Your 7-Day GLP-1 Meal Plan

Built for a smaller appetite: **small portions, protein first, gentle on digestion**, and timed around a weekly rhythm of strength training and walking. Eat slowly, stop at the first sign of comfortable fullness, and never force a full plate. Portions below are starting points. Your provider or dietitian sets your calorie and protein targets.

Hand-Size Portion Guide

No scale needed

Palm
Protein

3 to 4 oz cooked, about 20 to 28 g protein

Fist
Vegetables

1 cup, non-starchy, fill this first after protein

Cupped hand
Slow carbs

1/3 to 1/2 cup: quinoa, oats, beans, sweet potato

Thumb
Healthy fats

1 tbsp: olive oil, nut butter, or 1/4 avocado

Daily Rhythm

Morning	Protein-rich breakfast within 1 to 2 hours of waking, even if you are not very hungry. Start your water.
Midday	Protein first, then vegetables, then a small portion of slow carbs. Walk 10 minutes after eating.
Afternoon	A protein snack (yogurt, cottage cheese, egg, edamame) to reach your target without a big meal.
Evening	Lighter dinner, finished 2 to 3 hours before bed to ease reflux. Sip fluids, not gulps, with meals.
Strength days	Small snack 1 to 2 hours before (half a banana with yogurt). Within 1 to 2 hours after, have 20 to 30 g protein.

Plate Rules for Every Meal

- Protein first, vegetables second, carbohydrates last.
- Pause halfway through your meal and ask, "Am I still hungry?"
- Choose baked, grilled, roasted, steamed, or air-fried over deep-fried. Limit greasy and heavy foods.
- Keep water, ginger tea, and electrolytes within reach all day.
- Cook once, eat twice: batch cook proteins and soups so low-energy days are still easy.

Week at a glance

Mon: Strength A	Tue: Walk	Wed: Strength B	Thu: Walk or yoga
Fri: Strength C	Sat: Fun movement	Sun: Rest + meal prep	

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Monday — Strength A

Day total: about 89 g protein

Breakfast	Greek yogurt parfait: 3/4 cup plain nonfat Greek yogurt, 1/2 cup berries, 1 tbsp chia seeds	~20 g
Lunch	Chicken salad bowl: 3 oz grilled chicken over greens, cucumber, and tomato, 1/2 cup chickpeas, olive oil and lemon	~33 g
Dinner	Baked salmon (3 to 4 oz), 1/2 cup roasted broccoli, 1/3 cup quinoa	~29 g
Snack	String cheese with sliced apple (after workout, add a protein shake if still hungry)	~7 g

Tuesday — Walk day

Day total: about 80 g protein

Breakfast	Veggie egg scramble: 2 eggs with spinach and peppers, 1/2 slice whole-grain toast	~16 g
Lunch	Turkey lettuce wraps: 3 oz sliced turkey, 1 tbsp hummus, cucumber, shredded carrot	~27 g
Dinner	Turkey chili: 1 cup (recipe on page 5), with a small side salad	~24 g
Snack	Cottage cheese, 1/2 cup, with sliced peaches	~13 g

Wednesday — Strength B

Day total: about 89 g protein

Breakfast	Protein smoothie: 1 scoop protein powder, 1 cup unsweetened soy milk, 1/2 banana, handful of spinach, ice	~30 g
Lunch	Tuna salad: about 3 oz tuna mixed with 2 tbsp plain Greek yogurt, served on cucumber slices with 5 whole-grain crackers	~22 g
Dinner	Sheet-pan chicken (3 to 4 oz) with 1/2 cup roasted sweet potato and green beans (recipe on page 5)	~28 g
Snack	Shelled edamame, 1/2 cup, lightly salted	~9 g

Thursday — Walk or yoga

Day total: about 92 g protein

Breakfast	Protein overnight oats: 1/3 cup oats, 3/4 cup unsweetened soy milk, 1 scoop protein powder, cinnamon	~30 g
Lunch	Leftover sheet-pan chicken and veggies over a bed of greens	~28 g
Dinner	Shrimp stir-fry: 3 to 4 oz shrimp with mixed vegetables, ginger, garlic, and 1/3 cup brown rice	~22 g
Snack	1 hard-boiled egg and a small handful (1 oz) of almonds	~12 g

