

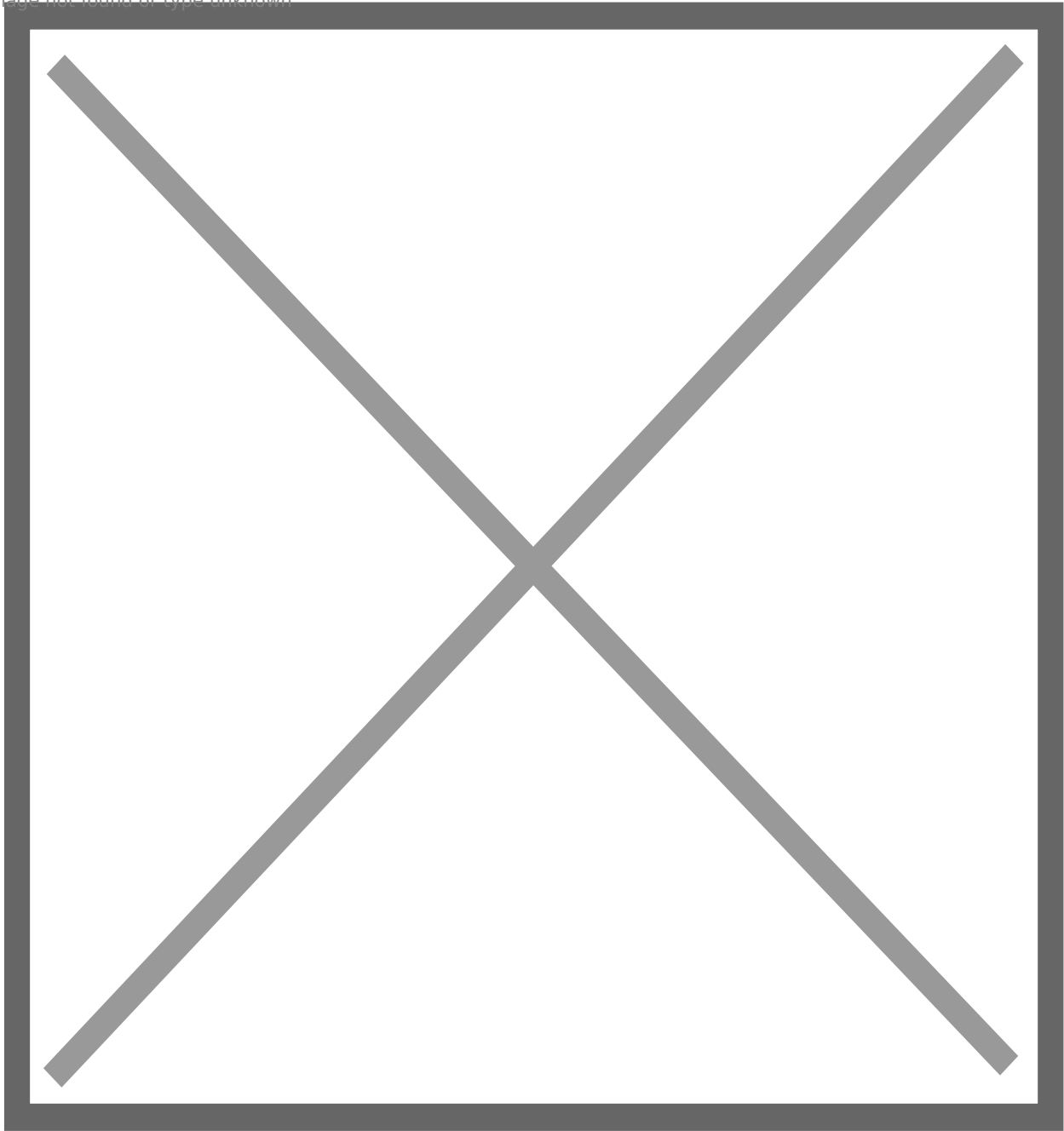
# **Weight Loss Methods - Poll of EpicureanFriends Results**

**Post by “Kalosyni” of November 15, 2023 at 9:23 AM**

This website helps visualize calorie intake, plus has meal planning ideas:

For men:

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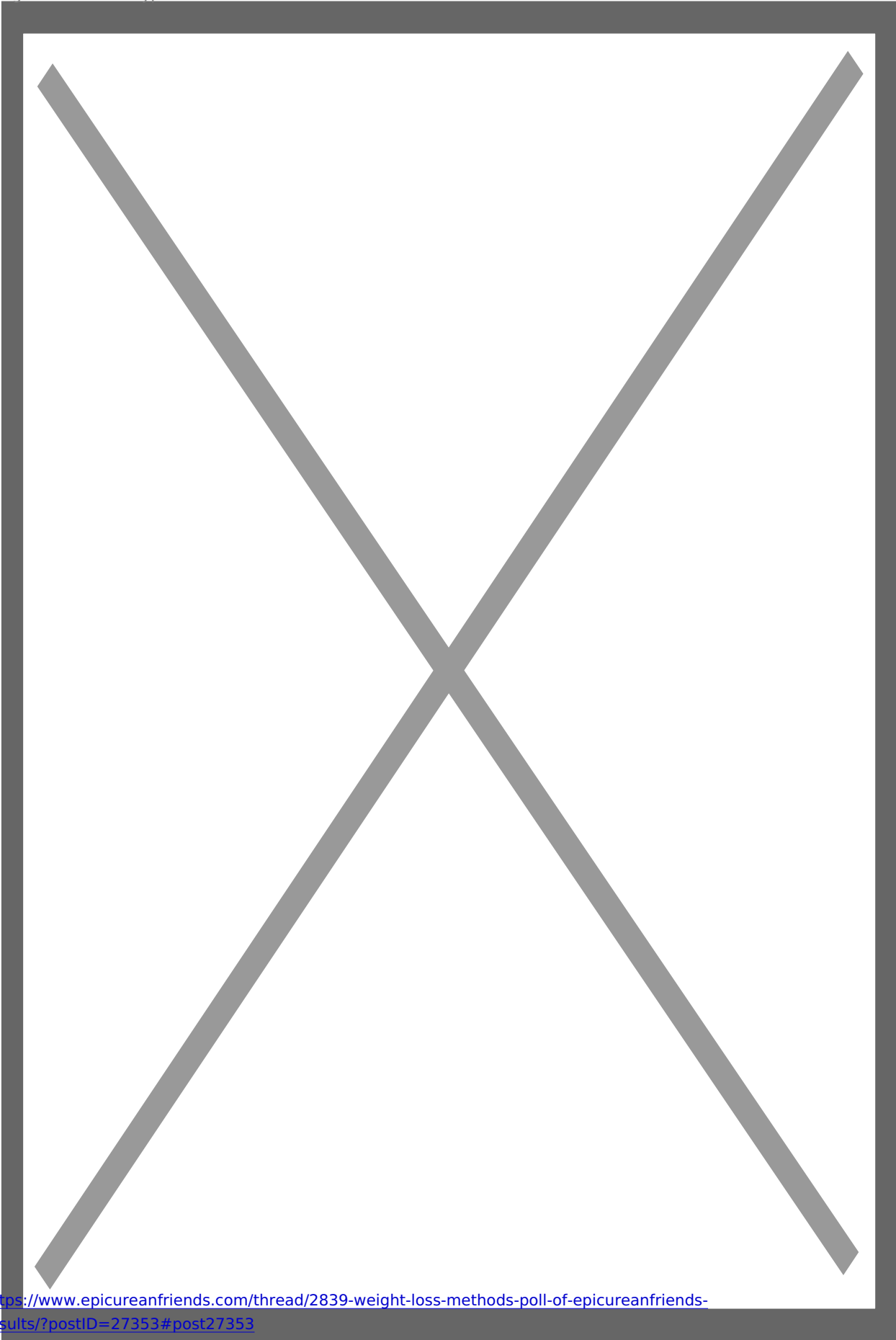
[7-Day Diet Meal Plan to Lose Weight: 1,800 Calories](#)

This 1,800-calorie meal plan is designed to help you feel energized and satisfied while losing weight. See what's on the menu.

[www.eatingwell.com](http://www.eatingwell.com)

For women:

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<https://www.epicureanfriends.com/thread/2839-weight-loss-methods-poll-of-epicureanfriends-results/?postID=27353#post27353>

### [What Does a 1,200-Calorie Diet Look Like?](#)

What do 1,200 calories look like? Check out this sample meal plan to help you lose weight with healthy ideas for breakfast, lunch, dinner and snacks.

[www.eatingwell.com](http://www.eatingwell.com)

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Edit note: Although, I would suggest swapping out grains and instead eating root vegetables for carbs, since grains can increase the hunger hormone ghrelin. Here are some recipes:

<https://www.foodandwine.com/vegetables/roo...getable-recipes>