

7-Day Ozempic Diet Meal Plan

Guidelines for Ozempic-Friendly Eating

- Eat smaller, more frequent meals to minimize nausea and bloating.
- Focus on lean proteins and fiber to stay full and balance blood sugar.
- Include healthy fats in moderation.
- Avoid high-fat or fried foods to reduce GI discomfort.

Day 1

- Breakfast: Greek yogurt with chia seeds and sliced strawberries
- Snack: Whole-grain crackers with hummus
- Lunch: Grilled chicken salad with mixed greens, cucumber, and light vinaigrette
- Snack: Half a banana and a handful of almonds
- Dinner: Baked salmon, steamed broccoli, and ½ cup quinoa

Day 2

- Breakfast: Smoothie with almond milk, spinach, blueberries, and protein powder
- Snack: Whole-grain toast with avocado
- Lunch: Turkey lettuce wraps with diced veggies
- Snack: Apple slices with almond butter
- Dinner: Grilled shrimp with roasted zucchini and brown rice

Day 3

- Breakfast: Oatmeal with walnuts and blueberries
- Snack: Cottage cheese with pineapple chunks
- Lunch: Lentil soup with a side of mixed greens
- Snack: Celery sticks with light cream cheese
- Dinner: Baked cod, roasted carrots, and couscous

Day 4

- Breakfast: Scrambled eggs with spinach and whole-grain toast
- Snack: Unsalted mixed nuts
- Lunch: Chicken and vegetable stir-fry with cauliflower rice
- Snack: Baby carrots with hummus
- Dinner: Grilled turkey burger patty with roasted Brussels sprouts

Day 5

- Breakfast: Chia pudding with almond milk and berries
- Snack: Rice cake with natural peanut butter

- Lunch: Quinoa and chickpea salad with cucumber and cherry tomatoes
- Snack: Greek yogurt with flaxseed
- Dinner: Baked tilapia with roasted asparagus and wild rice

Day 6

- Breakfast: Protein smoothie with spinach, banana, and protein powder
- Snack: Cucumber slices and a boiled egg
- Lunch: Turkey and veggie wrap with whole-grain tortilla
- Snack: Blueberries and dark chocolate
- Dinner: Grilled chicken breast, sautéed green beans, and sweet potato mash

Day 7

- Breakfast: Greek yogurt parfait with low-sugar granola and raspberries
- Snack: Half an apple with cheddar cheese
- Lunch: Lentil and vegetable stew with a small side salad
- Snack: Celery sticks with hummus
- Dinner: Baked salmon, steamed spinach, and ½ cup quinoa