



800-Calorie Meal Plans

Five Variants With Verified Macros

A practical reference based on the NHS Path to Remission, the DiRECT trial, and the DIAMOND study.

Diets Meal Plan editorial team | April 2026

Reviewed by [RD Name, RDN] (pending pre-publish)

Before You Use These Plans

The 800-calorie protocol is a Very Low Calorie Diet (VLCD) with a real clinical evidence base for type 2 diabetes remission, when run for 8 to 12 weeks under medical supervision. It is not a casual weight-loss plan. The plans in this document are informational and reflect typical food-based interpretations of the 800-calorie protocol. They are not a substitute for medical advice.

Do not use these plans if you fit any of the following:

- Pregnant or breastfeeding women
- People with type 1 diabetes
- Anyone with a BMI under 30 (the protocol is designed for adults with obesity)
- Eating disorder history or active disordered eating
- Insulin, sulfonylureas, or SGLT2 inhibitors without prior physician adjustment
- Fertility treatment
- Children, teenagers, anyone under 18
- Significant kidney, liver, or cardiac disease without specialist clearance

If you fit any of the above and you're considering this protocol because of online content (including this document), please talk to your physician or a registered dietitian before starting. The clinical version of this protocol (NHS Path to Remission) uses formula meal replacements under structured clinic care. Self-directed food-based use should be limited to 1 to 2 weeks at most. The full 8 to 12 week protocol requires supervision.

Plan 1: Standard 800-Calorie Meal Plan

A balanced, omnivorous 7-day plan averaging 803 calories per day and 76 grams of protein per day. Each day's calorie math is verified against the listed portions. Protein is anchored at every meal because the highest-risk macronutrient gap on this protocol is protein adequacy.