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Friday — Strength C		Day total: about 80 g protein
Breakfast	Two egg muffin cups (recipe on page 5) with 1/2 cup berries	~16 g
Lunch	Lentil soup, 1 cup, with a small salad topped with 2 oz grilled chicken	~28 g
Dinner	Baked cod (4 oz) with lemon, roasted asparagus, and 1/2 cup mashed cauliflower	~26 g
Snack	Turkey roll-ups: 2 slices deli turkey rolled around cucumber sticks (add a protein shake after your workout if needed)	~10 g

Saturday — Fun movement		Day total: about 76 g protein
Breakfast	Cottage cheese bowl: 3/4 cup cottage cheese with pineapple and a few chopped nuts	~18 g
Lunch	Lean turkey burger (3 to 4 oz patty) in a lettuce wrap with tomato and a small side slaw	~24 g
Dinner	Tofu and veggie stir-fry: 3/4 cup firm tofu with broccoli, peppers, and 1/2 cup edamame	~24 g
Snack	1/2 cup Greek yogurt with cinnamon and a few berries	~10 g

Sunday — Rest + meal prep		Day total: about 92 g protein
Breakfast	Veggie omelet: 2 eggs with mushrooms and spinach, topped with 1 oz crumbled feta	~18 g
Lunch	Chicken vegetable soup with 3 oz shredded chicken	~28 g
Dinner	Sirloin (3 oz) with roasted vegetables and 1/2 cup roasted potatoes	~26 g
Snack	Ready-to-drink protein shake, sipped slowly	~20 g

Low-appetite or queasy day

Choose **cold or room-temperature, soft, high-protein foods** in tiny portions every 2 to 3 hours: protein shake sipped slowly, Greek yogurt, cottage cheese, scrambled eggs, tofu, or warm broth. Sip ginger or peppermint tea. Skip greasy, spicy, and very sweet foods. Even 1 to 2 ounces of protein at a time counts. If you cannot keep fluids down, call your provider.

Constipation-friendly day

Add fiber slowly with **berries, chia seeds, lentils, beans, oats, and cooked vegetables**. Drink water through the day, add a 10-minute walk after meals, and ask your provider about a fiber or magnesium supplement. Warm drinks in the morning can help get things moving.

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Weekly Grocery List (1 person)

Check what you already have at home

PROTEINS

☐ Chicken breast	*1.5 lb*
☐ Salmon fillets	*2 (4 oz each)*
☐ Cod fillets	*2 (4 oz each)*
☐ Shrimp, peeled	*8 to 12 oz*
☐ Lean ground turkey (93%)	*1 lb*
☐ Sirloin or lean steak	*6 to 8 oz*
☐ Deli turkey, low sodium	*6 oz*
☐ Canned tuna in water	*2 cans*
☐ Firm tofu	*1 block*
☐ Eggs	*1 dozen*
☐ Protein powder (whey or plant)	*1 tub*
☐ Ready-to-drink protein shakes	*2 to 4*

DAIRY & DAIRY ALTERNATIVES

☐ Plain nonfat Greek yogurt	*32 oz tub*
☐ Cottage cheese	*16 oz*
☐ String cheese	*4 to 6*
☐ Feta, crumbled	*small tub*
☐ Unsweetened soy milk	*1/2 gallon*

PANTRY

☐ Rolled oats	*1 canister*
☐ Quinoa	*1 small bag*
☐ Brown rice	*1 small bag*
☐ Whole-grain crackers	*1 box*
☐ Whole-grain bread	*1 loaf*
☐ Canned chickpeas	*1 can*
☐ Kidney or black beans	*2 cans*
☐ Lentils, dry or canned	*1 bag / 2 cans*
☐ Diced tomatoes	*1 can*
☐ Low-sodium chicken broth	*2 cartons*
☐ Chia seeds	*1 small bag*
☐ Almonds, raw or dry roasted	*1 small bag*
☐ Hummus	*1 tub*
☐ Olive oil, chili powder, cumin, paprika, cinnamon	*check supply*

