

Published based on [Why 1000 Calorie Diet](#)

Why 1000 Calorie Diet

This is a very low calorie content diet plan and for this reason it is recommended that it should be for a short period only. It may take like two weeks or ten days but should not be longer. This kind of diet is mostly used as a restart for a prior weight loss program or can be used as a form of a cleansing diet. To cater for the low calorie intake and to ensure adequate nutrients are consumed during this period, one is advised to take a daily multi-nutrient such as a multivitamin or multi-mineral.

Under normal circumstances an individual can consume thousands of calories a day. This means that cutting back to 1000 calories a day can be a bit hard and drastic at the same time. Experts warn that this diet plan should only be undertaken if an individual wants to shed off a few pounds quickly. It should be used as a long term weight loss plan. Most 1000 calorie diet plans ensure there is adequate good nutrition while at the same time trying to keep the diet simple. Although some of these plans offer enough nutrients in their diet, it is not advisable to stick with this program for more than a week.

One might suffer from lack of enough essential nutrients and sometimes you might end up starving your body.

There are dozens of 1000 calorie diet that can be found in the internet or in diet books. Some are complicated while others are quite simple. It is vital to go for a simple plan that you can understand and you are sure of following. Here is an example of a simple 1000 calorie diet plan.

Breakfast:

It is recommended that you take about 300 calories during breakfast. it is supposed to raise your metabolism hence should be big enough. Boosting your metabolism early in the morning greatly helps in fat burning process. A good suggestion is that you take oatmeal plus glass of fresh juice preferably apple juice. fiber is good because it makes you feel full.

Lunch:

It is recommended that you eat around 300 calories at lunch also. A good meal at lunch should include a lean meat of about 130 calories for example salmon or chicken. to this meat you can add a green legume (such as beans) and a fruit.

Mid Afternoon:

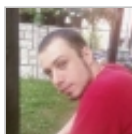
By now you have consumed around 600 calories of the 1000 recommended. a mid afternoon snack should preferably be around 200 calories. a sandwich may do you justice for this one especially because you need some fiber in your body that is found in bread.

Dinner:

you can take the remainder of the 200-300 calories for dinner. some pastas are recommended here or a low calorie frozen food.

I suggest you keep your dinner around 200-300 calories. Dont worry about how late you eat as long as its not past 9 pm at night. Eating a small meal late can actually help to raise your metabolism before bedtime. But if you eat too long you run into risking weight gain due to your metabolism naturally slowing down at night. But you should eat something in the range of 200-300 calories here such as a low calorie frozen diet meal. You could also eat some pasta here but I do not recommend it because you already got enough of your carbs in with your bread.

Basically dont feel bad if you slip up and eat say a cookie during one meal as long as you keep the calorie intake at 1000-1100 per day. I hope this 1000 calorie diet plan has helped you see how easy it can be to lose weight. Follow this little program and you will see weight loss within a week. Its really not that hard either, good luck!



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