



WEEK 1 MEAL PLAN



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YOUR JOURNEY BEGINS!

Congrats on taking the first step! This week we will be focusing on a low fat breakfast to align with when you need to take your medication. Be sure to focus on your water intake this week as your body adjusts to your new diet and medication.

YOU GOT THIS!

NUTRITIONAL GUIDELINES FOR MEAL PLANNING

The following meal plan has been developed by a registered dietitian (RD) to accompany starting weight loss medication. Please consult a healthcare professional, such as a registered dietitian, for personalized dietary advice.



Fluid Guidelines

Men: 13 cups (104 oz) fluids daily

Women: 9 cups (72 oz) fluids daily

Fiber Guidelines

Aim for at least 25-35 fiber per day.

Fat Guidelines

Total grams of fat are limited in this meal plan at breakfast as that is when you'd be taking your medication this week.

Your medication is intended to be taken with low fat meals.

Protein Guidelines

We'll try to get you 105-120 grams of protein per day. This can help with increased satiety and muscle retention during weight loss.

- 1400-1600 calories per day
- 300-450 calories per meal
- 100-200 calories per snack
- 140-160g carbohydrate per day
- 25-40g fiber per day
- 105-120g protein per day
- 45-55g total fat per day
- <13-16g total fat per meal for breakfast
- Focus on drinking zero-calorie and/or sugar-free beverages—preferably water.
- You can also get your water intake from vegetables like leafy greens, artichokes, asparagus, bean sprouts, broccoli, broccolini, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, kale, lettuce, mushrooms, onions, peppers, radishes, sauerkraut, spinach, summer squash, tomatoes, watercress and zucchini. You can add unlimited amounts of these veggies to your meals.
- A high-fiber diet is beneficial for weight management and gut health. Include whole grains, legumes, fruits, and vegetables.
- Fiber may help with the possible side effects of constipation while taking your medication.

Breakfast

- Total fat is limited to < 3g per 100 calories at breakfast.
- **Protein shakes:** Aim for >25-35g protein, <5g sugar, 150-200 calories.
- **Protein bars:** Aim for >15g protein, < 5g total sugar, 150-220 calories.
- **Protein powders:** Aim for 70-120 calories per scoop, 15-25g protein, < 5g total sugar.



MEAL PLAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	cottage cheese pancakes w/ egg whites	cinnamon protein oats	fruit and egg snack plate	cinnamon protein oats	2 mini crustless sun dried tomato quiche + 1 cup raspberries	cottage cheese pancakes w/ egg whites + ½ cup grapes	2 mini crustless egg tomato quiche + ½ cup grapes
SNACK 1	protein bar (premade 20g protein) + 1 cup blueberries	1 pear	1 oz beef jerky + 1 cup snap peas	fruit and egg snack plate	½ cup greek yogurt + 1 cup blueberries	protein bar (premade 20g protein) + 1 orange	½ cup greek yogurt + 1 cup raspberries
LUNCH	greek chicken bowls + marinated chickpeas (2 servings)	salmon burger bites w/ cucumber & pineapple + ½ avocado	bison pumpkin chili roasted veggies	air fryer hot honey salmon bowl + ½ avocado	chicken & lentil soup	crispy baked tofu + pesto cauliflower rice	chili lime shrimp tacos + unlimited bell peppers
SNACK 2	protein shake (premade 30g protein) + unlimited cucumber slices	protein bar (premade 20g protein) + hummus dippers	cottage cheese + 1 pear	1 orange	protein shake (premade 30g protein) + unlimited cucumber slices	cottage cheese + 1 pear	1 oz beef jerky + 1 cup snap peas + ½ avocado
DINNER	vegetable barley soup + marinated chickpeas (2 servings)	bison pumpkin chili + roasted veggies	air fryer hot honey salmon bowl + ½ avocado	chicken and lentil soup + roasted veggies	crispy baked tofu + pesto cauliflower rice	chili lime shrimp tacos + unlimited chopped bell peppers	greek chicken bowls + unlimited chopped bell peppers

Notes: Leftovers are shown in blue font.

Click the recipe to jump to the page in this meal plan for easy navigating.



