**These Meals Will Make Dieting 10x Easier!**

Okay, maybe ten times is hyperbole… but it got your attention right?

Seriously though, sometimes the trick to sticking to a diet more effectively is just knowing the right meals and combinations of foods that you can enjoy in order to save yourself time in the kitchen while keeping your diet nutritious and low in calories!

Here are some meals that will prove to be the perfect example of that…

**Mushroom Sandwiches**

While bread isn’t quite the terrible enemy that a lot of people claim it to be, it is nevertheless still a common source of simple carbs and can contribute a lot of calories.

If you want to make a sandwich without bread though, there are plenty of options! One such option is to slice the top off of two mushrooms and then to use *these* in order to sandwich your filling. Not only does this work just as well to keep everything in place but the mushrooms provide tons of nutrition all of their own and are very good for you indeed!

There are many more breadless sandwiches out there too. A simple one? Mix up some filling and then just wrap it in a large leaf of cabbage. It’s cheaper than bread too!

**Greek Yogurt Pudding**

Here’s a quick and simple dessert that is excellent for packing in the nutrition and keeping those calories relatively low. Simply take some plain Greek yogurt, add some blueberries and add just the tip of a teaspoon of honey. When you mix all this up, you’ll be left with something deliciously sweet that doesn’t break the calorie bank and is filled with antioxidants!

**Tuna Avocado**

Here’s a delicious way to start your day that will give you plenty of energy and help you to stay full until lunch.

Simply take an as avocado and cut it in half, removing the stone. Now mix up some tuna with a little mayo and horseradish and then dollop into the hollowed out center. This will fill you with protein, omega 3 fatty acid, healthy fats and tons of other good stuff!

**Eggs Royale**

The ultimate brunch meal: eggs royale. This is simply some bread (such as brioche) with a slice of salmon, a poached egg and some sunflower seeds. If you want to keep it as healthy and low-cal as possible, then add vinegar for seasoning. If you feel like treating yourself, then use Holondaise sauce instead!