

Ozempic meal plan: what to eat

The 7-day plan

DAY	BREAKFAST	LUNCH	DINNER	PRACTICAL NOTE
1	Greek yoghurt, berries and oats	Chicken quinoa bowl with vegetables	Salmon, potato and green beans	Cook extra salmon and potato for tomorrow.
2	Eggs, wholegrain toast and spinach	Leftover salmon and potato salad	Tofu or beef vegetable stir-fry with rice	Use the carbohydrate amount that fits your diabetes advice.
3	Porridge with yoghurt and banana	Pumpkin-lentil soup	Chicken, mash and cooked carrots	Softer textures may suit an unsettled day.
4	Cottage cheese and fruit	Tuna and white-bean salad	Tofu rice bowl with cooked vegetables	Increase legumes gradually if bowel symptoms are active.
5	Egg and spinach wrap	Leftover tofu or chicken bowl	Clearly labelled prepared meal with vegetables	Check ingredients, allergens, portion and nutrition panel.
6	Yoghurt, oats and banana	Chicken, tuna or falafel wrap	Fish tacos with slaw	Keep rich sauces separate if fullness or nausea is active.
7	Repeat the best-tolerated breakfast	Leftovers or soup	Lean meatballs or lentil bolognese	Freeze spare portions rather than forcing a larger serve.

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/what-to-eat-on-ozempic