



Reality-Checked Diet: Week 2

Losing weight and maintaining a healthy weight for life begins with making gradual lifestyle changes you can stick with forever.

The ALL YOU 12 Week Reality-Checked Diet gives you detailed week-by-week instructions to gradually change your current habits into healthier ones. You will lose weight (about 1 pound per week) without feeling deprived or overwhelmed.

Week 2 Take Action Tip: Start Your Day a Healthy Way

Eating breakfast gives your metabolism a kickstart, and if you eat a balanced breakfast, you'll feel fuller throughout the day, which means you'll consume fewer calories overall. The goal of this week is to eat a healthy breakfast every single morning, and we make it easier for you by giving you seven tasty options (all perfectly balanced and 350 calories) to choose from. Your only job is to make sure you've got all the ingredients on hand, so prepare a healthy breakfast and enjoy!

Meal: Breakfast #7

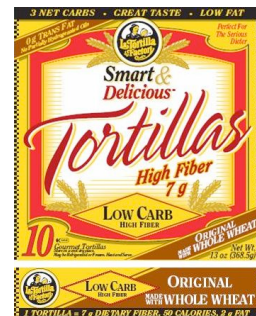
Spicy Breakfast Burrito:

1 cup egg substitute (such as EggBeaters®) or 4 egg whites

1/2 cup canned black beans, rinsed and drained

2 Tbsp. spicy salsa

1 small, fat-free tortilla (such as [La Tortilla Factory®](#))



Serving Directions

Scramble eggs with beans and salsa. Warm tortilla in microwave. Spoon egg mixture into tortilla and roll up.

AllYou.com is a popular Web site that targets women interested in improving health, nutrition, clothing, relationships and do-it-yourself home improvements and decorations. It attracts approximately 430,000 readers each month.