

# 1000 Calorie Diet

**WARNING!** 1000 Calories per day is only suitable for a small framed woman who engages in minimal amounts of exercise. This is a very low level of calories, and it would be more advisable to follow a nutritionally-balanced program such as [Medifast 5 and 1](#).

Ensure you drink plenty of water and do not follow this amount of calories for more than 3 days at a time. Daily calories should vary (zigzag) in order to maintain metabolic rate ([see more](#)).

*Calorie amounts could vary depending on exact brand/type chosen.*

  [Print Meal Plans](#)

## Diet Plan 1

### Breakfast

TOTAL CALORIES ~1005

#### Apple Oatmeal

- 1/2 cup water (0)
- 3/4 cup skimmed milk (68)
- 2 oz. (1/3 cup) oatmeal (rolled oats) (93)
- 1/2 an apple (grated) (47)
- 1/4 tsp cinnamon (0)

Bring the water, oats, and half the milk to the boil. Continue to boil whilst stirring (for 5 minutes), and add grated apple. Add further milk to cool.

### Snack

- 22 almonds (168)

### Lunch

#### Scrambled Egg on Toast

- 1 large egg (72)
- 1 tbsp fat-free milk (11)
- 1 slice whole wheat bread (70)

- 1/2 oz. low-fat shredded cheddar cheese (25)

Beat egg with the milk and scramble in a non-stick pan or microwave, Toast the bread, top with scrambled eggs and cheese.

## Dinner

- 1/2 avocado, sliced (161)
- 3 oz. cooked chicken breast, chopped (142)
- 2 cups shredded lettuce (10)
- 6 cherry tomatoes (30)
- 1/2 cup sliced red pepper (12)
- 1 thinly sliced red onion (48)
- 2 tbsp low-fat Italian dressing (48)

## Diet Plan 2

### Breakfast

TOTAL CALORIES ~1000

- 1 whole wheat English muffin (120)
- 1 pat butter (36)
- 1 cup of fruit (74)
- 1 tea or coffee (0)
- 8 ounces of water (0)

### Lunch

- 1 large tossed salad with 2 tbsp dressing (100)
- 1/2 cup of tuna w/.5 oz. lite mayo (135)
- 1 cup of low-fat wheat thin crackers (130)
- 12 ounces of diet soft drink (0)

### Snack

- 1 cup of sliced fruit (74)

## Dinner

- 1 small tossed salad (with 2 tbsp of dressing) (61)
- 4 ounces of grilled skinless chicken breast (189)
- 1 cup of green beans (44)
- 1 pat butter (36)
- 12 ounces of water (0)

## Diet Plan 3

TOTAL CALORIES ~1009

### Breakfast

#### Banana Smoothie

- 1/2 cup [8 oz.] plain, low-fat yogurt (77)
- 1 tsp honey (16)
- 1/2 banana (50)
- 1 cup fresh/frozen berries (97)
- 1 tbsp flaxseeds (55)
- 1/2 cup water (0)

Blend together.

### Snack

- 2 cups popcorn (air popped) (62)

### Lunch

#### Tuna Salad

- 1 chopped apple, chopped (94)
- 3 oz. water packed tuna, drained (99)
- 2 celery sticks, sliced (0)
- 2 cups lettuce leaves (10)
- 1 tbsp low-fat mayonnaise (45)
- 1/4 cup plain low-fat yogurt (36)
- 4 walnut halves, chopped (53)

Mix salad ingredients and top with walnuts

## **Dinner**

### **Hamburger**

- 4 oz. very lean ground beef (149)
- 1 tbsp ketchup (15)
- 1 small grated carrot (21)
- 1/2 finely chopped onion (24)
- 1 egg white, beaten (72)
- 2 cups lettuce, shredded (10)
- 1/2 cup cucumber, sliced (8)
- 1 tomato, sliced (16)

Mix the ground beef, grated carrot, onion and ketchup together and form into patty. Dry-fry or bbq, and serve with salad.