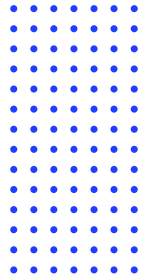
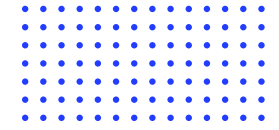


EXAMPLE 3-DAY DIET PLAN ON MOUNJARO



*For more detailed dietary
advice please book a
Nutrition Coach
appointment via our
Weight loss page*

Sample Meal Plan (Day 1)

Breakfast

3 scrambled egg whites + 1 whole egg
(20g protein)
1 slice of whole-grain toast
1 tbsp avocado
1 small apple

Snack

Low-fat Greek yogurt (5 oz, plain, 12g protein)
1 tbsp chia seeds

Lunch

Grilled chicken breast (4 oz, 28g protein)
1 cup steamed broccoli
½ cup quinoa
1 tsp olive oil drizzle

Snack

Cottage cheese (½ cup, 14g protein)
Cucumber slices

Dinner

Baked salmon (4 oz, 26g protein)
Mixed greens with lemon vinaigrette
½ cup roasted sweet potatoes

BENEFITS OF A HEALTHY DIET

This plan ensures sufficient protein intake (~100g daily), promotes satiety, and supports weight loss. It focuses on whole, nutrient-dense foods and moderates portion sizes, aligning with Mounjaro's appetite-suppressing effects.

Tips for a Balanced Diet

- **Protein:** ~100g daily from lean sources.
- **Fiber & Healthy Fats:** Aid in satiety and metabolic health.
- **Hydration:** Stay well-hydrated with water, herbal teas, or low-calorie drinks.
- **Portion Control:** Adjust based on appetite suppression from Mounjaro.



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Your Guide to a

HEALTHY DIET ON MOUNJARO

Eat Well, Live Well

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Sample Meal Plan (Day 2)

Breakfast

Protein pancakes (1 scoop protein powder,
~20g protein, mixed with oats and egg)
1 tbsp sugar-free syrup
½ cup fresh berries

Snack

Hard-boiled eggs (2, 12g protein)

Lunch

Turkey burger (4 oz, 28g protein) wrapped in
lettuce
Side of roasted zucchini

Snack

Edamame (½ cup, 8g protein)

Dinner

Baked chicken thigh (4 oz, ~25g protein)
Roasted Brussels sprouts
½ cup mashed cauliflower

Sample Meal Plan (Day 3)

Breakfast

Low-fat cottage cheese (½ cup, 14g protein)
½ cup fresh berries
1 tbsp almond butter

Snack

Protein bar (~10g protein, low sugar)

Lunch

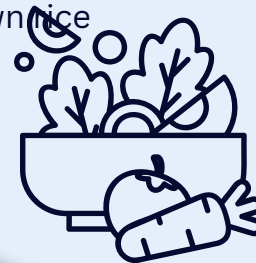
Grilled cod (4 oz, 23g protein)
1 cup green beans
½ cup wild rice

Snack

Small handful of almonds (10)

Dinner

Beef stir-fry (4 oz lean beef, 24g protein)
Sautéed peppers, onions, and broccoli
½ cup brown rice



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