



# Diet Plans: The Best One For You

*Dawn Young*

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# Diet Plans: The Best One For You

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## **Diet Plans: The Best One For You** Dawn Young

Diet Plans The Best One For You There are so many different diet plans on the market today. Fads and trends come and go within the diet realm just like fashion jeans and shoes. What is "in" today may be out tomorrow. Two diets that are receiving positive reviews these days are the Mediterranean Diet and the Paleo Diet, each of these offers easy diet plans for busy lifestyles. Good diet plans enable a person to fit the diet within their schedules, with ease, and to acquire good results in a determined amount of time. The best diet plan will have you losing weight at a steady pace, helping you to develop good eating habits and maintaining a healthy change of lifestyle. A good weight loss diet plan such as what the Paleo diet plan is among the best diet plans for women. It helps to start weight loss with a jumpstart, then it helps the body to become accustomed to the new healthy diet plans, and as time moves on, more foods are added back as maintenance to ongoing weight loss. Studies show that a low fat diet plan helps to shed the pounds in more of a steady time, rather than dump a lot of weight all at once, only to gain it all back once the diet stops. Both the Paleo and the Mediterranean diets are good diet plans for men. Both men and women benefit from a good diet plan that helps to lose weight and keep the weight off.

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