NUTRITIONAL INFORMATION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Calories: 1597	Calories: 1448	Calories: 1642	Calories: 1664	Calories:1583	Calories:1392	Calories:1440
Fat: 55g	Fat :59g	Fat: 64g	Fat: 50g	Fat: 62g	Fat: 49g	Fat: 50g
Carbs: 168g	Carbs: 157g	Carbs: 163g	Carbs: 177g	Carbs: 129g	Carbs: 151g	Carbs: 150g
Fiber: 30g	Fiber: 43g	Fiber: 33g	Fiber: 30g	Fiber: 33g	Fiber: 28g	Fiber: 28g
Sugar: 38g	Sugar: 52g	Sugar: 73g	Sugar: 52g	Sugar: 55g	Sugar: 61g	Sugar: 46g
Protein: 126g	Protein: 104g	Protein: 121g	Protein: 137g	Protein: 137g	Protein: 108g	Protein: 104g

The nutrition information provided is based on standard serving sizes. Actual values may vary due to factors such as preparation methods and specific product brands. Always refer to packaging for the most accurate information.

GROCERY LIST

VEGETABLES

- 1 package baby spinach
- 4 bell peppers
- 1 butternut squash
- 5 carrots
- 1 head cauliflower
- 1 package celery
- 4 cups cherry tomatoes
- Fresh cilantro
- Coleslaw mix
- 5 cucumbers
- Fresh dill
- 1 bulb fennel
- 1 bulb of garlic
- Ginger root
- Green beans
- Green cabbage
- Cremini mushrooms
- 1 can puréed pumpkin
- 2 red onions
- Snap peas
- 1 yellow onion
- 3 zucchinis

GRAINS, BEANS, OATS

- Barley
- Basmati rice
- Bone broth
- Brown rice
- 1 can chickpeas
- 1 package small corn tortillas
- 1 small can crushed tomatoes
- Green lentils
- Vegetable broth
- Quinoa
- Rolled or quick oats

FRUIT

- 2 apples
- 2 avocados
- 1 package blueberries
- 1 package grapes
- 1 lemon
- 3 limes
- 2 oranges
- 3 pears
- 1 pineapple
- 1 package raspberries
- 1 package strawberries

SPICES & STAPLES

- Arrowroot powder
- Black pepper
- Chili flakes
- Chili powder
- Cumin
- Dried thyme
- Greek seasoning (see recipe for details)
- Honey
- Maple syrup
- Oregano
- Paprika
- 1 jar pesto
- Sea salt
- Soy sauce (tamari)
- 1 jar sun-dried tomatoes
- Turmeric
- Extra-virgin olive oil
- Red wine vinegar

PROTEINS

- 3 protein bars
- 1 small package beef jerky
- 1 lb package ground bison
- 6 chicken breasts
- Cottage cheese
- 1 dozen eggs
- Goat cheese
- Plain greek yogurt
- 1 package hummus
- Milk or milk alternative (unsweetened)
- 2 pre-made protein shakes
- 2 salmon burgers
- 1 salmon fillet
- 1 lb shrimp
- 1 package extra-firm tofu
- Vanilla protein powder



Notes

You may have some of the above ingredients in your kitchen already. Make sure to check your pantry before you head to the store.

Most recipes in this meal plan have multiple servings.

BREAKFAST

CINNAMON PROTEIN OATS

Time: 10 minutes

Makes: 2 servings

Ingredients

1 cup water

1 cup oats

½ cup vanilla protein powder

¼ tsp cinnamon



Directions

1. Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder and cinnamon.
2. Transfer the cooked oats to a bowl and enjoy.

Nutrition per Serving

1 serving = 1 cup oats + 1 scoop protein powder

Calories..... 240

Fat..... 3g

Carbs 29g

Fiber5g

Sugar 0g

Protein 24g

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

You can cook the oats in the microwave, cut the cooking time to 1½-2 minutes.

FRUIT & EGG SNACK PLATE

Time: 5 minutes
Makes: 2 servings

Ingredients

- 6 eggs
- 1 cup blueberries
- 1 cup strawberries (halved)
- Salt and pepper to taste



Directions

1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle.
2. Peel and slice the hard boiled eggs. Serve 1 whole egg + 2 egg whites with berries.
3. Add 1 hard boiled egg + 2 hard-boiled egg whites to a plate and serve with 1 cup of fruit.

