



1000 CALORIE MEAL PLANS

What can you fit into 1000 calories? A lot of delicious, nutritious fare with SuperFastDiet! This meal plan takes out all the calorie guesswork and will help you fly through your fast days.

1000 calorie days[™]

We've picked our go-to recipes and put them together to help inspire your 3-Day menu. These food options are simple, filling and full of flavour. Plus, all the calories are calculated for you! It's #supersimple!



DAY ONE

- » **Breakfast:** 2 pieces wholegrain toast with 2tsp margarine, 1 boiled egg, Tea or coffee
= 262 cals
- » **Lunch:** Angel hair konjac noodles, 8 prawns, 1 tin bamboo, lime juice, coriander, basil, ¼ tin light coconut milk, 2 tbs green curry
= 220 cal
- » **Snack:** 4 Vita Weets, 1 slice cheese, 1 tomato
= 200
- » **Dinner:** 3 turkey meatballs, ¼ jar pasta sauce and zucchini noodles, 1 tbs parmesan, 1 glass wine
= 320 cal

TOTAL: 1002 CALORIES



DAY TWO

- » **Breakfast:** 2 pieces wholegrain toast with 2tsp margarine, 1 sliced tomato with cracked pepper and salt, Tea or coffee
= 220 cals
- » **Lunch:** 1 full Darikay soup (chicken and corn), 1 pack konjac noodles - put in soup. 1 chicken stock cube (optional)
= 232 cal
- » **Snack:** 2 servings Sunrice salt and vinegar large rice cakes
= 190 cal
- » **Dinner:** 100g grilled chicken breast, 1 cup cauliflower, finely chopped (or bought at supermarket already done), ½ onion, 5 sliced mushrooms, 1 carrot, 2 slices lean ham, 1 tsp. olive oil, ½ chilli fried in wok
= 400 cal

TOTAL: 1042 CALORIES



DAY THREE

- » **Breakfast:** ½ cup mixed berries, 50g Greek yoghurt, 1 slice wholegrain toast with 1 tsp margarine
= 200 cal
- » **Lunch:** 2 eggs + 2 egg whites and ¼ cup milk (scrambled), 1 cup sliced mushrooms, 1 slice bacon, 1 grilled tomato
= 260 cal
- » **Snack:** 20 grapes
= 100 cal
- » **Dinner:** 200g BBQ pork steak, 1 cup mashed pumpkin, Green salad, 1 glass wine
= 350 cal

TOTAL: 910 CALORIES



DAY FOUR

- » **Breakfast:** 2 crumpets with 2 tsp margarine, Vegemite
= 200 cals
- » **Lunch:** 1/4 serve kaleslaw (Coles packet), 2 chicken drumsticks (skinless)
= 290 cal
- » **Snack:** 2 Laughing Cow cheese wedges, 4 Vita Weets
= 150 cal
- » **Dinner:** 200g salmon + coriander, Konjac rice, chicken stock, ginger, lemon grass, diced carrot and ½ onion, chilli= 240 cal
- » **Treat:** Banana, frozen in pieces then blended into ice cream
= 100 cal

TOTAL: 980 CALORIES



DAY FIVE

- » **Breakfast:** 2 muffins with 2 tsp margarine, Tea
= 200 cal
- » **Lunch:** La Zuppa soup, 4 Vita Weets, 1 sliced tomato, 1 slices cheese, 2 slices ham
= 300 cal
- » **Snack:** 1 carrot chopped into sticks, 2 tbs tzatziki, 1 row rice crackers
= 150 cal
- » **Dinner:** 1 capsicum stuffed with cooked cauliflower rice, with chilli, garlic, ½ onion, carrot, stock and 2 pieces chopped bacon. Lightly spray olive oil, sprinkle with 10g cheese, 1 baked sweet potato, 2 tbs sour cream
= 350 cal

TOTAL: 1000 CALORIES



DAY SIX

- » **Breakfast:** 1 piece thin raison toast with tsp margarine, 1 cappuccino
= 200 cal
- » **Lunch:** 3 spicy tuna sushi rolls
= 420 cal
- » **Snack:** 10 grapes
= 50 cals
- » **Dinner:** Takeaway Thai: Beef Salad (2 cups), 1 glass wine
= 356 cals approx

TOTAL: 1026 CALORIES



DAY SEVEN (WEEKEND)

- » **Brunch:** 2 poached eggs, 2 crumpets with 2 tsp margarine
Tea, 1 glass orange juice
= 420 cal
- » **Afternoon Tea:** 1 La Zuppa soup, 3 salt and vinegar rice cakes
= 153 cal
- » **Dinner:** 3 chilli prawn skewers, Green salad, 1 baked potato,
1 glass wine or cappuccino, ¼ mango
= 415 cal

TOTAL: 988 CALORIES



DAY EIGHT

- » **Breakfast:** 2 pieces wholegrain toast, 2 Laughing Cow wedges
= 270 cal
- » **Lunch:** Homemade or Darikay vegetable soup (whole tub), 1 pack
konjac noodles, 1 piece of mountain bread
= 243 cal
- » **Snack:** 1 banana, 1 cup cherries
= 150 cal
- » **Dinner:** Cauliflower pizza base (Blended and drained cauliflower,
¼ cup shredded cheese, 4 egg whites, paprika), top with 1 sliced
tomato, basil, 8 prawns, garlic and ¼ more cheese, 1 glass red wine
= 300 cal

TOTAL: 963 CALORIES



DAY NINE

- » **Breakfast:** 1 cup oats, ½ cup milk, ½ banana
= 290 cal
- » **Lunch:** 1 piece of mountain bread, 100g shredded chicken, green salad, 1 slice cheese
= 350 cal
- » **Snack:** 1 cup strawberries
= 50 cal
- » **Dinner:** 3 prawn and vege rice paper rolls
= 310 cal

TOTAL: 1000 CALORIES

