

1600 CALORIE DIET

A one-day example of a 1600 calorie eating plan for extreme weight loss. We do not recommend that you follow a 1600 calorie diet for more than four weeks. Contact The Green Ward directly for additional advice on weight loss.

BREAKFAST (265 kcal)	2 boiled eggs with 1 slice wholegrain bread and teaspoon of butter
SNACK (185 kcal)	1 apple 15 almonds
LUNCH (350 kcal)	Can of tuna in water mixed with 1 Tbsp hummus on 1 whole wheat muffin
SNACK (205 kcal)	100g creamed cottage cheese with 1 banana
DINNER (425 kcal)	Pesto pasta, see The Green Ward recipes
SNACK (170 kcal)	2 level Tbsp of natural peanut butter or 4 Tbsp of live yogurt with teaspoon of raw honey

TIPS

- *Drink 2-4 litres of spring water spread throughout the day*
- *Can drink as much green tea as you like*
- *Can eat as much green veg as you like*
- *Avoid artificial sweeteners and processed foods*
- *Can have one coffee per day (ground percolated)*

