

A SAMPLE GLP-1 MEAL PLAN FOR ONE WEEK (PRINTABLE)

Updated Sep 28, 2026. Numbers in brackets link to the source each fact comes from.

Not reviewed by a doctor or pharmacist. Every fact on this page quotes the FDA-approved label or another official source. It is not medical advice; talk to a licensed clinician about your own care. [About this.](#)

This is a sample week of ordinary meals, not a prescription. GLP-1 weight-loss medicines are approved for use together with a reduced-calorie diet and more activity ^[1], and the labels do not set a menu. The plan below simply puts into meals what federal dietary guidance and a 2025 expert advisory say, so you have a starting point to adjust with your prescriber or a registered dietitian. [Download the printable PDF.](#)

THE RULES THE PLAN FOLLOWS

- **Protein at every meal.** The 2025 to 2030 Dietary Guidelines say every meal should lead with nutrient-dense protein, and set a daily protein target of 1.2 to 1.6 grams per kilogram of body weight ^[2]. Ask your prescriber what that means for you.
- **Vegetables and fruit every day.** The same guidelines give 3 servings of vegetables and 2 of fruit a day ^[3], and 2 to 4 servings of fiber-rich whole grains in place of refined carbohydrates ^[4].
- **Smaller meals at first.** The expert advisory says smaller, more frequent meals, and going easy on fatty or very high-fiber foods in the first days of treatment, can ease stomach symptoms ^[5]. The plan keeps portions small and adds snacks for that reason.
- **Plenty of fluids.** The advisory encourages enough fluids and fiber from food ^[6], and the Zepbound label warns that dehydration from stomach side effects can harm

the kidneys ^[7] .

- **Little alcohol, no added sugar.** The advisory says alcohol can worsen nausea and reflux and should be kept low ^[8] , and the guidelines do not recommend added sugars ^[9] .

If you take Wegovy tablets, the first meal of the day comes later: the label says to wait at least 30 minutes after the tablet before eating or drinking ^[10] .

A SAMPLE WEEK

Day	Breakfast	Lunch	Dinner	Snack
Monday	Greek yogurt with berries and walnuts	Chicken, bean and vegetable soup	Baked salmon, roasted broccoli, brown rice	Apple with peanut butter
Tuesday	Scrambled eggs with spinach, whole-grain toast	Tuna salad on greens with olive oil	Turkey chili with beans and peppers	Cottage cheese with peach
Wednesday	Oatmeal made with milk, topped with pear	Leftover turkey chili	Tofu and vegetable stir-fry over brown rice	Carrots with hummus
Thursday	Cottage cheese with pineapple and seeds	Lentil soup with a side salad	Roast chicken, sweet potato, green beans	Hard-boiled egg and an orange
Friday	Vegetable omelet with avocado	Chicken and quinoa bowl with vegetables	Shrimp, zucchini and whole-wheat pasta	Plain yogurt with berries
Saturday	Whole-grain toast with eggs and tomato	Black bean and vegetable wrap	Lean beef and vegetable kebabs, barley	Handful of almonds and a pear
Sunday	Yogurt, oats and banana smoothie	Salmon salad with beans and greens	Chicken, vegetable and	Cheese with whole-grain

Day	Breakfast	Lunch	Dinner	Snack
			brown rice soup	crackers

Water or unsweetened drinks with every meal and between meals.

MAKING IT WORK FOR YOU

- **Eat slowly and stop when you feel full.** The portions in the plan are a starting point, not a target to finish.
- **Swap freely.** Any lean protein, any vegetables and any whole grain can take the place of those listed.
- **Get help if you struggle.** The advisory names counseling with a registered dietitian among the ways to support people during treatment ^[11].

This page is general information, not medical or nutrition advice. If you have diabetes, kidney disease, food allergies or another condition, or if you are pregnant or breastfeeding, check any eating plan with your care team first.

SOURCES

1. “ZEPBOUND® is indicated in combination with a reduced-calorie diet and increased physical activity:” dailymed.nlm.nih.gov, read Sep 27, 2026.
2. “Every meal must prioritize high-quality, nutrient-dense protein from both animal and plant sources, paired with healthy fats from whole foods such as eggs, seafood, meats, full-fat dairy, nuts, seeds, olives, and avocados. Protein target: 1.2–1.6 grams of protein per kilogram of body weight per day” realfood.gov, read Sep 27, 2026.
3. “Vegetables: 3 servings per day. Fruits: 2 servings per day.” realfood.gov, read Sep 27, 2026.
4. “Prioritize fiber-rich whole grains and significantly reduce the consumption of highly processed, refined carbohydrates that displace real nourishment. Target: 2–4 servings per day.” realfood.gov, read Sep 27, 2026.

5. “Smaller, more frequent meals and avoiding fatty or high fiber foods during the first few days of treatment can help alleviate symptoms” [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov/38888888/), read Sep 27, 2026.
6. “Adequate fluids and fiber from foods should be encouraged, although additional strategies are often required.” [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov/38888889/), read Sep 27, 2026.
7. “Inform patients of the potential risk of acute kidney injury due to dehydration associated with gastrointestinal adverse reactions. Advise patients to take precautions to avoid fluid depletion.” [dailymed.nlm.nih.gov](https://dailymed.nlm.nih.gov/38888890/), read Sep 27, 2026.
8. “Alcohol use may also worsen nausea and gastroesophageal reflux with GLP-1 therapy and should be minimized” [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov/38888891/), read Sep 28, 2026.
9. “Added sugars are not part of eating real foods and are not recommended.” [realfood.gov](https://realfood.gov/38888892/), read Sep 27, 2026.
10. “After taking WEGOVY tablet wait at least 30 minutes before eating food, drinking beverages or taking other oral medications.” [dailymed.nlm.nih.gov](https://dailymed.nlm.nih.gov/38888893/), read Sep 27, 2026.
11. “Supportive strategies include group-based visits, registered dietitian nutritionist counseling, telehealth and digital platforms, and Food is Medicine interventions.” [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov/38888894/), read Sep 28, 2026.

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- [What to eat on a GLP-1: the full guide](#)
- [GLP-1 nausea: what helps](#)
- [GLP-1 side effects compared](#)

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