

1350 CALORIE DIET

A one-day example of a 1350 calorie eating plan for extreme weight loss. We do not recommend that you follow a 1350 calorie diet for more than four weeks. Contact The Green Ward directly for additional advice on weight loss.

BREAKFAST (350 kcal)	<i>(Drink water with lemon and ginger on rising)</i> 4 Tbsp of wholegrain rolled oats with ½ cup whole organic milk, ½ cup water & tsp of raw honey
SNACK (125 kcal)	Small box of Blueberries with 10 almonds
LUNCH (250 kcal)	Large mixed salad with 1 medium chicken breast
SNACK (205 kcal)	1 apple and 5 walnuts
DINNER (250 kcal)	Baked salmon fillet or 2 cod pieces with broccoli, asparagus and kale
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)*

