

# NO-COOKING WEIGHT-LOSS DIETS

Excerpt from the NoPaperPress lineup of No-Cooking Diet eBooks  
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**Most of us are busy – extremely busy struggling to balance career, family, finances, and then you need to make room for a personal life, for friends, for learning, for travel and the list goes on and on.**

**Because you're so busy, you may neglect your health. You know you should lose weight. You want to lose weight but don't have the time to diet. Your life is just too hectic to plan and prepare elaborate low-calorie meals. This is where NoPaperPress No-Cooking Diet eBooks can help.**

## NoPaperPress No-Cooking eBooks

**NoPaperPress has the largest collection of No-Cooking eBooks, nine in all, including: 7-Day, 10-Day, 25-Day, 30-Day, 90-Day and 100-Day editions. Our No-Cooking eBook collection also features a gluten-free version.**



## Frozen Entrees

**Busy families, singles, older people, and office workers alike enjoy the simplicity and convenience of a frozen meal. Many offices have an employee freezer jammed with all kinds frozen meals, which get zapped in a microwave for a quick, portable, portion-controlled, and relatively inexpensive lunch.**

**Most of the dinners in the No-Cooking Diet eBooks are centered on a frozen entrée from one of the four leading manufacturers (Healthy Choice, Kashi, Lean Cuisine and Weight Watcher's Smart Ones) and therefore should be easily found in your local supermarket. Again all have been taste-tested by the authors and judged acceptable to very good. An extensive list of frozen entrees is in the Appendices of our No-Cooking eBooks:**

- Appendix B: Lists frozen entrees sorted by manufacturer**
- Appendix C: Lists frozen entrees by main ingredient**
- Appendix D: Lists frozen entrees sorted by calorie count**

**In some cases, frozen may be better than fresh, because if you keep fresh fruit and vegetables your fridge for a long time, they lose some of their nutritional value. Whereas, frozen foods are usually processed and packaged within hours of being picked. And the freezing process itself does not destroy nutrients. So buying frozen and then defrosting when you want the fruit or vegetable can actually retain more nutrients.**

**The downside to commercially prepared frozen entrees is that they frequently are loaded with too much salt (sodium). Be aware that, because of the relatively high sodium content of the frozen dinners and microwaveable soups, **NoPaperPress No-Cooking eBooks may not be appropriate for everyone.****

**In fact, you should have a medical checkup before beginning this weight loss diet.** And you should let your physician know that the diet you have chosen relies to a large degree on commercially processed convenience foods (frozen and microwaveable) – many of which have a relatively high salt (sodium) content.

**Another problem with nearly all frozen entrees is that they don't contain enough veggies. The solution is to have a big salad at dinnertime with your frozen entrée.**

**The following is a meal plan for a typical day in a No-Cooking diet eBook.**

## DAY 15 – 1,500 Calorie Meal Plan

<u>BREAKFAST</u>	<u>Calories</u>	<u>Totals</u>
Fresh sliced orange	75	
Wheaties (¾ cup) + ½ cup skim milk + ½ sliced banana	190	
Whole grain toast (1 slice)	70	
Coffee	10	345 Cal
<u>MORNING SNACK</u>		
Fresh fruit in season (apple, peach, plum, etc)	70	
Coffee or tea	10	80 Cal
<u>LUNCH</u>		
Campbell's Chunky Old Fashioned Vegetable Beef Soup*	110	
Polly-O String-Ums String cheese (1 package – 1 oz)	80	
Small whole-grain roll	80	
Coffee or tea	10	280 Cal
* Microwaveable Bowl		
<u>AFTERNOON SNACK</u>		
Handful of unsalted mixed nuts	100	
Coffee or tea	10	110 Cal
<u>DINNER</u>		
Lean Cuisine Balsamic Glazed Chicken*	350	
“Big-Bowl Salad”	150	
Fresh fruit in season (apple, peach, plum, etc)	70	
Water with lemon wedge	15	565 Cal
* Dinnertime Selects™		
<u>EVENING SNACK</u>		
Orville Redenbacher's Smart Pop Popcorn Mini Bag	110	
Coffee or tea	10	120 Cal
		<b>1500 Cal</b>

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