

## 7- Days Diet plan (day-wise) while on Ozempic for diabetes and weight loss:

**Monday Menu: Total Calories: 1195, Total Carbs: 101 gm**

Monday Diet Menu		Calories/ Carbs
Breakfast	1 cup fat-free yogurt	Total calories: 250
	1/3 cup blueberries	Total carbs: 15g
	5 almonds	
Snack	Apple and Almond smoothie	Total Calories: 120 calories
	(Without added sugar)	Total carbs: 15g
Lunch	Grilled veggie wrap	Total calories: 370
	With tomato sauce	Total carbs: 30 g
Snack	Boiled corn on the cob with sprinkled lime (1 cob)	Total calories: 130
		Total carbs: 15g
Dinner	Barbecued rosemary chicken	Total calories: 325
	(3 ounces) +	Total carbs: 26 g
	Spinach, avocado, and berry salad	
Total Calories	1195	
Total Carbs	101	

**Tuesday Ozempic Meal Menu: Total Calories: 1190, Total Carbs: 104 gm**

<b>Tuesday Diet Menu</b>		<b>Calories/ Carbs</b>
<b>Breakfast</b>	Oatmeal pancakes	Total calories: 250
	(2 pancakes)	Total carbs: 24 g
<b>Snack</b>	Carrot and beet juice	Total calories: 120
	(1 cup)	Total carbs: 15 g
<b>Lunch</b>	Beans and vegetable soup (3/4 cup)	Total calories: 350
		Total carbs: 32 g
<b>Snack</b>	1 apple + 2 apricots	Total calories: 120
		Total carbs: 18g
<b>Dinner</b>	Low-fat, grilled chicken burger (1)	Total calories: 350
		Total carbs: 15g
<b>Total Calories</b>	<b>1190</b>	
<b>Total Carbs</b>	<b>104</b>	

**Wednesday Ozempic Meal Menu: Total Calories: 1210, Total Carbs: 91 gm**

Wednesday Diet Menu		Calories/ Carbs
Breakfast	Apple & Walnut French Toast (2)	Total calories: 290 Total carbs: 13 g
Snack	Black bean and corn salad (1/2 cup)	Total calories: 150 Total Carbs: 20 g
Lunch	Honey-glazed salmon with vegetable rice	Total calories: 320 Total carbs: 15g
Snack	Sugar-free cookie (1)	Total calories: 150 Total carbs: 8g
Dinner	Chicken and white bean stew with whole-grain bread	Total calories: 300 Total Carbs: 35 g
Total Calories	1210	
Total Carbs	91	

**Thursday Ozempic Meal Menu: Total Calories: 1190, Total Carbs: 75 gm**

<b>Thursday Diet Menu</b>		<b>Calories/ Carbs</b>
<b>Breakfast</b>	Oatmeal Muffins (2)	Total calories: 170 Total carbs: 16g
<b>Snack</b>	Avocado & tuna salad (1/2 cup)	<b>Total calories: 130</b> <b>Total carbs: 4 g</b>
<b>Lunch</b>	Chicken panini sandwich (2) + vegetable salad (1/2 cup)	Total calories: 320 Total carbs: 15g
<b>Snack</b>	1 pear + 1 peach	<b>Total calories: 120</b> <b>Total carbs: 20g</b>
<b>Dinner</b>	Chickpea pasta (1/2 cup) Cucumber tomato and lettuce salad	Total calories: 450 Total carbs: 20g
<b>Total Calories</b>	<b>1190</b>	
<b>Total Carbs</b>	<b>75</b>	

**Friday Ozempic Meal Menu: Total Calories: 1210, Total Carbs: 92 gm**

<b>Friday Diet Menu</b>		<b>Calories/ Carbs</b>
<b>Breakfast</b>	Peanut butter cookies (2)	Total calories: 300
	Skimmed milk (1 cup)	Total carbs: 18g
<b>Snack</b>	Baked sweet potato with lemon, salt & pepper (1/2 cup)	<b>Total calories: 100</b> <b>Total carbs: 15g</b>
<b>Lunch</b>	Whole wheat pita pocket (1)	Total calories: 360
	Cooked lentils (1 cup)	Total carbs: 40g
	Cucumber, avocado, and carrots	
<b>Snack</b>	Boiled eggs (2) with salt and pepper.	<b>Total calories: 100</b> <b>Total carbs: 4g</b>
<b>Dinner</b>	Fish stew (about 1 cup)	Total calories: 350
	Whole wheat bread (1)	Total carbs 15g
<b>Total Calories</b>	<b>1210</b>	
<b>Total Carbs</b>	<b>92</b>	

**Saturday Ozempic Meal Menu: Total Calories: 1320, Total Carbs: 90 gm**

<b>Saturday Diet Menu</b>		<b>Calories/ Carbs</b>
<b>Breakfast</b>	Boiled eggs (2)	Total calories: 250
	1 Apple (medium size)	Total carbs: 15g
	Skimmed milk (1 cup)	
<b>Snack</b>	Apple, beets, and cabbage salad with sprinkled lime and olive oil	<b>Total calories: 150</b> <b>Total carbs: 18g</b>
<b>Lunch</b>	Egg, ham, and spinach sandwich (2)	Total calories: 350
	Tomato sauce	Total carbs: 35 g
<b>Snack</b>	Sugar-free brownie (1)	Total calories: 150 Total carbs: 10g
<b>Dinner</b>	Oven-roasted salmon +	Total calories: 420
	Mashed sweet potato	Total carbs 12 g
<b>Total Calories</b>	<b>1320</b>	
<b>Total Carbs</b>	<b>90</b>	

