

Personalized diet essay sample

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**ASSIGN
BUSTER**

Cutting back to 1000 calories a day is pretty drastic, and should only be used if you just want to lose a few pounds quickly, or feel the need to kick-start a longer term weight loss plan (“ 1000 Calorie Diet Menu” para. 1). The following is a personalized 1, 000-calorie diet menu recommended for persons who want to lose weight quickly. Women will lose 2-4 lbs in a week, men 3-5 lbs in a week, depending on start weight and activity level (“ 1000 Calorie Diet Menu” para. 14).

Drinks throughout the day can include water, black tea and/or coffee without sugar and negligible calorie carbonated drinks such as Diet Coke (“ 1000 Calorie Diet Menu” para. 6).

This menu recommended by “ 1000 Calorie Diet Menu” provides 1000 calories, 60g protein, 145g carbohydrate, 21g fat.

Breakfast

- Banana sandwich made with 2 small slices of whole meal bread and a small banana.
- 200ml glass of orange juice

Morning Snack

- 100g pot of low fat fruit yoghurt

Lunch

- 1 wholemeal roll (45g) filled with 70g tuna (canned in brine) and 10g reduced calorie mayonnaise
- Mixed salad of 50g lettuce, 50g red or yellow sweet peppers, 10g spring onions.

Afternoon Snack

- 28g bag of lower fat crisps (eg. Walkers Lites)

Dinner

- 70g Roast Chicken breast (without skin)
- 80g Potatoes, mashed with 30ml semi-skimmed milk
- 60g Broccoli, steamed or boiled
- 50g Carrots, boiled
- 100ml Gravy (made from granules)

Evening

- 1 serving of low calorie Hot Chocolate Drink made with powder and water (eg. Cadbury's Highlights)

Works Cited

“ 1000 Calorie Diet Menu.” 15 March 2007. weightlossresources. co. uk. 22 July 2007 .