

7-Day Semaglutide Diet Meal Plan with Explanations

Monday

Breakfast: Vegetable omelette with whole-grain toast

Lunch: Chicken salad with mixed greens

Dinner: Lentil and vegetable soup

Note: This day emphasizes lean proteins and fiber-rich veggies to start the week with fullness and energy.

Tuesday

Breakfast: Greek yogurt with berries and walnuts

Lunch: Lentil and vegetable soup

Dinner: Stuffed bell peppers with ground turkey

Note: Balanced meals combining healthy fats, fiber, and lean protein support satiety and digestion.

Wednesday

Breakfast: Oatmeal with almond butter and banana

Lunch: Spinach and avocado wrap

Dinner: Grilled chicken with brown rice and green beans

Note: Midweek meals promote blood sugar stability and sustained energy with whole grains and greens.

Thursday

Breakfast: Protein smoothie with fruit and spinach

Lunch: Chickpea and vegetable stir-fry

Dinner: Baked cod with sweet potato and asparagus

Note: High-protein and nutrient-dense meals support muscle preservation and metabolic health.

Friday

Breakfast: Cottage cheese with pineapple

Lunch: Tuna salad on a bed of lettuce

Dinner: Turkey and vegetable stir-fry

Note: Light but satisfying meals prepare the body for a healthy weekend while maintaining protein

intake.

Saturday

Breakfast: Scrambled eggs with tomato and spinach

Lunch: Black bean chili

Dinner: Baked tofu with cauliflower and Brussels sprouts

Note: Focus on plant-based proteins and cruciferous vegetables for detox support and digestion.

Sunday

Breakfast: Whole-grain cereal with milk

Lunch: Lentil salad with diced vegetables and feta

Dinner: Zucchini noodles with meatballs and marinara

Note: A satisfying close to the week, rich in fiber, protein, and hydration-focused veggies.