

A practical Saxenda diet plan.

Use this as a bank of ordinary Australian meal ideas rather than a compulsory calorie prescription. Begin with a comfortable serve, repeat meals that work and keep leftovers for the next day.

The 7-day plan

DAY	BREAKFAST	LUNCH	DINNER	PRACTICAL NOTE
1	Yoghurt, berries and oats	Chicken quinoa bowl	Salmon, potato and green beans	Cook extra salmon and potato for tomorrow.
2	Eggs, toast and spinach	Leftover salmon salad	Tofu or beef stir-fry with rice	Keep oil and chilli modest if rich food feels difficult.
3	Porridge with banana and yoghurt	Pumpkin-lentil soup	Chicken, mash and cooked carrots	Soup and mash offer softer textures.
4	Cottage cheese and fruit	Tuna and bean salad	Tofu rice bowl with vegetables	Increase legumes gradually if fibre was previously low.
5	Egg and spinach wrap	Leftover protein bowl	Clearly labelled prepared meal	Check ingredients, allergens, portion and nutrition panel.
6	Yoghurt, oats and banana	Chicken or falafel wrap	Fish tacos with slaw	Use cooked vegetables if raw salad is uncomfortable.
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/saxenda-diet-plan

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