

## **Semaglutide Diet Plan**

### **Monday: Breakfast**

Greek yogurt with mixed berries and a spoon of sugar-free nut butter.

### **Monday: Lunch**

Chicken breast salad with mixed vegetables, olive oil, and lemon juice.

### **Monday: Dinner**

Grilled salmon with roasted kale and brown rice.

### **Monday: Snack**

Carrot sticks with hummus.

### **Tuesday: Breakfast**

Whole wheat toast with natural peanut butter and banana slices.

### **Tuesday: Lunch**

Mediterranean salad with tomato, cucumber, onion, and feta cheese.

### **Tuesday: Dinner**

Steamed vegetables with grilled chicken breast and quinoa.

### **Tuesday: Snack**

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A piece of fruit (apple or pear).

### **Wednesday: Breakfast**

Oatmeal with blueberries and a small handful of nuts.

### **Wednesday: Lunch**

Chickpea salad with olives, tomatoes, and cucumbers.

### **Wednesday: Dinner**

Grilled tofu with broccoli and brown rice.

### **Wednesday: Snack**

A handful of almonds.

### **Thursday: Breakfast**

Eggs scrambled with spinach and mushrooms.

### **Thursday: Lunch**

Chicken wrap with whole wheat bread, lettuce, and tomato.

### **Thursday: Dinner**

Baked cod with stir-fried peas and carrots.

## Semaglutide Diet Plan

### Thursday: Snack

Greek yogurt with some honey and nuts.

### Friday: Breakfast

Low-fat cottage cheese with strawberries and a sprinkle of oats.

### Friday: Lunch

Roasted vegetables with baked potatoes and a small portion of goat cheese.

### Friday: Dinner

Spice-roasted chicken breast with mixed steamed vegetables.

### Friday: Snack

Turkey and avocado wrapped in lettuce.

### Saturday: Breakfast

Fried eggs with roasted tomatoes and whole wheat bread.

### Saturday: Lunch

Vegetable and chicken sushi rolls.

### Saturday: Dinner

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Risotto with brown rice and plenty of vegetables.

### **Saturday: Snack**

Apple slices with almond butter.

### **Sunday: Breakfast**

Scrambled tofu with spinach, tomatoes, and onions on whole wheat toast.

### **Sunday: Lunch**

Quinoa salad with black beans, corn, avocado, and lime dressing.

### **Sunday: Dinner**

Zucchini noodles with tomato sauce and grilled chicken.

### **Sunday: Snack**

Cucumber and carrot sticks with guacamole.