Nutrition per serving

1 serving = 1 hard-boiled egg + 2 egg whites + 1 cup fruit

Calories	137
Fat	5g
Carbs	17g
Fiber	2g
Sugar	11g
Protein	7g

Note

For more flavor, season the hard-boiled egg with your favorite spices like salt, pepper, paprika, or chili flakes.

BREAKFAST

Time: 25 minutes
Makes: 6 quiches

Ingredients

4 eggs
1 cup milk
Salt and pepper to taste
½ cup sun dried tomatoes (chopped)
⅓ cup goat cheese (crumbled)
1 cup baby spinach

Directions

1. Preheat the oven to 375°F (190°C). Grease a mini muffin tray, use a silicone tray, or use liners.
2. In a large bowl, whisk together the eggs, milk, salt, and pepper until very well combined.
3. Pour the egg mixture evenly into each muffin cup. Divide the sun-dried tomatoes, spinach and goat cheese into each muffin cup.
4. Transfer the muffin tray to the oven and bake for 16 to 19 minutes, until cooked through.
5. Cool for about ten minutes before removing. Enjoy.

Nutrition per serving

1 serving: 4 mini quiches

Calories..... 95
Fat..... 5g
Carbs 5g
Fiber 1g
Sugar 4g
Protein 7g

MINI CRUSTLESS SUN DRIED TOMATO QUICHE



Notes

This recipe works best with a well-greased nonstick muffin tray. Use liners if the muffin tin is not nonstick. If using liners, the quiche will shrink.

If you have leftovers freeze and enjoy later.

BREAKFAST

COTTAGE CHEESE PANCAKES

Time: 15 minutes

Makes: 2 servings

Ingredients

1/3 cup cottage cheese

1 2/3 cups egg whites (large)

1/3 cup oats (rolled or quick)

1 1/4 tsps extra virgin or avocado oil
(divided)



Directions

1. Add the cottage cheese, eggs whites and oats to a blender. Blend until smooth.
2. Heat a bit of the oil over medium-low heat. Add 1/4 cup of the batter at a time, cooking for about three to four minutes per side or until golden brown. Repeat with the remaining batter and oil.
3. Divide onto plates and enjoy.

Nutrition per serving

1 serving = 2 pancakes

Calories.....	228
Fat	6g
Carbs	14g
Fiber	2g
Sugar	3g
Protein	28g

Note

Refrigerate leftovers in an airtight container.

LUNCH

Time: 15 minutes
Makes: 2 servings

Ingredients

2 six oz salmon burger patties
1 cup plain greek yogurt
1 cucumber (medium, sliced)
1 pineapple (chopped)

Directions

1. Cook the salmon burger patty according to package instructions. Cut into slices.
2. Arrange the salmon burger patty, yogurt, cucumber, and pineapple in a food-safe container.
3. Refrigerate until ready to serve.

Nutrition per Serving

1 serving = 1 salmon burger + 1/2 cup yogurt + unlimited cucumbers + 1/2 cup pineapple

Calories..... 203
Fat5g
Carbs 22g
Fiber3g
Sugar 11g
Protein20g

SALMON BURGER BITES WITH CUCUMBER & PINEAPPLE



Notes

Serve on top of spinach, lettuce, radishes or spring mix.

Refrigerate leftovers in an airtight container for up to two days.

CHILI LIME SHRIMP TACOS

Time: 25 minutes

Makes: 2 servings

Ingredients

- ½ lb large, peeled shrimp
- 1 lime, zested and juiced, separated
- 1 tbsps extra virgin olive oil
- 1 garlic clove, minced
- ½ tsp chili powder
- ½ tsp sea salt (divided)
- 2 cups shredded green cabbage
- 4 corn tortillas

**Directions**

1. In a large bowl combine the shrimp, lime zest, olive oil, garlic, chili powder and half of the salt. Let shrimp marinate for 10 to 15 minutes.
2. Meanwhile, in a second bowl combine the cabbage with the lime juice and remaining salt and toss well. Set aside.
3. Heat a large nonstick pan over medium-high heat. Cook the shrimp until no longer opaque, about 1 to 2 minutes per side.
4. Warm the tortillas in a skillet over medium-low heat, turning occasionally until soft.
5. To assemble the tacos, layer the cabbage and shrimp on top of a warm tortilla and season with additional lime juice if needed.

