

7-Day Ozempic diet plan to help you stay on track

Day	Breakfast	Lunch	Snack	Dinner
Day 1	Greek yogurt with berries and chia seeds	Grilled chicken salad with mixed greens, cucumbers, tomatoes, and olive oil	Apple slices with almond butter	Baked salmon with quinoa and roasted asparagus
Day 2	Vegetable omelet with spinach, peppers, and mushrooms and a side of whole-grain toast	Turkey and avocado wrap on whole-grain tortilla	Carrot sticks with hummus	Stir-fried tofu with broccoli, brown rice, and sesame oil
Day 3	Oatmeal topped with walnuts, flaxseed, and sliced banana	Lentil soup with a side of mixed greens	Cottage cheese with pineapple	Grilled shrimp with farro and roasted zucchini
Day 4	Protein smoothie with spinach and your choice of berries	Quinoa salad with chickpeas, cucumbers, tomatoes, and feta	Handful of mixed nuts	Baked chicken breast with sweet potato and green beans
Day 5	Whole-grain toast with avocado and poached egg	Tuna salad with arugula, tomatoes, and olive oil with some whole-grain crackers	Greek yogurt with pumpkin seeds	Grilled turkey burger (no bun) with roasted Brussels sprouts and fruit
Day 6	Cottage cheese with sliced peaches and chia seeds	Lentil and veggie stir-fry with brown rice	Celery sticks with your choice of nut butter	Baked cod with quinoa and roasted carrots
Day 7	Scrambled eggs with sautéed spinach and mushrooms	Grilled chicken with whole-grain pasta and tomato sauce	Protein shake with banana	Grilled salmon with roasted cauliflower and olive oil drizzle over brown rice