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	2 large eggs scrambled, 1 cup wilted spinach with 1 tsp olive oil (220 cal, 14g P)	1/2 cup cooked oatmeal with 1 tbsp natural peanut butter and 1/2 medium banana (225 cal, 8g P)	4 oz plain Greek yogurt with 1 cup strawberries, 1 small slice whole-grain toast (185 cal, 16g P)	1 large egg poached, 1 small slice whole-grain toast, 1 medium tomato sliced (202 cal, 9g P)	2-egg omelette with 1 cup wilted spinach and 1 oz crumbled feta (255 cal, 18g P)	2 large eggs scrambled, 1 medium tomato, 1/2 small whole-grain toast (197 cal, 13g P)	1 cup low-fat cottage cheese with 1 cup strawberries (215 cal, 29g P)
Snack	4 oz plain Greek yogurt with 1/4 cup blueberries (105 cal, 12g P)	1/2 oz raw almonds, ~12 nuts (82 cal, 3g P)	1 medium apple (95 cal, 0.5g P)	1/2 oz pumpkin seeds, ~2 tbsp (80 cal, 4g P)	4 oz plain Greek yogurt with 1/4 cup blueberries (105 cal, 12g P)	4 oz plain Greek yogurt with 1/2 cup strawberries (90 cal, 12g P)	1/2 oz raw almonds and 1 small clementine (117 cal, 4g P)
Lunch	3 oz grilled chicken, 2 cups mixed greens, 1/4 cup quinoa, 1 medium tomato, lemon (237 cal, 30g P)	4 oz tuna in water, 2 cups mixed greens, 1/4 cup chickpeas, 1 tsp olive oil, tomato & cucumber (290 cal, 33g P)	3 oz grilled chicken, 1 cup steamed cauliflower, 1 tsp olive oil, lemon (210 cal, 28g P)	4 oz tuna in water, 2 cups mixed greens, 1/4 cup chickpeas, 1 tsp olive oil, cucumber (268 cal, 30g P)	4 oz lean ground turkey with 1 cup mashed cauliflower and 1 tsp olive oil (235 cal, 25g P)	3 oz grilled chicken, 2 cups greens, 1/2 cup mashed cauliflower with 1 tsp olive oil, 1/4 cup brown rice (284 cal, 30g P)	4 oz tuna in water, 2 cups greens, 1/4 medium avocado, 1 tsp olive oil with lemon (250 cal, 30g P)
Dinner	3 oz baked salmon with 1 cup steamed broccoli and lemon (230 cal, 23g P)	4 oz lean ground turkey with 1 cup green beans (210 cal, 25g P)	4 oz pan-seared firm tofu, 1 cup roasted bell peppers, 1 tsp olive oil, 1/2 cup brown rice (323 cal, 19g P)	3 oz grilled chicken, 1 cup roasted asparagus with 1 tsp olive oil (220 cal, 28g P)	3 oz baked salmon with 1 cup steamed broccoli and lemon (230 cal, 23g P)	3 oz baked salmon, 1 cup roasted bell peppers, 1 cup roasted asparagus (245 cal, 22g P)	3 oz grilled chicken, 1 cup steamed cauliflower, 1 cup roasted bell peppers (200 cal, 28g P)
Total	792 cal, 79g P	807 cal, 69g P	813 cal, 64g P	790 cal, 71g P	825 cal, 78g P	816 cal, 77g P	782 cal, 91g P

