

A practical Mounjaro diet plan.

Use this as a meal-idea bank rather than a timetable you must obey. Prefer the week already cooked? The Mounjaro meals page carries this week's orderable box. Repeat what works, start with a comfortable serve, save leftovers and leave out optional snacks when you are not hungry. The meals deliberately reuse ingredients so the plan is practical for one household rather than seven disconnected recipe ideas.

The 7-day plan

DAY	BREAKFAST	LUNCH	DINNER	PREP OR TOLERANCE NOTE
1	Greek yoghurt, berries and oats	Chicken and quinoa bowl with cucumber and roast vegetables	Salmon, potato and green beans	Cook extra salmon and potato for tomorrow. Use cooked fruit if raw fruit is uncomfortable.
2	Eggs, wholegrain toast and cooked spinach	Leftover salmon and potato salad	Beef, chicken or tofu stir-fry with rice	Keep oil and chilli modest if richer food worsens symptoms.
3	Porridge with yoghurt and banana	Pumpkin and lentil soup with cottage cheese	Chicken, mash and cooked carrots	Soup and mash offer softer textures on a low-appetite day.
4	Cottage cheese, fruit and a little muesli	Tuna and white-bean salad	Tofu rice bowl with cooked vegetables	Rinse tinned beans and begin with a smaller amount if fibre is increasing.
5	Egg and spinach wrap	Leftover tofu or chicken bowl	Clearly labelled ready meal plus extra vegetables if wanted	Check ingredients, allergens, portion and nutrition panel against your own advice.
6	Yoghurt, oats and banana	Chicken, tuna or falafel wrap	Fish tacos with slaw and avocado	Serve components separately and use a softer wrap if that is easier.
7	Repeat the breakfast you tolerated best	Leftovers, soup or a small protein bowl	Lean meatballs or lentil bolognese with vegetables	Freeze spare portions. Repetition is useful data, not a failed meal plan.

How to use this plan

- Start with a comfortable serve — smaller than pre-medication portions is normal and expected.
- 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:
preptide.com.au/mounjaro-diet-plan

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