GLP-1 diet plan: a 7-day meal plan

By the C for Calories team · Updated November 23, 2026

GLP-1 medications such as Ozempic, Wegovy, Mounjaro and Zepbound make you feel full sooner, so every meal has to count. This plan puts protein first, keeps portions small and is free to print or save as a PDF.

How to eat on a GLP-1 medication

- ✓ **Protein first.** Eat the protein part of each meal before the rest, in case you fill up early.
- ✓ **Small meals.** Three small meals and a snack are often easier than large plates.
- ✓ **Eat slowly and stop when full.** Fullness arrives faster than it used to.
- ✓ **Fibre and fluids.** Vegetables, fruit, beans and water through the day.
- ✓ **Go easy on greasy, fried and very sweet foods,** which many people find harder to tolerate.

> **This isn't medical advice.** Follow the calorie and protein targets from your doctor or dietitian, especially if you have side effects.

The 7-day GLP-1 meal plan

DAY	BREAKFAST	LUNCH	SNACK	DINNER	TOTAL
Day 1	Greek yogurt with strawberries and oats	Chicken, brown rice and broccoli	Hard-boiled egg and an apple	Salmon, baked potato and green beans	1,330 kcal · 93 g protein
Day 2	Scrambled eggs on whole-wheat toast	Tuna and chickpea salad	Cottage cheese, a peach and a few almonds	Turkey breast, sweet potato and asparagus	1,280 kcal · 97 g protein

DAY	BREAKFAST	LUNCH	SNACK	DINNER	TOTAL
Day 3	Cottage cheese with blueberries and toast	Lentil and spinach salad with feta	Edamame and a banana	Cod with quinoa and zucchini	1,240 kcal · 88 g protein
Day 4	Greek yogurt with oats and raspberries	Turkey sandwich on whole-wheat bread with salad	Skim milk, an apple and a few almonds	Tofu stir-fry with peppers, broccoli and rice	1,300 kcal · 90 g protein
Day 5	Two boiled eggs, toast and an orange	Chicken and quinoa bowl with cucumber and feta	Greek yogurt	Shrimp pasta with spinach	1,370 kcal · 116 g protein
Day 6	Oatmeal with blueberries and egg whites	Chicken, black beans and rice	Cottage cheese and a pear	Pork tenderloin, baked potato and green beans	1,330 kcal · 96 g protein
Day 7	Scrambled eggs with spinach on toast	Salmon, quinoa and cucumber	Edamame and an apple	Beef pasta with tomato	1,330 kcal · 88 g protein

Each day comes to about 1,240–1,370 kcal and 88–116 g of protein. Lunch and dinner include about two teaspoons of olive oil for cooking. Values are from USDA data for the portions in each meal; check the totals in the app as you log.

Adjust it to you

- **Need more calories?** Add a second snack or larger portions of rice, potatoes or bread.
- **Can't finish a meal?** Eat the protein first and save the rest for later.
- **Swap freely.** Any lean protein works in place of another: chicken, fish, eggs, tofu or Greek yogurt.
- **Check your target.** The GLP-1 protein calculator and GLP-1 calorie calculator give you a starting point to discuss with your care team.