



Saxenda Meal Plan



Breakfast

- **Oatmeal Delight:** Cooked oats (1 cup) with a dash of cinnamon, topped with fresh blueberries (½ cup) and chopped almonds (1 tbsp)
- **Protein Boost:** A hard-boiled egg for added protein

Mid-morning Snack

- **Yogurt Parfait:** Low-fat Greek yogurt (½ cup) mixed with a teaspoon of honey and sliced strawberries (½ cup)

Lunch

- **Grilled Chicken Salad:** Grilled chicken breast (3 oz) on mixed greens, tomatoes, cucumber, and bell peppers. Dress with olive oil (1 tsp) and balsamic vinegar
- **Whole Wheat Bread:** 1 slice, preferably with no added sugars

Afternoon Snack

- **Carrots and Hummus:** Baby carrots (1 cup) with 2 tablespoons of hummus

Dinner

- **Salmon:** Grilled salmon (4 oz) seasoned with herbs
- **Quinoa Side:** Cooked quinoa (½ cup)
- **Steamed Veggies:** A mix of broccoli and carrots (1 cup)

Evening Snack

- **Apple Slices:** 1 medium apple, sliced and sprinkled with a pinch of cinnamon



zaya[®]



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