

1450 CALORIE DIET

A one-day example of a 1450 calorie eating plan for extreme weight loss. We do not recommend that you follow a 1450 calorie diet for more than four weeks. Contact The Green Ward directly for additional advice on weight loss.

BREAKFAST (350 kcal)	(Drink water with lemon and ginger on rising) 4 Tbsp of wholegrain rolled oats with ½ cup whole organic milk, ½ cup water & tsp of raw honey
SNACK (185 kcal)	1 apple and 15 almonds
LUNCH (270 kcal)	100g Couscous with 50g feta cheese & mixed leaf salad + lemon or balsamic vinegar dressing
SNACK (145 kcal)	50g hummus with 2 rice cakes
DINNER (330 kcal)	150-200g lean fillet steak with asparagus and carrots
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)