Nutrition per Serving

1 serving = 2 tacos

Calories.....	325
Fat.....	9g
Carbs.....	35g
Fiber.....	5g
Sugar.....	1g
Protein.....	25g

Note

Grain-Free: Use lettuce wraps instead of corn tortillas.

BISON PUMPKIN CHILI

Time: 30 minutes

Makes: 2 servings

Ingredients

½ lb ground bison
 ½ yellow onion, diced
 1 garlic clove, minced
 ½ tbsp chili powder
 ½ tsp cumin
 1 tsp paprika
 ½ cup crushed tomatoes
 ½ cup pureed pumpkin
 1 cup water
 ½ tsp maple syrup
 ½ tsp sea salt
 Coleslaw mix
 1 tbsp extra virgin olive oil

**Directions**

1. Heat olive oil in a large skillet over medium-high heat. Add the ground bison, onion and garlic, and sauté for about 5 to 7 minutes, or until the meat is cooked through. Drain the fat.
2. Add the chili powder, cumin and paprika. Stir about 1 minute, until fragrant. Add crushed tomatoes, pumpkin, water, maple syrup and salt. Let simmer about 10 minutes.
3. Add coleslaw mix to the bottom of bowl, top with chili.

Nutrition per Serving

1 serving = ¾ cup of chili with half package of coleslaw

Calories.....300
 Fat..... 13g
 Carbs 24g
 Fiber8g
 Sugar 11g
 Protein27g

Note

Ground bison is leaner red meat option. If you can't find it at your local store, swap with another lean meat, like ground turkey.



ROASTED VEGGIES

Time: 20 minutes

Makes: 4 servings

Ingredients

2 carrots

2 zucchinis (sliced)

2 cups cremini mushrooms (halved)

2 cups green beans

1 tbsp extra virgin olive oil

2 tbsp balsamic vinegar

1 tsp oregano (dried)

½ tsp salt

¼ tsp pepper

**Directions**

1. Preheat oven to 425°F. Line baking sheet with parchment paper.
2. Arrange chopped veggies on baking sheet, drizzle with oil, vinegar and spices.
3. Bake for 15-20 minutes. Stir halfway through. Enjoy.

Nutrition per Serving

1 serving = 2 cups of veggies

Calories..... 90

Fat4g

Carbs 13g

Fiber4g

Sugar8g

Protein4g

DINNER

AIR FRYER HOT HONEY SALMON BOWL

Time: 30 minutes

Makes: 2 servings

Ingredients

2 tbsp raw honey

¼ cup soy sauce

½ lime, juiced

1 garlic clove, minced

½ tbsp chili flakes

1 lb salmon fillet, skinless, cut into cubes

½ cups basmati rice dry

1 ½ medium cucumber, sliced

1 tbsps chopped cilantro



Directions

1. In a bowl, whisk together the honey, soy sauce, lime juice, garlic, and chili flakes. Add the salmon, stir, and let it sit in the marinade for about 15 minutes.
2. Meanwhile, cook the rice according to the package directions and set aside.
3. Preheat the air fryer (or oven) to 400°F (205°C).
4. Transfer the salmon cubes to the air fryer basket and bake for seven to eight minutes or until cooked through, shaking halfway through.
5. Divide the rice, salmon, and cucumber evenly between bowls. Top with cilantro and enjoy.