PRODUCE

☐ Spinach or mixed greens	*2 bags*
☐ Romaine or butter lettuce	*1 head*
☐ Cucumbers	*3*
☐ Tomatoes	*3*
☐ Bell peppers	*3*
☐ Broccoli crowns	*2*
☐ Asparagus	*1 bunch*
☐ Green beans	*12 oz*
☐ Cauliflower	*1 head*
☐ Sweet potatoes	*2*
☐ Potatoes, small	*2*
☐ Mushrooms	*8 oz*
☐ Carrots and coleslaw mix	*1 bag each*
☐ Onions and garlic	*2 / 1 head*
☐ Celery	*1 bunch*
☐ Berries (fresh or frozen)	*2 pints*
☐ Apples	*3*
☐ Bananas	*3*
☐ Peaches or pineapple (frozen ok)	*1 bag*
☐ Lemons	*3*
☐ Avocado	*1*
☐ Fresh ginger	*1 piece*

FROZEN, HYDRATION & EXTRAS

☐ Frozen edamame, shelled	*1 bag*
☐ Frozen stir-fry vegetables	*1 bag*
☐ Sugar-free electrolyte packets	*1 box*
☐ Ginger or peppermint tea	*1 box*
☐ Ginger chews (for queasy days)	*1 pack*
☐ Fiber supplement or multivitamin	*ask provider*

Shopping tip: shop the outer edges of the store first (produce, proteins, dairy). Buy small amounts of fresh fish and produce, since appetite changes quickly on a GLP-1, and freeze extra cooked protein in single-serving containers.

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Sunday Meal Prep (about 60 to 90 minutes)

1. Make the turkey chili and egg muffin cups (recipes below). Both portion and freeze well.
2. Bake chicken breast and sweet potatoes on a sheet pan, and cook a batch of quinoa.
3. Hard-boil 6 eggs. Wash and chop vegetables, and portion berries into containers.
4. Mix 2 jars of overnight oats. Portion yogurt and cottage cheese into snack cups.
5. Label containers with the day and meal, so a low-energy evening is a grab-and-go evening.

Quick Recipes

Turkey Chili (6 servings, about 24 g protein each)

1 lb lean ground turkey, 1 diced onion, 2 garlic cloves, 1 diced bell pepper, 1 can diced tomatoes, 1 can kidney beans (rinsed), 1 can black beans (rinsed), 1 cup low-sodium broth, 2 tbsp chili powder, 1 tsp cumin. Brown turkey with onion, garlic, and pepper. Add everything else and simmer 30 minutes.

Egg Muffin Cups (6 cups, about 7 g protein each)

6 eggs, 1/2 cup chopped spinach, 1/4 cup diced bell pepper, 1/4 cup crumbled feta, pinch of salt and pepper. Whisk, divide into a greased muffin tin, and bake at 350 F for 18 to 20 minutes.

Sheet-Pan Chicken & Veggies (4 servings, about 28 g protein each)

1.5 lb chicken breast, 2 sweet potatoes (cubed), 12 oz green beans, 1 tbsp olive oil, 2 garlic cloves, 1 tsp paprika, salt and pepper. Toss, spread on a sheet pan, and roast at 425 F for 25 minutes, until chicken reaches 165 F.

Protein Overnight Oats (1 serving, about 30 g protein)

1/3 cup rolled oats, 3/4 cup unsweetened soy milk, 1 scoop protein powder, 1 tsp chia seeds, cinnamon. Stir, cover, and refrigerate overnight. Top with berries.

Easy Swaps

Fried or breaded chicken	**Try:** Baked or air-fried chicken, or grilled chicken
Sugary cereal or pastry	**Try:** Greek yogurt with berries and chia
Chips or crackers alone	**Try:** Edamame, roasted chickpeas, or string cheese
Creamy pasta	**Try:** Chicken or shrimp with zucchini ribbons in a light sauce
Soda or sweet coffee drinks	**Try:** Infused water, herbal tea, or sugar-free electrolyte drink

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My Meal Plan Notes

Favorites, what to change, foods that sit well or do not

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