An 1800 calorie diet plan calls for three meals and three snacks each day to provide your body with sustained energy. Let’s take a look at a sample diet plan that delivers 1800 calories together with all the essential nutrients your body needs. An 1800 calorie diet plan allows for an extra snack and a bit more starch than lower calorie diet plans, in order to meet the body’s needs for protein and carbohydrate. If you’ve looked at my menu plans for 1200 or 1500 calories, you’ll notice that the menus are quite similar in terms of food items. But as the calories go up, I have increased the number of items. It is called a fat-controlled diet, because both the amount and the type of fat are carefully regulated. The purpose of this diet is to reduce the amount of cholesterol and other fatty substances in the blood. It is hoped that this will help prevent or retard the condition called atherosclerosis. Cutting calories is necessary for weight loss, and the 1200 calorie diet is a popular option. This post lists what you need to know plus a 7-day meal plan. This article reviews everything you need to know before getting started, including a sample 1200 calorie meal plan and considerations for those with diabetes. Contents. Who Needs a 1200 Calorie Diet? Benefits of Calorie Counting. Tips to Avoid Hunger. Considerations for Diabetes. Who Should Avoid The 1,200 Calorie Diet? 7-Day 1200 Calorie Meal Plan. Should I Try the 1200 Calorie Diet? Who Needs a 1200 Calorie Diet? A 1,200 calorie diet is a plan that restricts food intake, creating a calorie deficit to promote weight loss.