



7 Day 800 Calorie DIET PLAN

DAY 2

- **Breakfast:** 1 slice of whole wheat bread (70 calories), a banana (100 calories), 1 cup of skim or low-fat milk (80-100 calories)
- **Snack:** 1 teaspoon of peanut butter (35 calories), 1 small-size apple (50 calories)
- **Lunch:** Tuna (150 grams = 275 calories), green salad (50 calories)
- **Dinner:** 1 portion of green bean meal with meat (160 calories), a small bowl of tzatziki (40 calories)

(Total Calories: 860)

DAY 4

- **Breakfast:** 1 thin slice of cheese and 1 egg omelet (about 150 calories), 1 slice of toasted whole wheat bread (70 calories), 1 cup of green tea
- **Snack:** 1 portion of mango (150 grams = 90 calories)
- **Lunch:** 1 portion of olive oil red mullet meal (260 calories), 1 cup of buttermilk (55 calories)
- **Dinner:** 1 large bowl of zucchini soup (200 grams = 45 calories), 2 slices of wholemeal bread (140 calories), 1 portion of lean salad (85 calories)

Total Calories: 895

DAY 1

- **Breakfast:** One large peach (70 calories), 1 apple (100 calories), 1 egg (65 calories)
- **Snack:** 1 thin slice of low-fat cheddar cheese (20 grams = 50 calories), Boiled 1 small-size potato (80 calories)
- **Lunch:** 1 large bowl of zucchini soup (200 grams = 45 calories), 2 slices of wholemeal bread (140 calories), 1 portion of lean salad (85 calories)
- **Dinner:** 1 portion of spinach meal (175 grams = 130 calories), 1 portion of yogurt (180 grams = 110 calories)

(Total Calories: 875)

DAY 3

- **Breakfast:** Mix 200 grams of oatmeal (140 calories) with a tablespoon of honey (65 calories), 110 grams of sliced tomatoes (20 calories)
- **Snack:** 4-5 chopped strawberries (50 calories) in 1 small bowl of yogurt (90 grams = 56 calories)
- **Lunch:** 80 grams of chicken breast, preferably grilled or boiled (180 calories), salad (50 calories)
- **Dinner:** 100 grams of grilled beef (265 calories)

Total Calories: 826

Time

BRUNCH

BREAKFAST

MEAL

DINNER



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DAY 5

- **Breakfast:** 2 boiled eggs (130 calories), a slice of rye bread (70 calories), 200 grams of tomatoes (about 30 calories)
- **Snack:** 1 medium-size cucumber (15 calories)
- **Lunch:** 3/4 cup cooked oatmeal (200 calories)
- **Dinner:** Tuna (150 grams = 275 calories), green salad (50 calories)

Total Calories: 770

DAY 7

- **Breakfast:** 1 boiled egg (65 calories), 1 cup of skim milk (100 calories), 1 apple (100 calories)
- **Snack:** 100 grams of low-fat cottage cheese (90 calories)
- **Lunch:** 100 grams of grilled beef (265 calories)
- **Dinner:** 1 portion of spinach meal (130 calories), 1 portion of yogurt (110 calories)

Total Calories: 860

DAY 6

- **Breakfast:** 1 slice of whole wheat bread (70 calories), a banana (100 calories), 1 cup of skim or low-fat milk (80-100 calories)
- **Snack:** 1 teaspoon of peanut butter (35 calories), 1 small-size apple (50 calories)
- **Lunch:** Tuna (150 grams = 275 calories), green salad (50 calories)
- **Dinner:** 1 portion of green bean meal with meat (160 calories), a small bowl of tzatziki (40 calories)

Total Calories: 860

Diets Meal Plan

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Time

BRUNCH

BREAKFAST

MEAL

DINNER