Nutrition per Serving

1 serving = approximately 2 cups

Calories.....300

Fat..... 13g

Carbs 24g

Fiber8g

Sugar 11g

Protein 27g

DINNER

CHICKEN AND LENTIL SOUP

Time: 30 minutes

Makes: 2 servings

Ingredients

- 1 tbsp extra virgin olive oil
- ¼ cup red onion, chopped
- ¼ bulb fennel, chopped
- ½ cup lentils (rinsed and drained)
- 2 cups bone broth
- ¼ cup quinoa (dry, rinsed)
- 1 tsp ginger, finely grated
- ½ tsp turmeric
- 2 chicken breasts, cooked and shredded
- 1 carrot (chopped)
- Salt and pepper to taste



Directions

1. Heat the oil in a large pot over medium heat. Sauté the onion, fennel, and the ginger for six minutes, stirring often. Add the turmeric and mix well.
2. Add the broth and cook for another minute. Add the quinoa and bring it to a boil. Reduce the heat to medium-low and simmer for five minutes. Add the cooked chicken, carrots, and lentils and cook for another 10 minutes. Add salt and pepper to taste.
3. Divide evenly between bowls and enjoy.

Nutrition per Serving

1 serving = approximately 2 ½ cups

Calories.....	526
Fat.....	21g
Carbs	30g
Fiber	9g
Sugar	6g
Protein	56g

Notes

Refrigerate leftovers in an airtight container for up to five days or freeze for up to three months.

Plant-based? Skip the chicken and use a vegetable broth instead. You'll have less protein but still tons of flavor.

CRISPY BAKED TOFU

Time: 40 minutes

Makes: 2 servings

Ingredients

1 package tofu, extra-firm, pressed and cubed

2 tbsps tamari soy sauce

1 tbsps arrowroot powder

½ tsp salt to taste

**Directions**

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the tofu cubes to a bowl and gently toss with the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated.
3. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through. Sprinkle salt to taste.

Nutrition per Serving

1 serving = ¾ cup tofu

Calories.....	122
Fat.....	6g
Carbs.....	7g
Fiber.....	2g
Sugar.....	1g
Protein.....	13g

Notes

This recipe was created and tested using extra-firm tofu. To press the tofu to remove moisture, wrap the tofu in paper towel, place a plate or cutting board on top of the block of tofu and then place a heavy pan, book or object. Let the tofu rest like this for 15 to 30 minutes.

Substitute cornstarch or tapioca flour if you don't have arrowroot powder.



PESTO CAULIFLOWER RICE

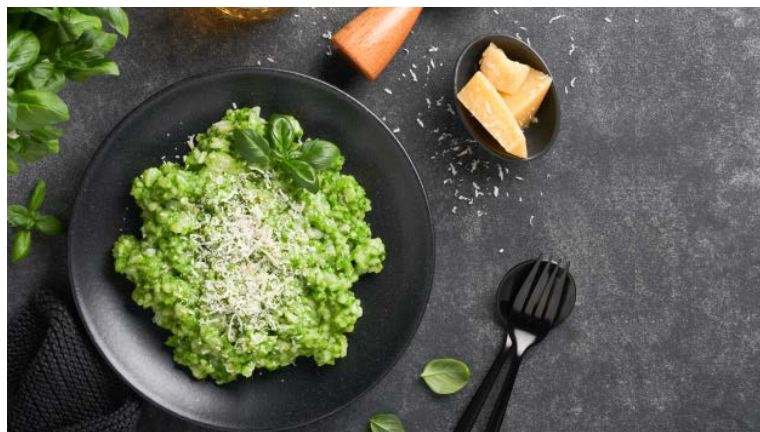
Time: 10 minutes

Makes: 2 servings

Ingredients

1 head cauliflower,
chopped into florets

½ cup pesto



Directions

1. Add cauliflower florets to the food processor. Process until the cauliflower has a rice-like consistency. You may need to do this in batches depending on the size of your food processor.
2. In a large saucepan over medium-high heat, add the cauliflower and stir in pesto until well coated. Cook for about 3-5 minutes. Serve immediately.

Nutrition per Serving

1 serving = 1 cup cauliflower + ¼ cup pesto

Calories.....	122
Fat.....	6g
Carbs	7g
Fiber	2g
Sugar	1g
Protein	13g

Note

Premade riced cauliflower can be found in the frozen section of your favorite grocery store.