Plan 2: Diabetes-Focused 800-Calorie Plan

Built around the clinical use case for the 800-calorie protocol: type 2 diabetes remission. Lower glycemic load, higher fiber, slow-carb portions kept under 1/4 cup, non-starchy vegetable focus, lean protein anchors at every meal. Average: 810 calories and 81 grams of protein per day.

Important. If you take insulin, sulfonylureas, or SGLT2 inhibitors, do not start this plan without prior physician adjustment of your medications. Hypoglycemia risk is significant.

Day	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Total
1	2 eggs poached, 1 cup wilted spinach, 1/2 medium tomato (191 cal, 12.5g P)	1/2 medium apple with 1 tsp peanut butter (80 cal, 1.5g P)	3 oz baked salmon, 2 cups mixed greens, 1/4 cup chickpeas, lemon (265 cal, 26g P)	4 oz plain Greek yogurt 0% (65 cal, 12g P)	3 oz grilled chicken, 1 cup steamed broccoli, 1 cup roasted bell peppers (225 cal, 32g P)	826 cal 84g P
2	1/2 cup steel-cut oats with 1 tbsp flax, 1/4 cup blueberries, 4 oz Greek yogurt (195 cal, 16g P)	1/2 oz raw almonds (82 cal, 3g P)	4 oz grilled chicken, 2 cups greens, 1/8 avocado, cucumber, 1 tsp olive oil with lemon (283 cal, 36g P)	1 small clementine (35 cal, 0.7g P)	4 oz baked cod, 1 cup asparagus, 1/2 cup roasted Brussels sprouts, 1 tsp olive oil (225 cal, 26g P)	820 cal 82g P
3	4 oz Greek yogurt with 1/2 cup mixed berries, 1 tbsp slivered almonds, 1 tbsp flax (165 cal, 14g P)	1 hard-boiled egg with cucumber slices (78 cal, 7g P)	3 oz grilled chicken, 2 cups greens, 1/4 cup lentils, 1 tsp olive oil, lemon (258 cal, 32g P)	1/2 oz pumpkin seeds (80 cal, 4g P)	4 oz turkey breast, 1 cup roasted bell peppers and zucchini, 1 tsp olive oil (220 cal, 29g P)	801 cal 86g P
4	1-egg omelette with 1 oz feta and 1 cup wilted spinach (185 cal, 13g P)	1 hard-boiled egg, cucumber and tomato (89 cal, 7g P)	3 oz grilled chicken, 1 cup greens, 1/4 cup quinoa, 1 cup steamed broccoli (260 cal, 32g P)	1/2 oz raw walnuts, ~7 halves (90 cal, 2g P)	4 oz baked cod, 1 cup green beans, 1 cup roasted bell peppers (175 cal, 26g P)	799 cal 80g P
5	1/2 cup low-fat cottage cheese with 1 cup strawberries, 1 tbsp slivered almonds (162 cal, 14g P)	1/2 medium apple with 1 tsp peanut butter (79 cal, 1.5g P)	3 oz grilled chicken, 2 cups greens, 1/4 cup chickpeas, 1 tsp olive oil (270 cal, 30g P)	4 oz plain Greek yogurt 0% (65 cal, 12g P)	3 oz baked salmon, 1 cup steamed asparagus (215 cal, 23g P)	791 cal 80g P
6	2 eggs scrambled with 1 cup mushrooms and 1/2 cup spinach (195 cal, 18g P)	1/2 cup low-fat cottage cheese with cucumber (90 cal, 14g P)	3 oz baked salmon, 2 cups greens, 1/2 cup roasted Brussels sprouts, 1 tsp olive oil, lemon (280 cal, 22g P)	1/2 medium apple (47 cal, 0.3g P)	3 oz grilled chicken, 1 cup roasted bell peppers, 1 cup steamed asparagus (210 cal, 28g P)	822 cal 82g P
7	1/2 cup steel-cut oats with 1 tbsp flax and 1/4 cup berries (130 cal, 7g P)	4 oz plain Greek yogurt with 1/4 cup berries (85 cal, 12g P)	3 oz grilled chicken, 2 cups greens, 1/4 cup quinoa, 1 medium tomato, lemon (237 cal, 30g P)	1/2 oz raw almonds (82 cal, 3g P)	3 oz baked salmon, 1 cup roasted asparagus, 1/2 cup roasted Brussels sprouts, 1 tsp olive oil (277 cal, 23g P)	811 cal 75g P

