

# 7-day GLP-1 diet plan for Australia

This is deliberately ordinary food. Repeat a breakfast, use last night's dinner for lunch, buy a ready-made meal on a busy day and leave out an optional snack when you are not hungry. Consistency is more useful than performing a perfect menu.

## The 7-day plan

| DAY   | FOCUS                     | MEALS AND NOTES                                                                                                                                                                                                                                                                                                                           |
|-------|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DAY 1 | A calm start              | <ul style="list-style-type: none"><li>• Breakfast: Greek yoghurt, berries and a spoon of oats.</li><li>• Lunch: Chicken and roast-vegetable bowl with quinoa.</li><li>• Dinner: Salmon, potato and green beans.</li><li>• If wanted: fruit or cottage cheese.</li></ul>                                                                   |
| DAY 2 | Use the leftovers         | <ul style="list-style-type: none"><li>• Breakfast: Eggs, cooked spinach and wholegrain toast.</li><li>• Lunch: Leftover salmon with cucumber, tomato and potato.</li><li>• Dinner: Beef or tofu stir-fry with vegetables and rice.</li><li>• If wanted: yoghurt or edamame.</li></ul>                                                     |
| DAY 3 | Softer textures           | <ul style="list-style-type: none"><li>• Breakfast: Porridge made with milk, topped with yoghurt.</li><li>• Lunch: Pumpkin and red-lentil soup with a small toastie.</li><li>• Dinner: Chicken, cauliflower mash and carrots.</li><li>• If wanted: banana or a small smoothie.</li></ul>                                                   |
| DAY 4 | Plant-forward             | <ul style="list-style-type: none"><li>• Breakfast: Yoghurt or soy yoghurt with fruit and chia.</li><li>• Lunch: Tofu, edamame and rice bowl with cooked vegetables.</li><li>• Dinner: Lentil bolognese with a modest pasta serve.</li><li>• If wanted: hummus and crackers.</li></ul>                                                     |
| DAY 5 | A no-fuss Friday          | <ul style="list-style-type: none"><li>• Breakfast: Cottage cheese on toast with tomato.</li><li>• Lunch: Tuna, bean and chopped-vegetable salad.</li><li>• Dinner: A macro-labelled ready meal that fits your tolerance.</li><li>• If wanted: fruit and a few nuts.</li></ul>                                                             |
| DAY 6 | Keep weekend food social  | <ul style="list-style-type: none"><li>• Breakfast: Scrambled eggs, mushrooms and toast.</li><li>• Lunch: Chicken or falafel wrap; stop when comfortably satisfied.</li><li>• Dinner: Grilled fish, chicken or tofu with salad and rice.</li><li>• If wanted: yoghurt or a milky drink.</li></ul>                                          |
| DAY 7 | Reset without restriction | <ul style="list-style-type: none"><li>• Breakfast: Repeat the breakfast you tolerated best.</li><li>• Lunch: Leftover protein and vegetables in a bowl or sandwich.</li><li>• Dinner: Turkey, bean or lean-beef meatballs with vegetables.</li><li>• If wanted: choose the snack that fills a gap, not one a timetable demands.</li></ul> |

### How to use this plan

- Start with a comfortable serve — smaller than your old portions is normal if your appetite has changed.
- Lead with the protein part of each meal; save the rest for later rather than pushing through fullness.
- Repeat the days that work. Leftovers are a feature of this plan, not a failure of it.

- On unsettled days, swap toward the gentler options (soups, yoghurt, eggs, softer textures) and keep fluids up.

**Prefer this week already cooked?** The same page carries a live, orderable 7-meal plan — portioned for a smaller appetite, macros published per meal, delivered weekly across Sydney, Melbourne and Brisbane. Delivery is shown at checkout before you pay.

**See this week's 7 meals** → [preptide.com.au/glp1-meal-plan](https://preptide.com.au/glp1-meal-plan)

Not sure which portion size fits? [Take the 60-second quiz](#).

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