GREEK CHICKEN BOWLS

Time: 50 minutes

Makes: 4 servings

Ingredients

2 cups water

1 cup brown rice

2 chicken breasts

2 tbsps greek seasoning

1 medium cucumber, diced

½ cup red onion, diced

2 cups cherry tomatoes

2 tbsps extra virgin olive oil

2 tbsps red wine vinegar

Salt and pepper to taste

**Directions**

1. Preheat the oven to 350°F (177°C), line baking sheet parchment paper.
2. While the oven is heating, bring the water to a boil in a small saucepan. Add the brown rice, reduce to a simmer, cover and let cook for 30 min.
3. Once the rice is on, lay the chicken breast on the baking sheet and sprinkle with Greek seasoning. Place in the oven for about 30 minutes, or until cooked through.
4. While the chicken and rice cook, dice the cucumber and red onion. Add to a large bowl with the cherry tomatoes, olive oil, red wine vinegar, salt and pepper. Mix well.
5. Divide the rice between containers along with the chicken and veggies.

Nutrition per Serving

1 serving = half chicken breast + ½ cup rice + 1 cup salad

Calories..... 399

Fat..... 11g

Carbs 43g

Fiber 4g

Sugar 0g

Protein 30g

Note

Greek seasoning is blend of spices you may already have at home: oregano, onion powder, dried basil, dried dill, black pepper, and salt.

VEGETABLE BARLEY SOUP

Time: 60 minutes

Makes: 6 servings

Ingredients

1 tbsp extra virgin olive oil
 ½ chopped yellow onion
 1 peeled chopped carrot
 1 stalk chopped celery
 2 garlic cloves, minced
 ½ cup pearl barley
 1 chopped zucchini
 2 ½ cups butternut squash, peeled, and chopped
 1 tsp sea salt
 1 tsp dried thyme
 6 cups vegetable broth
 2 cups baby spinach

**Directions**

1. Heat the oil over medium-high heat in a large pot. Add the onion and cook for about 5 minutes until it begins to soften. Add the carrot, celery, squash and garlic and cook for 2 to 3 minutes more.
2. Add the zucchini, barley, salt and thyme. Stir to combine then add the vegetable broth. Bring to a boil then reduce heat to medium-low and cover with a lid. Let the soup simmer for 35 to 40 minutes or until the barley is tender.
3. Stir in the baby spinach and season with additional salt if needed. Divide between bowls and enjoy.

Nutrition per Serving

1 serving = 1 ½ cups

Calories.....135
 Fat.....3g
 Carbs26g
 Fiber5g
 Sugar5g
 Protein4g

SNACKS

MARINATED CHICKPEAS

Time: 10 minutes

Makes: 2 servings

Ingredients

1 can chickpeas, rinsed and drained
1 tbsp extra virgin olive or avocado oil
1 ½ tsps fresh chopped dill
1 tbsp fresh chopped oregano
1 garlic clove minced
½ lemon, zested and juiced
Salt and pepper to taste



Directions

1. Combine all ingredients together in a large mixing bowl. Toss well and let marinate while you prepare other dishes. Enjoy.

Nutrition per Serving

1 serving = approximately ½ cup

Calories..... 184
Fat..... 11g
Carbs 18g
Fiber 5g
Sugar 3g
Protein 6g

Notes

No dill or oregano? Any flavorful green herb will work. Try basil, cilantro, mint or parsley.

No chickpeas? Other legumes, such as lentils or kidney beans, will work.

HUMMUS DIPPERS

Time: 5 minutes
 Makes: 1 serving

Ingredients

- ¼ cup of hummus
- 1 carrot, cut into sticks
- 1 celery stalk, cut into sticks
- 1 bell pepper, cut into sticks
- ½ cucumber cut into spears



Directions

1. Slice your pepper, carrot, cucumber, and celery into sticks.
2. Line up one small mason jar per serving. Fill the bottom of each with ¼ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat. Enjoy.

Nutrition per Serving

1 serving = ¼ cup of hummus with veggies

Calories.....	170
Fat.....	11g
Carb.....	15g
Fiber	5g
Sugar	2g
Protein	6g

Notes

Experiment with different flavors of hummus! From buffalo to roasted garlic to everything but the bagel, there's a bunch of fun flavors of hummus to try.

The mason jar method is great for prepping healthy snacks in advance, but feel free to dip your chopped veggies directly in your hummus.



MEAL PLAN