Plan 3: Vegetarian 800-Calorie Plan

Lacto-ovo vegetarian. All protein from eggs, dairy, legumes, tofu, and tempeh. Average: 804 calories and 61 grams of protein per day. Note that 61 grams is the realistic floor at this calorie level, not the ideal target. Plant proteins are calorie-denser per gram of protein than animal proteins, so vegetarian and vegan versions of the 800-calorie protocol have higher risk of B12, iron, and zinc deficiency. A registered dietitian's input is especially important for these versions.

Day	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Total
1	2 eggs scrambled with 1 cup wilted spinach (180 cal, 14g P)	1/2 cup low-fat cottage cheese with cucumber (90 cal, 14g P)	1/2 cup cooked lentils, 2 cups greens, 1 tsp olive oil, 1 medium tomato (205 cal, 11g P)	1 hard-boiled egg with cucumber (78 cal, 7g P)	4 oz pan-seared firm tofu, 1 cup roasted bell peppers, 1/4 cup brown rice, 1 tsp olive oil (269 cal, 18g P)	822 cal 64g P
2	4 oz Greek yogurt with 1/4 cup oats, 1 tbsp slivered almonds, 1/2 cup mixed berries (175 cal, 14g P)	1/2 cup low-fat cottage cheese with cucumber (90 cal, 14g P)	4 oz firm tofu, 2 cups greens, 1 tsp olive oil, tomato, cucumber (235 cal, 18g P)	1 hard-boiled egg (70 cal, 6g P)	1/2 cup cooked lentils, 1 cup steamed cauliflower, 1 cup roasted bell peppers, 1 tsp olive oil (215 cal, 11g P)	785 cal 63g P
3	1 cup low-fat cottage cheese with 1/2 cup mixed berries and cinnamon (205 cal, 29g P)	1 hard-boiled egg with cucumber (78 cal, 7g P)	1/2 cup chickpeas, 2 cups greens, 1 oz feta, 1 tsp olive oil, tomato (292 cal, 13g P)	Cucumber and celery sticks (free)	4 oz pan-seared firm tofu, 1 cup roasted asparagus, 1 tsp olive oil (225 cal, 17g P)	800 cal 66g P
4	4 oz Greek yogurt with 1/4 cup oats, 1 tbsp slivered almonds, 1/2 cup mixed berries (175 cal, 14g P)	1 hard-boiled egg with cucumber (78 cal, 7g P)	3 oz tempeh, 2 cups greens, 1 tsp olive oil, tomato, cucumber (252 cal, 17g P)	4 oz plain Greek yogurt 0% (65 cal, 12g P)	1 cup roasted vegetables, 1/4 cup quinoa, 1 oz feta, 1 tsp olive oil (230 cal, 7g P)	800 cal 57g P
5	2 eggs with 1 cup mushrooms and 1 cup wilted spinach (215 cal, 19g P)	4 oz Greek yogurt with 1/4 cup berries (85 cal, 12g P)	1/2 cup cooked lentils, 2 cups greens, 1/8 avocado, 1 tsp olive oil, tomato (227 cal, 11g P)	1/2 oz pumpkin seeds (80 cal, 4g P)	4 oz pan-seared firm tofu, 1 cup roasted bell peppers, 1 tsp olive oil (215 cal, 17g P)	822 cal 63g P
6	1 cup low-fat cottage cheese with 1/2 cup mixed berries and cinnamon (205 cal, 29g P)	1 small clementine and cucumber slices (43 cal, 1g P)	1/2 cup chickpeas, 2 cups greens, 1 tsp olive oil, tomato, cucumber (225 cal, 8g P)	1 hard-boiled egg (70 cal, 6g P)	3 oz tempeh, 1 cup steamed broccoli, 1 tsp olive oil (257 cal, 21g P)	800 cal 65g P
7	2-egg omelette with 1 cup wilted spinach (220 cal, 14g P)	4 oz Greek yogurt with 1/4 cup berries (85 cal, 12g P)	3 oz pan-seared firm tofu, 2 cups greens, 1/4 cup quinoa, 1 tsp olive oil, tomato (246 cal, 16g P)	1/2 medium apple with 1 tsp peanut butter (79 cal, 1.5g P)	1/2 cup cooked lentils, 1 cup steamed cauliflower, 1 cup roasted bell peppers, 1 tsp olive oil (215 cal, 11g P)	845 cal 54g P

Plan 4: Low-Carb 800-Calorie Plan

Net carbs target of 50 grams or fewer per day, with most days running 11 to 18 grams. Average: 836 calories per day, 76 grams of protein, 16 grams of net carbs. The plan runs slightly above the 800-calorie target by design — low-carb at this calorie level is a tighter design space, and the protein and fat anchors take priority over hitting 800 exactly.

