

Top Diet Plans

Useful Information at your finger tips to shred off those extra kilos...South Beach Diet Plan: It is unique and exclusively developed for fast weight loss. It consists of three phases. First phase lasts for 14 days. During the first phase, you can eat general meals of beef, chicken, fish, turkey, and shellfish. Vegetables, cheese, nuts, eggs and salads with olive oil will also be a part of your daily meal. In this phase you are not suggested to eat carbohydrates, sugars and any type of alcohol is also restricted. Duration of phase two depend upon person to person. This phase allows you to eat carbohydrates, sugar and a little alcohol, which were restricted during first phase. Means you can eat cake, ice cream, chocolate and your favorite cookies too. Third phase lasts for whole life. You can eat all of your foodstuffs in this phase. Third phase helps in maintaining your reduced body weight. For people who love yummy food, this diet plan is among top diet plans.

Microbiotic diet plan: The microbiotic not only focuses on physical appearance of the dieter, but also deals with spiritual aspects. This diet plan is low in fat and high in fiber. It recommends low quantity of sugar, meat and dairy products. Mainly it suggests eating Soya, whole grains, soyo or misu soup and beans and prefers mustard oil for cooking. This diet plan is favourite mainly among vegetarians.

Atkins Diet Plan: It restricts consumption of carbohydrates and boosts for consumption of fat and protein. The main concept of diet is based on the notion that over consumption and hypersensitivity towards carbohydrates is the main cause of overweight. This Atkins diet plan comes in four stages: Stage 1: Induction: In this stage you are recommended to eat broccoli, tomatoes and lettuce. You can take light alcohol and coffee. Stage 2: Ongoing weight loss: In this stage you can slowly include restricted items in your meal. Stage 3: Pre-maintenance: This lasts for the rest of life and varies from person to person. Stage 4: Maintenance: This stage will be helpful in maintaining your reduced weight. If the main cause of your extra weight is insulin resistance, then Atkins diet plan is most suitable for a rapid weight loss.

About the Author

Information about low carb diets, including reduced carbohydrate and low glycemic diets. Includes menus, food lists, recipes, advice, research, news.

Source: <http://www.productsherbal.com>