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Fill your plate half-full of vegetables and fruits at each meal. Fruits and vegetables are loaded with nutrients and fiber, and they're lower in calories than most other foods; especially if they're organic (pesticide-free). Fill up half of your plate with 1 to 2 servings of vegetables or fruits at each meal.

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It's critical to start each day off right with a nutritious breakfast, even if you'd rather just roll out of bed and get right to the work of your move. You're going to want to make sure you're getting enough of the good stuff to get going, so opt for things like eggs, whole grain oatmeal with fruit, and yogurt.

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