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	2-egg omelette with 1 cup wilted spinach, 1 oz feta, 1/8 avocado (285 cal, 18g P, 3g net carbs)	2 eggs scrambled with 1 cup mushrooms, 1/2 oz cheddar, 1 tsp olive oil (273 cal, 18g P, 3g net carbs)	1 cup low-fat cottage cheese with 1/4 cup mixed berries and 1 tbsp slivered almonds (215 cal, 30g P, 5g net carbs)	2 hard-boiled eggs with 1/2 medium avocado (260 cal, 14g P, 2g net carbs)	2-egg omelette with 1 cup wilted spinach and 1/2 oz cheddar (238 cal, 18g P, 2g net carbs)	1 cup low-fat cottage cheese with 1/4 cup blueberries (185 cal, 29g P, 6g net carbs)	2 large eggs, 2 oz smoked salmon, 1 cup wilted spinach, 1/2 oz cheddar (271 cal, 31g P, 2g net carbs)
Lunch	3 oz grilled chicken, 2 cups greens, 1/4 avocado, 1 tsp olive oil with lemon (260 cal, 28g P, 3g net carbs)	4 oz tuna in water, 2 cups greens, 1/2 avocado, 1 tsp olive oil with lemon (310 cal, 30g P, 4g net carbs)	3 oz grilled chicken, 2 cups greens, 1/4 avocado, 1/2 oz almonds, 1 tsp olive oil (342 cal, 31g P, 5g net carbs)	3 oz grilled chicken, 2 cups greens, 1 oz feta, 1 tsp olive oil with lemon (275 cal, 30g P, 3g net carbs)	4 oz tuna in water, 2 cups greens, 1/4 avocado, 1/2 oz pumpkin seeds, 1 tsp olive oil (330 cal, 32g P, 5g net carbs)	3 oz grilled chicken, 2 cups greens, 1/4 avocado, 1/4 cup chickpeas, 1 tsp olive oil with lemon (330 cal, 31g P, 14g net carbs)	4 oz lean ground turkey, 1 cup mushrooms, 1 cup greens, 1 medium tomato, 1 tsp olive oil (272 cal, 26g P, 5g net carbs)
Dinner	3 oz baked salmon, 1 cup roasted asparagus, 1 cup steamed broccoli, 1 tsp olive oil (310 cal, 23g P, 9g net carbs)	4 oz lean ground turkey, 1 cup steamed green beans, 1 cup mushrooms, 1 tsp olive oil (285 cal, 25g P, 6g net carbs)	3 oz baked salmon, 1 cup steamed cauliflower, 1 cup roasted bell peppers, 1 tsp olive oil (275 cal, 22g P, 7g net carbs)	4 oz baked cod, 1 cup steamed asparagus, 1 cup roasted Brussels sprouts, 1/2 oz almonds, 1 tsp olive oil (305 cal, 29g P, 8g net carbs)	3 oz baked salmon, 1 cup roasted bell peppers, 1 cup roasted zucchini, 1 tsp olive oil (275 cal, 19g P, 7g net carbs)	4 oz lean ground turkey, 1 cup steamed broccoli, 1 cup mushrooms, 1 tsp olive oil (295 cal, 27g P, 7g net carbs)	3 oz baked cod, 1 cup roasted asparagus, 1 cup roasted Brussels sprouts, 1/4 avocado, 1 tsp olive oil (260 cal, 23g P, 8g net carbs)
Total	855 cal, 69g P, 15g net carbs	868 cal, 73g P, 13g net carbs	832 cal, 83g P, 17g net carbs	840 cal, 73g P, 13g net carbs	843 cal, 69g P, 14g net carbs	810 cal, 87g P, 27g net carbs	803 cal, 80g P, 15g net carbs

Plan 5: Keto 800-Calorie Plan (Modified High-Protein Keto)

This is a **high-protein modified keto plan**, not strict 70%-fat classic keto. At 800 calories, you can't hit 70% fat without dropping protein below VLCD-safe levels. The macros here are roughly 25-30% protein, 60-65% fat, and under 25 grams of net carbs per day, which keeps most fat-adapted individuals in ketosis while preserving muscle mass during the 8 to 12 week protocol. Average: 800 calories, 68 grams of protein, 14 grams of net carbs.

If you want strict 70%-fat classic keto for a medical or athletic reason, this is not that plan. Strict classic keto at 800 calories is genuinely difficult to design with real food while preserving protein adequacy and is best done with formula meal-replacement products under clinical supervision.

