

MealEasy Announces New Weight Loss Meal Plans For People Who Don't Like to Diet

Today, Noviden Technologies Inc., the creator of MealEasy.com announced the addition of a new weight loss meal plan that provides weight conscious people with smart, simple and versatile meal choices, and a variety of weight loss management tools.

Halifax, NS ([PRWEB](#)) December 19, 2013 -- Designed around the benefits of “mindful eating”, [MealEasy](#) has added an exceptional weight loss meal plan to their website.

The new [Weight Loss Meal Plan](#) is based on the premise that the easiest way to lose weight is through sensible, controlled eating.

“Guessing what to eat leads to the wrong food choices,” said George Borovan (MealEasy/Noviden Technologies CEO). “We make it easy for people to change the way they eat.”

MealEasy helps people take a healthier more proactive approach to losing weight.

With the MealEasy weight loss meal plan, people can link to a BMI scale, determine their calorie requirements, set personal preferences, and quickly create a sensible meal plan from a wide selection of highly-nutritious, great tasting recipes.

Dieters are able to customize a meal plan based on their calorie requirements, and enjoy delicious good-for-you meals within a preset calorie range. Meal selections can also be adjusted based on a person's daily physical activity.

“We are excited about our new weight loss meal plan because it's all about sustainable sensible eating,” said Borovan. “It provides a safe way for people to gradually reduce their calorie intake, so they experience long-lasting results.”

With MealEasy, instead of limiting a person's food choices, people are given a really large variety of healthy meals to choose from. Each recipe has been created and tested by their in-house chef, and follows nutritional guidelines - that when followed as intended - will help people lose weight.

Ideal for people discouraged with the yo-yo affects of typical fad diets, the MealEasy weight loss plan focuses on creating smart and careful eating habits.

Along with weight loss, users are able to select and prepare the foods they enjoy, balance their nutritional requirements and save money on food.

MealEasy.com (a brand of Noviden Technologies) is a family business owned and operated by George and Brent Borovan.

Since 2008, MealEasy.com has been on a mission to help and educate people about the foods they eat. They



collaborate with health professionals and nutritional experts to ensure that nutritional guidelines are followed.

Much more than a recipe site, MealEasy will help you plan, shop and prepare deliciously healthy meals. All recipes are prepared by a certified chef and have been tested inside the MealEasy kitchen.

Users enjoy unrestricted use of the meal planner, automatic grocery list generator and an uncluttered advertisement free web application.

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