

1 000 Lowfat Recipes 1 000 Recipes Series

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Summary:

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High-Protein, Low-Carb, 1000-Calorie Diet | LIVESTRONG.COM Low-carb diets are naturally higher in protein and fat. However, for safety, you shouldn't get more than 35 percent of your calories from protein, according to a 2006 article published in the International Journal of Sport Nutrition and Exercise Metabolism. On a 1,000-calorie diet, that means not more than 350 calories from protein, or 88 grams, a day. On a 50-gram carb restriction, which is equal to 200 calories, you're left with 45 percent of calories from fat.

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