

# Healthy Recipes for Weight Loss – Reviving the Natural Cook in You

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When was the last time you cooked a recipe for the exact health benefits it can give? You should never forget the real essence of cooking which is to nourish the body. Food interplays with how well your body functions.

Today, there are a hundred healthy recipes you can choose from to engage in a rewarding weight loss. The basic premises which hold these recipes are that they are supposed to be low in calories and saturated fat. They should also be balanced in that they contain all macronutrients like proteins, carbohydrates and fats.

Exact recipes are currently disseminated in the internet and in cookbooks all around the world. They are available for anyone's advantage. One just has to know some common things which keep all of these recipes alike so that he can make healthy recipes of his own.

First off, every unhealthy ingredient or food has a substitute. If you use vegetable oil with high levels of saturated fat, you can always do well with olive oil. Instead of having the traditional French fries which is deep-fried in oil, you can slice fresh potatoes, add on some spices plus a little olive oil, and bake them. Another fatty food that comes in this substitute list is sour cream. You can replace this with non-fat yogurt and cottage cheese blended together. The tastes are very similar and you get to watch the calories at the same time. Those are just samples of foods with substitutes.

Another aspect which you can look into would be the creativity to make your own healthy recipes for weight loss. You don't have to be a professional dietician to know common foods that are low in calories. There are many indexes available in the internet to tell you some vital nutrient information on most foods as well. On top of that, experimenting can help you arrive at a recipe which you distinctly like. All healthy recipes you can find today were born from this same creativity. These all serve well in your cooking venture and in reliving the natural cook in you.

The last thing which you should be keen about would be your capacity to sustain the making of these healthy recipes. Most recipes require specific ingredients which might not go too well with your budget. If you were to create your own recipes, make sure that they are sustainable so that enjoying them over again won't be too hard.