Day	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Total
1	2 eggs scrambled with 1 cup wilted spinach (147 cal, 13g P, 1g NC)	1/2 oz macadamia nuts, ~5 nuts (100 cal, 1g P, 1g NC)	3 oz tuna in water, 2 cups greens, 1/2 oz feta, 1 tsp olive oil with lemon (198 cal, 23g P, 4g NC)	1/2 oz cheddar cheese (58 cal, 4g P, 0.5g NC)	3 oz baked salmon, 1 cup steamed broccoli, 1/4 avocado (290 cal, 23g P, 7g NC)	793 cal 64g P 13g NC
2	1-egg omelette with 1/2 oz cheddar and 1 cup cooked mushrooms (160 cal, 12g P, 5g NC)	1/2 oz raw walnuts, ~7 halves (90 cal, 2g P, 1g NC)	3 oz grilled chicken, 2 cups greens, 1/4 avocado, 1 tsp olive oil, cucumber (260 cal, 28g P, 5g NC)	1 hard-boiled egg (70 cal, 6g P, 0.5g NC)	3 oz baked cod, 1 cup steamed asparagus, 2 tsp butter (215 cal, 24g P, 4g NC)	795 cal 72g P 15g NC
3	4 oz full-fat Greek yogurt with 1 tbsp slivered almonds and 1/4 cup blueberries (130 cal, 7g P, 5g NC)	1/2 oz raw pecans, ~10 halves (100 cal, 1.5g P, 1g NC)	3 oz grilled chicken, 2 cups greens, 1/4 avocado, 1 tsp olive oil with lemon (260 cal, 28g P, 5g NC)	1/2 oz cheddar cheese (58 cal, 4g P, 0.5g NC)	3 oz baked salmon, 1 cup asparagus, 1 tsp butter (250 cal, 23g P, 4g NC)	798 cal 63.5g P 16g NC
4	1-egg omelette with 1/4 avocado and 1/2 oz cheddar (188 cal, 11g P, 2g NC)	1 hard-boiled egg (70 cal, 6g P, 0.5g NC)	4 oz tuna in water, 2 cups greens, 1 tbsp olive oil, cucumber, lemon (278 cal, 30g P, 5g NC)	1/2 oz pumpkin seeds (80 cal, 4g P, 1g NC)	4 oz baked cod, 1 cup green beans, 1 tsp butter (180 cal, 22g P, 6g NC)	796 cal 73g P 14.5g NC
5	2 eggs scrambled with 1 cup mushrooms in 1 tsp butter (210 cal, 17g P, 5g NC)	1/4 oz raw almonds, ~6 nuts (40 cal, 1.5g P, 1g NC)	3 oz pork tenderloin, 2 cups greens, 1/4 avocado, 1 tsp olive oil with lemon (230 cal, 19g P, 4g NC)	1 oz cheddar cheese (115 cal, 7g P, 0.5g NC)	3 oz baked salmon, 1 cup steamed asparagus (215 cal, 23g P, 4g NC)	810 cal 67g P 14.5g NC
6	1 egg poached, 1/4 avocado, 1 cup wilted spinach with 1 tsp olive oil (140 cal, 8g P, 2g NC)	1/2 oz macadamia nuts, ~5 nuts (100 cal, 1g P, 1g NC)	4 oz tuna in water, 2 cups greens, 1 oz feta, 1 tsp olive oil with lemon (265 cal, 30g P, 5g NC)	1 hard-boiled egg (70 cal, 6g P, 0.5g NC)	3 oz grilled chicken, 1 cup zucchini noodles, 1 tsp olive oil (210 cal, 27g P, 4g NC)	785 cal 72g P 12.5g NC
7	2-egg omelette with 1/2 oz feta and 1 cup wilted spinach (190 cal, 16g P, 2g NC)	1/2 oz raw pecans, ~10 halves (100 cal, 1.5g P, 1g NC)	3 oz baked chicken thigh with skin, 1 cup roasted Brussels sprouts, 1 tsp olive oil (275 cal, 17g P, 4g NC)	1/2 oz cheddar cheese (58 cal, 4g P, 0.5g NC)	3 oz lean grilled beef sirloin, 1 cup cooked zucchini (180 cal, 24g P, 4g NC)	803 cal 62.5g P 11.5g NC

Sources and Editorial Note

Clinical sources informing these plans:

- NHS England. *Type 2 Diabetes Path to Remission Programme*. <https://www.england.nhs.uk/diabetes/treatment-care/diabetes-remission/>
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Disclaimer

This document is informational and was prepared by the Diets Meal Plan editorial team based on published clinical guidance. It is not medical advice and is not a substitute for evaluation by a qualified clinician. Very Low Calorie Diets carry real risks including gallstones, electrolyte imbalance, muscle loss, and disordered eating patterns. They should be undertaken with medical supervision, especially if you have diabetes, blood pressure issues, kidney concerns, or are taking prescription medications.

Recipes, portions, and calorie counts are based on standard food databases and verified per-meal totals. Individual needs vary; talk to a registered dietitian for personalized advice.