

# Mounjaro 1500 Calories 7-Day Meal Plan

[Mounjaro \(Tirzepatide\)](#) is currently the most effective medication for treating type 2 diabetes mellitus. It is said to work even better with diet and lifestyle modifications.

So, in this article, we have added a Mounjaro meal plan that is good to go with type 2 diabetes and Mounjaro (Tirzepatide).

## Mounjaro Meal Plan

Here is a 7-day Mounjaro meal plan based on 1500 daily calories designed for people taking one of the most potent diabetes and weight loss drugs, Tirzepatide.

### Day 1:

Meal Time	Meal	Calories
Breakfast	1 medium-size apple, 2 scrambled eggs, 1 slice of bran bread	310
Snack	1-2 oz almonds	160
Lunch	Turkey and cheese sandwich on whole grain bread, + sauteed carrot sticks	325
Snack	1 small orange	62
Dinner	Grilled chicken breast + roasted asparagus +1 cup brown rice	645
Total Calories	-	1502

### Day 2:

Meal Time	Meal	Calories
Breakfast	1/2 cup cooked oatmeal +1 cup strawberries +1 hard-boiled egg	245
Snack	1 medium-size pear	101
Lunch	Grilled chicken salad with veggies and red beans+ tomato and cucumber salad	290
Snack	1/2 cup popcorns	80
Dinner	Baked salmon with sauteed spinach, 1/2 cup quinoa	684
Total Calories	-	1500

### Day 3:

Meal Time	Meal	Calories
Breakfast	2 slices of whole grain bread + 1/2 avocado, and 1 poached egg	295
Snack	1/2 cup sweet potato	81
Lunch	Tuna salad with mixed greens on whole-grain bread	301
Snack	1 small apple	95
Dinner	Grilled chicken breast + roasted brussels sprouts and 1/2 cup mint yogurt	728
Total Calories	-	1500

#### Day 4:

Meal Time	Meal	Calories
Breakfast	1 small banana +1/2 cup Greek yogurt,	280
Snack	1 hard-boiled egg	70
Lunch	Shrimp Stir Fry with Brown Rice	275
Snack	1 small orange, 1 string cheese	122
Dinner	Baked salmon, roasted asparagus, 1/2 cup brown rice	653
Total Calories	-	1500

#### Day 5:

Meal Time	Meal	Calories
Breakfast	1 small apple +2 scrambled eggs +1 slice whole wheat bread	310
Snack	1 oz mixed nuts	160
Lunch	Black Bean Soup with Whole Grain Bread	325
Snack	1 small orange	62
Dinner	Grilled steak with baked sweet potato	645
Total Calories	-	1502

#### Day 6:

Meal	Food	Calories
Breakfast	Whole Grain Waffles (1-2) + Greek Yogurt	400
Snack	1 cup Pineapple	150
Lunch	Vegetable + chickpea salad (1 cup)	400
Snack	Edamame	100
Dinner	Spaghetti Squash + Turkey Bolognese	500

<b>Total</b>	1550
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### Day 7:

<b>Meal</b>	<b>Food</b>	<b>Calories</b>
<b>Breakfast</b>	Greek Yogurt with Berries	250
<b>Snack</b>	Apple and Almond Butter	150
<b>Lunch</b>	Grilled Chicken Salad with Avocado and Veggies	400
<b>Snack</b>	Carrots and Hummus	100
<b>Dinner</b>	Baked Salmon with Roasted Vegetables	500
<b>Total</b>		1400

### Conclusion:

Dietary modifications along with your treatment regime can help you lose more weight and achieve your glycemic targets easily.

However, this is a general meal plan that does not consider an individual's specific needs. As a result, you must consult a registered dietitian or your healthcare provider for a proper meal plan based on your weight, age, and associated complications.