**Sunday Ozempic Meal Menu: Total Calories: 1250, Total Carbs: 74 gm**

Sunday Diet Menu		Calories/ Carbs
Breakfast	Chia seeds pudding (1 cup)	Total calories: 230 Total carbs: 15g
Snack	Roasted almonds (¼ cup)	Total calories: 200 Total carbs: 10g
Lunch	Chicken & vegetable pasta with cottage cheese (1 cup)	Total calories: 320 Total carbs: 30g
Snack	Popcorn (1 cup)	Total calories: 120 Total carbs: 15g
Dinner	Air-fried chicken wings (3-4 pieces) Tomato sauce	Total calories: 380 Total carbs 4g
Total Calories	1250	
Total Carbs	74	

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## Ozempic Breakfast Plan for One whole week:

Day	Breakfast	Calories/ Carbs
Monday	1 cup fat-free yogurt 1/3 cup blueberries 5 almonds	Total calories: 250 Total carbs: 15g
Tuesday	Oatmeal pancakes (2 pancakes)	Total calories: 250 Total carbs: 24 g
Wednesday	Apple & Walnut French Toast (2)	Total calories: 290 Total carbs: 13 g
Thursday	Oatmeal Muffins (2)	Total calories: 170 Total carbs: 16g
Friday	Peanut butter cookies (2) Skimmed milk (1 cup)	Total calories: 300 Total carbs: 18g
Saturday	Boiled eggs (2) 1 Apple (medium size) Skimmed milk (1 cup)	Total calories: 250 Total carbs: 15g
Sunday	Chia seeds pudding (1 cup)	Total calories: 230 Total carbs: 15g



## Lunch Menu for one whole week while on Ozempic:

Day	Lunch	Calories/ Carbs
Monday	Grilled veggie wrap With tomato sauce	Total calories: 370 Total carbs: 30 g
Tuesday	Beans and vegetable soup (3/4 cup)	Total calories: 350 Total carbs: 32 g
Wednesday	Honey-glazed salmon with vegetable rice	Total calories: 320 Total carbs: 15g
Thursday	Chicken panini sandwich (2) + vegetable salad (1/2 cup)	Total calories: 320 Total carbs: 15g
Friday	Whole wheat pita pocket (1) Cooked lentils (1 cup) Cucumber, avocado, and carrots	Total calories: 360 Total carbs: 40g
Saturday	Egg, ham, and spinach sandwich (2) Tomato sauce	Total calories: 350 Total carbs: 35 g
Sunday	Chicken & vegetable pasta with cottage cheese (1 cup)	Total calories: 320 Total carbs: 30g

## Ozempic Dinner Diet Menu for One Whole Week:

Day	Dinner	Calories/ Carbs
Monday	Barbecued rosemary chicken (3 ounces) + Spinach, avocado, and berry salad	Total calories: 325 Total carbs: 26 g
Tuesday	Low-fat, grilled chicken burger (1)	Total calories: 350 Total carbs: 15g
Wednesday	Chicken and white bean stew with whole-grain bread	Total calories: 300 Total carbs: 35g
Thursday	Chickpea pasta (1/2 cup) Cucumber tomato and lettuce salad	Total calories: 450 Total carbs: 20g
Friday	Fish stew (about 1 cup) Whole wheat bread (1)	Total calories: 350 Total carbs 15g
Saturday	Oven-roasted salmon + Mashed sweet potato	Total calories: 420 Total carbs 12 g
Sunday	Air fried chicken wings (3-4 pieces) Tomato sauce	Total calories: 380 Total carbs 4g

## Ozempic 7-Day Meal Plan Summarized . . .

Day	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> <li>1 cup fat-free yogurt</li> <li>1/3 cup blueberries</li> <li>5 almonds</li> </ul>	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 Carbs: 101 g	Total calories: 250  Total carbs: 15g	Total Calories: 120 calories  Total carbs: 15g	Total calories: 370  Total carbs: 30 g	Total calories: 130  Total carbs: 15g	Total calories: 325  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 Carbs: 104 g	Total calories: 250  Total carbs: 24 g	Total calories: 120g  Total carbs: 15 g	Total calories: 350  Total carbs: 32 g	Total calories: 120  Total carbs: 18g	Total calories: 350  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 Carbs: 91	Total calories: 290  Total carbs: 13 g	Total calories: 150  Total carbs 20g.	Total calories: 320  Total carbs: 15g	Total calories: 150  Total carbs: 8g	Total calories: 300  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
<b>Friday</b>	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 calories: 300	Total calories: 100	Total calories: 360	Total calories: 100	Total calories: 350
Total Carbs: 92	Total carbs: 18g	Total carbs: 15g	Total carbs: 40g	Total carbs: 4g	Total carbs 15g
<b>Saturday</b>	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 calories: 250	Total calories: 150	Total calories: 350	Total calories: 150	Total calories: 420
Total Carbs: 90	Total carbs: 15g	Total carbs: 18g	Total carbs: 35 g	Total carbs: 10g	Total carbs 12 g
<b>Sunday</b>	Chia seeds pudding (1 cup)	Roasted almonds (¼ 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 calories: 230	Total calories: 200	Total calories: 320	Total calories: 120	Total calories: 380
Total Carbs: 74	Total carbs: 15g	Total carbs: 10g	Total carbs: 30g	Total carbs: 15g	Total carbs 4g

**Total calories per day: ~1200 kcal**