



Meal Prepping with Microwave Divided Plates with Lids Integral Part of Blogger's Weight Loss

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Sanford, FL - Monika's Marketplace's microwave divided plates with lids has been credited as an integral factor contributing to one blogger's weight loss journey. The blog, MillHouseNaturalFoods.com posts articles regarding health, nutrition, and fitness as well as product recommendations. The blog recently invited guest blogger Monika W. to report on her weight loss and the secrets to her recent success.

In her New Year's blog post, Monika states that her resolution each year seems to stay the same, "It's a New Year and time for my New Year's resolution ? guess what? It's the same as it is every year lol ? lose weight...?" In the blog post, Monika shares a screenshot showing her at her highest weight of 201 pounds. She also shares a graphical image of her weight gain, which was steadily increasing each month.

With this new year, Monika is determined to lose weight and live a healthier lifestyle. With doing this she lists five tools that have helped her on her weight loss journey so far. With just over a month of implementing these changes she has already lost 12 pounds and is looking forward to losing more.

The five items that she credits to her success are coconut oil capsules, weight loss detox tea, microwave divided plates with lids, a phone app, and a quick dry towel for the gym.

Monika states that the divided plates with lids have been extremely helpful when it comes to meal preparation, which is the main aspect of weight loss. "Now, I cook one time for the entire week and put the portions in my microwave safe plates with lids and stack them in the fridge. So, when it is time to eat, I just take them out of the fridge (with the perfect portion) and put them directly in the microwave - no 'thinking' needed - and no extra plate or paper towel to cover - it's all pre-done and takes 1 minute to warm up," said Monika.

"We are so happy to hear that our microwave divided plates with lids have helped with someone's weight loss journey. When you don't have healthy food handy that is quick and easy to prepare, that's when you tend to slip and eat what you shouldn't. Our microwave plates with lids are so easy to prepare a healthy meal ahead of time, then take out of the fridge and into the microwave," said Rose, a company representative.

Monika's Marketplace microwave divided plates with lids are found exclusively on Amazon.com in a variety of different colors and they are currently on sale for the New Year.

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Top BPA Free

TopBPAFree is a company that prides itself in high quality, practical, and affordable products for the home. Their microwave cover can be found on Amazon.com sold through Monika's Marketplace.

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