

Mounjaro Meal Plan

Breakfast

Oatmeal with Berries and Nuts

- 1c cooked oatmeal
- 1/2c fresh berries
- 1tbsp chopped almonds
- 1tsp honey
- 1/2c skim milk

Mid-morning Snack

Greek Yogurt

- 1/2c non-fat Greek yogurt

Lunch

Grilled Chicken Salad

- 2 cups mixed greens
- 100g grilled chicken breast
- tomatoes, cucumbers & carrots
- 1tbsp vinaigrette
- 1 slice of whole grain bread

Afternoon Snack

Fruit & Nuts

- 1 medium apple
- 10 walnut halves

Dinner

Baked Salmon with Veggies

- 150g baked salmon
- 1c steamed broccoli
- 1/2 cup quinoa
- lemon wedge for flavor

Evening Snack

Carrots & Hummus

- 10 baby carrots
- 2tbsp hummus

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Consult with your doctor, dietitian, or healthcare provider before making any drastic diet changes.