



Ozempic Meal Plan



Breakfast

- **Omelette:** 3 egg whites, 1 whole egg, spinach, tomatoes & mushrooms
- **Whole grain toast:** 1 slice, w/ a thin spread of almond butter
- **Greek yogurt:** 1c of non-fat Greek yogurt w/ blueberries & chia seeds

Mid-morning Snack

- **Apple Slices:** 1 medium apple
- **Almonds:** A small handful (about 10-12 nuts)

Lunch

- **Grilled Chicken Salad:** 4oz of chicken breast over mixed green salad w/ balsamic vinegar and 1tsp of olive oil
- **Quinoa:** 1/2 cup cooked
- **Fermented Food:** 1/2 cup of sauerkraut

Afternoon Snack

- **Carrot and Cucumber Sticks:** w/ 2 tbsp hummus
- **Kefir:** 1c of low-fat, plain kefir

Dinner

- **Salmon:** 4oz baked salmon
- **Steamed Broccoli and Cauliflower:** 1 cup, seasoned with herbs
- **Brown Rice:** 1/3 cup cooked

Evening Snack

- **Cottage Cheese:** 1/2c of low-fat cottage cheese, mixed w/ a few slivers of almond & a dash of cinnamon



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