

A realistic tirzepatide meal plan.

This plan is not calorie-counted and snacks are optional. Begin with a comfortable portion and repeat meals that work. It intentionally uses leftovers so food preparation stays realistic.

The 7-day plan

DAY	BREAKFAST	LUNCH	DINNER
1	Yoghurt, berries and oats	Chicken quinoa bowl	Salmon, potato and beans
2	Eggs, toast and spinach	Leftover salmon salad	Tofu or beef vegetable stir-fry with rice
3	Porridge with banana and yoghurt	Pumpkin-lentil soup	Chicken, mash and cooked carrots
4	Cottage cheese and fruit	Tuna and bean salad	Tofu rice bowl with vegetables
5	Egg and spinach wrap	Leftover protein bowl	Labelled ready meal with vegetables
6	Yoghurt, oats and banana	Chicken or falafel wrap	Fish tacos with slaw
7	Repeat the best-tolerated breakfast	Leftovers or soup	Lean meatballs or lentil bolognese

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/tirzepatide-food-guide