



Wegovy Meal Plan



Breakfast

Oatmeal with Fruits and Nuts

- ½ cup rolled oats
- 1 medium banana, sliced
- A sprinkle of almonds or walnuts
- A dash of cinnamon for flavor

Mid-morning Snack

Greek Yogurt and Berries

- ¾ cup non-fat Greek yogurt
- ½ cup mixed berries

Lunch

Grilled Chicken Salad

- 2 cups mixed greens
- 3 oz grilled chicken breast
- Cherry tomatoes, cucumber, and red onion
- 1 tbsp olive oil and vinegar

Afternoon Snack

Veggies and Hummus

- 1 cup sliced carrots and bell peppers
- 2 tbsp hummus

Dinner

Baked Salmon with Veggies

- 4 oz baked salmon
- ½ cup steamed broccoli
- ½ cup quinoa or brown rice

Evening Snack

Apple with Almond Butter

- 1 small apple, sliced
- 1 tsp almond butter



zaya[®]



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