



1,000 Calories a Day: Sample Diet

3-day menu

This handout gives sample menus for a total of about 1,000 calories a day.

Day 1

Meal	Foods	Nutrients
Breakfast	<ul style="list-style-type: none"> 1 cup fat-free or 1% cottage cheese 1 cup blueberries 	240 calories 28 g protein 26 g carbohydrate 4 g fiber
Lunch	<ul style="list-style-type: none"> 4 ounces baked or grilled chicken breast (or 1 cup diced breast meat) 1 cup fresh or frozen green beans, steamed ½ cup steamed brown rice 	290 calories 40 g protein 23 g carbohydrate 5 g fiber
Snack	<ul style="list-style-type: none"> Kashi TLC Chewy Granola bar 	140 calories 7 g protein 20 g carbohydrate 4 g fiber
Dinner	Chinese Chicken Salad <ul style="list-style-type: none"> 3 cups romaine lettuce, chopped ½ cup cilantro leaves, shredded ¼ cup scallions, chopped 2 tablespoons almonds, sliced or slivered 3 ounces chicken breast, roasted and cubed 1 tablespoon Trader Joe’s Lemon Ginger Sesame Dressing or Newman’s Own Lighten Up Sesame Ginger Vinaigrette 	290 calories 32 g protein 19 g carbohydrate 5 g fiber
Snack	<ul style="list-style-type: none"> 1 medium fresh peach (about 3 ounces) 	40 calories 1 g protein 11 g carbohydrate 2 g fiber
Day Total		1,000 calories 108 g protein 100 g carbohydrate 20 g fiber

Day 2

Meal	Foods	Nutrients
Breakfast	Granola Berry Yogurt <ul style="list-style-type: none"> • 1 cup fat-free plain Greek style yogurt • ½ cup blueberries or sliced strawberries • ½ cup Kashi GoLean high protein, high fiber cereal (6 to 8 g protein in ½ cup) 	235 calories 20 g protein 42 g carbohydrate 8 g fiber
Lunch	Grilled Chicken and Pineapple Sandwich <ul style="list-style-type: none"> • 4 ounces skinless, boneless chicken breast • ½ teaspoon salt • ¼ teaspoon freshly ground black pepper • ¼ cup fresh lime juice (about 2 limes) – brush chicken and pineapple with juice while cooking • ½-inch-thick slice pineapple, grilled (mango is good, too) • 1 medium whole-wheat hamburger bun, toasted • 2 large basil leaves 	290 calories 30 g protein 30 g carbohydrate 4 g fiber
Snack	Maple-lemon Glaze Grilled Salmon with Vegetable Stir-fry and Cous Cous <ul style="list-style-type: none"> • 5 ounces salmon (best if wild) • 10-minute marinade, about 1 tablespoon each of: <ul style="list-style-type: none"> - lemon juice - light maple syrup - cider vinegar (with no salt added) • ½ cup fresh or frozen green beans • ½ cup sliced red peppers • ½ cup broccoli or cauliflower florets • ½ cup whole-wheat cous cous 	390 calories 47 g protein 23 g carbohydrate 5 g fiber
Dinner	<ul style="list-style-type: none"> • 1 medium fresh peach (about 3 ounces) • ½ cup fat-free plain cottage cheese 	100 calories 15 g protein 15 g carbohydrate 2 g fiber
Day Total		1,015 calories 112 g protein 110 g carbohydrate 19 g fiber

Day 3

Meal	Foods	Nutrients
Breakfast	Eggs and Bacon <ul style="list-style-type: none"> • 2 large eggs, poached, or scrambled or fried using olive oil cooking spray • 1 slice Canadian bacon (1 ounce) • ½ whole wheat English muffin 	290 calories 21 g protein 15 g carbohydrate 2 g fiber
Lunch	<ul style="list-style-type: none"> • Wendy's small chili or 1 cup Campbell's Roadhouse Beef and Bean Chili Soup • ½ whole wheat English muffin • Add ½ cup fresh or frozen green beans 	300 calories 21 g protein 38 g carbohydrate 10 g fiber
Snack	Ancho-rubbed Flank Steak with Roasted Vegetables <ul style="list-style-type: none"> • 4 ounces flank steak rubbed and pan fried with light olive oil • Ancho rub: <ul style="list-style-type: none"> - ½ teaspoon brown sugar - ½ teaspoon ancho chili powder - ¼ teaspoon ground cumin • Roasted vegetables: <ul style="list-style-type: none"> - 1 zucchini, thickly sliced - ½ cup cherry tomatoes - 1 cup sliced asparagus <p>Toss vegetables with light olive oil, salt, and a squeeze of lemon. Roast in the oven at 500°F for 10 minutes</p>	320 calories 30 g protein 18 g carbohydrate 7 g fiber
Dinner	<ul style="list-style-type: none"> • 1 medium fresh peach (about 3 ounces) • ½ cup fat-free plain cottage cheese 	100 calories 15 g protein 15 g carbohydrate 2 g fiber
Day Total		1,010 calories 87 g protein 86 g carbohydrate 21 g fiber

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Your Dietitian or Diet Technician:
