day. You eventually adopt a more active lifestyle and follow a diet rich in healthy, whole foods. The present study shows that The Best Life Diet covers chapters on healthy food choices, beneficial physical fitness exercises, motivational tips, recipes, and more. Furthermore, this plan is not about quick weight loss or counting calories, but rather an action plan for permanent eating behavior changes meant for the long haul.

### Diet History

Although Bob Greene, an exercise physiologist, published this diet program in 2006, it only really became popular after being featured on *The Opera Winfrey Show*. The best life plan's practical approach stands to gain even more widespread popularity due to its celebrity following.

### How does it work?

This three-phase program gradually eases the person dieting into a healthier diet and a more active lifestyle.

Phase 1 last a minimum of four weeks and focuses on increasing the individual's metabolism by adding and increasing the frequency of exercise. This stage includes three structured mealtimes and not consuming food within two hours of going to sleep.

The focus of phase 2, which should last a minimum of four weeks, involves weight loss, cutting calories, and changing food choices, In reality, significant weight loss is not expected to occur until Phase 2 due to increasing levels of exercise, the removal of nutrient-poor, unhealthy foods, becoming attuned to the cues that provoke the hunger signal, and assessing the emotional reasons for overeating.

Phase 3 is centered on finding lifelong fitness levels to suit the individual and fine-tuning his or her corresponding diet. This final stage is designed to last for the "rest of your life".

Permanent weight maintenance and stabilization is encouraged through improved food choices and achieving a good understanding of their nutritional value. The "Anything Goes Calories" concept is introduced to fit favorite kinds of food too so the selection is not so overly restrictive. The scientific evidence supports the effectiveness of weight-loss plans that combine diet and physical activity, and behavioral strategies or permanent healthy diet and weight management.

### Pros and Cons

The Best Life Diet focuses on sustained weight loss by underlining the importance of

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assessing the emotional reasons for overeating. Although the plan deals with emotional eating issues on self-help basis, it may be advisable to seek professional counseling on specific eating issues.

### Is it for you?

The diet is suitable for individuals who are seeking to develop

a permanent and healthier lifestyle in their quest to lose and keep the weight off without resorting to faddy gimmicks. It might not appeal to anyone seeking a fast method of weight loss that does not want to (or cannot) participate in physical activity.

### Sample Menu

<b>Morning</b>	-Spinach with bell pepper omelette, 1 cup fresh berries, low fat yogurt
	-Old-fashioned oatmeal with chopped dried fruit and nuts, 1 cup skim milk
	-Coffee drink with skim milk, 1 high - fiber fruit muffin, 1 apple
	-Fruit and soya milk smoothie, 1 slice wholegrain bread with peanut butter
<b>Lunch</b>	-Veggie and bean wrap on a whole wheat tortilla, green salad
	-Broiled chicken, bean and spinach salad with low calorie dressing
	-Peanut butter and pear sandwich on wholegrain bread, ½ cup carrots
	-Green salad and fresh fruit, whole wheat crackers and low-fat cheese
<b>Supper</b>	-Vegetable soup, whole wheat pasta
	-Seasoned steamed vegetables, low-fat plain yogurt
	-Baked sweet potato, sour cream, green salad
	-Vegetable stir-fry brown rice, small serving baked tortilla chips
<b>Snack 1</b>	-Banana-coffee smoothie
	-Yogurt with sprinkled nuts
	-High-protein, low-calorie chocolate shake
	-Small piece of dark chocolate
<b>Snack 2</b>	-Small bowl of fruit sorbet
	-Light ice-cream with drizzle of chocolate sauce
	-Light pop-corn
	-1 serving baked vegetable chips

### Try this diet if you

- Are an emotional eater
- Love food
- Want to get active

Each day you'll eat three meals and a snack or two. Breakfast is key to controlling hunger throughout the day the Best Life-approved options contain a mix of protein, fruit, and whole grains. Phase 2 eliminates common weight-gain culprits like soda, fried foods, and refined grains, but you ultimately transition to a diet rich in fruit, vegetables, whole grains, fiber, and calcium. Keep sweets and other less nutritious food in moderation.

### Lifestyle Changes

Behavior modification and physical activity constitute the foundation of this life plan.

### Healthy Tips

The only food group that is encouraged liberally on this plan is vegetables without any added fats.

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