

A flexible Wegovy diet plan.

The aim is to reduce daily decisions, not lock you into seven perfect days. Repeat foods that sit well, turn dinner into tomorrow's lunch and scale the first serve to your appetite.

The 7-day plan

DAY	BREAKFAST	LUNCH	DINNER	PREP OR TOLERANCE NOTE
1	Yoghurt, berries and oats	Chicken salad wrap	Salmon, potato and beans	Cook extra salmon and potato for tomorrow.
2	Eggs, spinach and toast	Leftover salmon bowl	Tofu or beef vegetable stir-fry	Keep oil and chilli modest if richer food feels difficult.
3	Porridge made with milk	Lentil soup and toast	Chicken, mash and cooked vegetables	Soup and mash offer softer textures.
4	Cottage cheese and fruit	Tuna-bean salad	Tofu, edamame and rice bowl	Increase legumes gradually if fibre intake was previously low.
5	Egg and tomato toast	Leftover grain bowl	Clearly labelled prepared meal	Check ingredients, allergens, portion and nutrition panel.
6	Yoghurt, banana and chia	Chicken or falafel wrap	Fish, salad and rice	Use cooked vegetables instead of salad if raw food is uncomfortable.
7	Repeat the best-tolerated breakfast	Leftovers or soup	Lean meatballs or lentil bolognese	Freeze spare portions rather than forcing a larger meal.

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.

The food list

GROUP	RELIABLE CHOICES ON WEGOVY
Protein	Eggs, Greek yoghurt, cottage cheese, chicken, turkey, lean beef and lamb, salmon, tuna, white fish, prawns, tofu, tempeh, edamame, lentils, chickpeas, protein-fortified milk
Vegetables	Cooked carrot, pumpkin, zucchini, broccoli, cauliflower, green beans, spinach; soups and purees on unsettled days; salads when well tolerated
Fruit	Berries, banana, apple, pear, melon, citrus, kiwi fruit; stewed or tinned-in-juce fruit when raw feels heavy

GROUP	RELIABLE CHOICES ON WEGOVY
Carbohydrates	Oats, wholegrain bread, brown rice, quinoa, barley, potato and sweet potato, wholegrain crackers, high-fibre cereal
Fats	Olive oil in small amounts, avocado, nuts and seeds, nut butters — kept to modest serves if fatty meals sit heavily
Drinks	Water first, milk, mineral water, weak tea and coffee as tolerated; soup counts toward fluids on low-appetite days

OFTEN HARDER TO TOLERATE	WHY IT CAN BITE	GENTLER SWAP
Large, fried or greasy meals	High fat slows an already-slow stomach	Grilled or baked versions, smaller serve
Very rich or creamy dishes	Richness amplifies early fullness	Tomato- or broth-based versions
Heavily spiced food	Can aggravate reflux or nausea for some	Milder seasoning, add heat back gradually
High-sugar drinks and desserts	Easy calories that displace protein	Fruit, yoghurt-based desserts, smaller portions
Alcohol	Tolerance often drops; adds empty calories	Smaller amounts with food, or skip on unsettled days
Very large plates of anything	Fullness arrives sooner than expected	Serve half, keep the rest for later

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/wegovy-diet-plan

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