



A Simple Low-Carb Meal Plan for Weight Loss A Simple Low-Carb Meal Plan for Weight Loss There's no magic to it, really. People who lose weight on low-carb diets often do so because they're simply eating fewer calories. July 8, 2019 by Joe Leech Leave a Comment —

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A low-carb meal plan may be your key to losing weight. Low-carb diets have become increasingly popular, with some people claiming that weight loss can become practically effortless when going low-carb. However, these diets aren't for everyone. Here, we'll go over some pros and cons of low-carb dieting and provide a simple low-carb meal plan for weight loss.

What is a Low-Carb Meal Plan? A low-carb meal plan limits foods that contain carbohydrates, including fruits, vegetables, grains, dairy, and sweets. That said, there's no universal definition of what makes a low-carb meal plan. Any diet that contains fewer than 45% of calories from carbohydrates could technically be considered low-carb, but most popular low-carb diets contain no more than 25% ...