

7 Day Mounjaro-Friendly Diet Plan

Day 1

Breakfast: Scrambled eggs with spinach & avocado + 1 slice whole grain toast

Lunch: Grilled chicken salad with mixed greens, cucumber, and olive oil dressing

Dinner: [Baked salmon with roasted sweet potatoes & steamed broccoli](#)

Snack: Handful of almonds & a boiled egg

Day 2

Breakfast: Greek yogurt with chia seeds, blueberries, and walnuts

Lunch: [Lentil soup with a side of mixed greens](#)

Dinner: [Stir-fried tofu with quinoa and sautéed vegetables](#)

Snack: Apple with almond butter

Day 3

Breakfast: Oatmeal with flaxseeds, cinnamon, and a drizzle of honey

Lunch: [Turkey and avocado wrap \(use a whole wheat or lettuce wrap\)](#)

Dinner: [Grilled shrimp with cauliflower rice and roasted Brussels sprouts](#)

Snack: A handful of mixed berries

Day 4

Breakfast: [Scrambled eggs with smoked salmon & whole-grain toast](#)

Lunch: [Chickpea salad with feta cheese, cucumbers, and lemon dressing](#)

Dinner: [Grass-fed beef stir-fry with zucchini noodles](#)

Snack: Guacamole with cucumber slices

Day 5

Breakfast: [Smoothie with banana, spinach, Greek yogurt, and chia seeds](#)

Lunch: [Baked cod with quinoa and steamed asparagus](#)

Dinner: [Chicken and vegetable soup with a side of roasted carrots](#)

Snack: Handful of walnuts and dark chocolate

Day 6

Breakfast: Avocado toast with poached eggs & cherry tomatoes

Lunch: [Quinoa and black bean bowl with avocado dressing](#)

Dinner: [Grilled chicken with roasted butternut squash & spinach](#)

Snack: Sliced apple with cottage cheese

Day 7

Breakfast: [Protein smoothie \(almond milk, banana, protein powder, chia seeds\)](#)

Lunch: Tuna salad with mixed greens, olives, and a lemon dressing

Dinner: [Baked salmon with wild rice and steamed green beans](#)

Snack: Handful of almonds and dark chocolate