

800 Calorie A Day Diet Plan

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INTRODUCTION

The quest for rapid weight loss has led many to explore the **800 calorie a day diet plan**. This very low-calorie diet (VLCD) has gained significant attention, particularly after being featured in research on diabetes remission and rapid weight reduction. But what exactly does consuming around 800 calories daily entail, and

Lunch (approx. 250 calories)

- 3 oz (85g) grilled chicken breast or firm tofu, seasoned with herbs
- Large salad: 2 cups mixed greens, 5 cherry tomatoes, 1/2 cucumber, 2 tablespoons balsamic vinaigrette (low fat) – total about 100 calories

Snack (approx. 100 calories)

- 1 small apple or 10 raw almonds

Dinner (approx. 270 calories)

- 4 oz (115g) white fish (like cod or til