

Ozempic 7-Day Meal Plan Summarized . . .

Day	Breakfast	Snack	Lunch	Snack	Dinner
Monday	1 cup fat-free yogurt + 1/3 cup blueberries + 5 almonds	Apple and Almond smoothie (Without added sugar)	Grilled veggie wrap with tomato sauce	Boiled corn on the cob with sprinkled lime (1 cob)	Barbecued rosemary chicken (3 ounces) + Spinach, avocado, and berry salad
Total Calories: 1195	Total calories: 250	Total Calories: 120	Total calories: 370	Total calories: 130	Total calories: 325
Total Carbs: 101 g	Total carbs: 15g	Total carbs: 15g	Total carbs: 30 g	Total carbs: 15g	Total carbs: 26 g
Tuesday	Oatmeal pancakes (2 pancakes)	Carrot and beet juice (1 cup)	Beans and vegetable soup (3/4 cup)	1 apple + 2 apricots	Low-fat, grilled chicken burger (1)
Total Calories: 1190	Total calories: 250	Total calories: 120g	Total calories: 350	Total calories: 120	Total calories: 350
Total Carbs: 104 g	Total carbs: 24 g	Total carbs: 15 g	Total carbs: 32 g	Total carbs: 18g	Total carbs: 15g
Wednesday	Apple & Walnut French Toast (2)	Black bean and corn salad (1/2 cup)	Honey-glazed salmon with vegetable rice	Sugar-free cookie (1)	Chicken and white bean stew with whole-grain bread
Total Calories: 1210	Total calories: 290	Total calories: 150	Total calories: 320	Total calories: 150	Total calories: 300
Total Carbs: 91	Total carbs: 13 g	Total carbs 20g.	Total carbs: 15g	Total carbs: 8g	Total carbs: 35g
Thursday	Oatmeal Muffins (2)	Avocado & tuna salad (1/2 cup)	Chicken panini sandwich (2) + vegetable salad (1/2 cup)	1 pear + 1 peach	Chickpea pasta (1/2 cup) + Cucumber tomato and lettuce salad
Total Calories: 1190	Total calories: 170	Total calories: 130	Total calories: 320	Total calories: 120	Total calories: 450
Total Carbs: 75 g	Total carbs: 16g	Total carbs: 4 g	Total carbs: 15g	Total carbs: 20g	Total carbs: 20g

Friday	Peanut butter cookies (2) + Skimmed milk (1 cup)	Baked sweet potato with lemon, salt & pepper (1/2 cup)	Whole wheat pita pocket (1) + Cooked lentils (1 cup) + Cucumber, avocado, and carrots	Boiled eggs (2) with salt and pepper.	Fish stew (about 1 cup) + Whole wheat bread (1)
Total Calories: 1210 Total Carbs: 92	Total calories: 300 Total carbs: 18g	Total calories: 100 Total carbs: 15g	Total calories: 360 Total carbs: 40g	Total calories: 100 Total carbs: 4g	Total calories: 350 Total carbs 15g
Saturday	Boiled eggs (2) + 1 Apple (medium size) + Skimmed milk (1 cup)	Apple, beets, and cabbage salad with sprinkled lime and olive oil	Egg, ham, and spinach sandwich (2) + Tomato sauce	Sugar-free brownie (1)	Oven-roasted salmon + Mashed sweet potato
Total Calories: 1320 Total Carbs: 90	Total calories: 250 Total carbs: 15g	Total calories: 150 Total carbs: 18g	Total calories: 350 Total carbs: 35 g	Total calories: 150 Total carbs: 10g	Total calories: 420 Total carbs 12 g
Sunday	Chia seeds pudding (1 cup)	Roasted almonds (1/4 cup)	Chicken & vegetable pasta with cottage cheese (1 cup)	Popcorns (1 cup)	Air-fried chicken wings (3-4 pieces) Tomato sauce
Total Calories: 1250 Total Carbs: 74	Total calories: 230 Total carbs: 15g	Total calories: 200 Total carbs: 10g	Total calories: 320 Total carbs: 30g	Total calories: 120 Total carbs: 15g	Total calories: 380 Total carbs 4g

Total calories per day: ~1200 kcal