

Forum:[Hack Forums](#)

Thread: [Exemple of a healthy diet](#)

masoniac - March 2, 2026, 12:25 am

Hey everyone! I wanted to start a discussion about healthy eating habits and examples of diets that actually work in daily life. We often hear “eat healthy,” but what does that really mean in practice?

Some general principles for a healthy diet:

Balance: Include a mix of carbohydrates, proteins, and healthy fats.

Fruits and Vegetables: Aim for at least 5 servings per day — colorful varieties give different nutrients.

Whole Grains: Brown rice, quinoa, whole wheat bread, oats — better than refined carbs.

Lean Proteins: Fish, chicken, beans, lentils, tofu, eggs.

Healthy Fats: Olive oil, nuts, seeds, avocado.

Limit Processed Foods: Reduce sugary drinks, fast food, and packaged snacks.

Hydration: Drink enough water daily — about 2 liters for most adults.

Example of a Healthy Daily Menu:

Breakfast: Oatmeal with berries, chia seeds, and a spoon of peanut butter

Lunch: Grilled salmon, quinoa, and a side of roasted vegetables

Snack: Greek yogurt with nuts or an apple with almond butter

Dinner: Stir-fried tofu or chicken with brown rice and mixed vegetables

Optional: Herbal tea or water throughout the day

Discussion Questions for the Forum:

What does your healthy diet look like in practice?

Do you follow any particular style (Mediterranean, plant-based, low-carb, etc.)?

What are your favorite healthy snacks or meal prep tips?

How do you make healthy eating sustainable on a busy schedule?

xXmatthewcashXx - March 2, 2026, 2:38 am

For me, healthy eating is mostly about keeping it simple and consistent rather than following a strict diet. I focus on whole foods, enough protein, lots of vegetables, and planning meals ahead so I'm

not tempted by fast food when I'm busy. Meal prep on weekends and having easy snacks like fruit, nuts, or yogurt ready makes it much more sustainable day to day. And honestly, having something "unhealthy" once in a while isn't a crime either. Enjoying your favorite foods in moderation can actually help you stay balanced long term and take care of your mental well being, instead of feeling restricted all the time.

Omniscient - March 2, 2026, 10:51 am

I'm Keto for 18+ months.

Stay away from anything soy as a man and seed oils. Get rid of the chemicals and refined carbs in your diet and you'll be healthier. My main focus is proteins and fats, I do eat about 20-30 carbs per day from various foods.

IRLCash - March 2, 2026, 11:43 am

(Mar 2, 2026 11:51 AM)Omniscient Wrote: [\[CITE\]](#) I'm Keto for 18+ months.

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This is some good advice. My friend did Keto and he got super healthy. He's like completely different now.

Komodo - March 10, 2026, 1:01 am

Meal prepping is super important to get you to your caloric goal.

Do a calculation how many calories you need based off your age / height / weight / activity level. This will give you a caloric intake for maintaining weight, gaining weight, losing weight.

The rest is easy. Keep your fats low, get 1G of protein for every pound you weigh, and fill the rest with carbs. Just don't go over your calorie limit and you're good.

Consistency is key.