

10-day Mounjaro diet plan

Day 1

Breakfast (400 calories)

- 2 scrambled eggs with cooked spinach and chopped tomatoes
- 1 slice of whole-grain toast
- 1 teaspoon olive oil for cooking
- 1 cup green tea with a little grated ginger

Lunch (450 calories)

- Grilled chicken breast (4 oz)
- Quinoa and steamed broccoli
- 1 teaspoon olive oil drizzled on top
- Lemon-ginger dressing (made with lemon juice, grated ginger, and olive oil)

Afternoon snack (150 calories)

- $\frac{3}{4}$ cup Greek yogurt with chia seeds

Dinner (500 calories)

- Baked salmon (4 oz)
- Roasted Brussels sprouts
- $\frac{1}{2}$ cup mashed sweet potato
- 1 teaspoon olive oil for roasting

Day 2

Breakfast (400 calories)

- Oatmeal ($\frac{1}{2}$ cup) made with almond milk, cinnamon, and chopped walnuts
- $\frac{1}{2}$ banana
- 1 teaspoon honey
- Ginger-turmeric tea

Lunch (450 calories)

- Lentil soup with a whole-wheat pita
- Mixed greens with cucumbers and tomatoes
- Lemon-ginger dressing
- 1 boiled egg

Afternoon snack (150 calories)

- Hummus with carrot and celery sticks

Dinner (500 calories)

- Stir-fried tofu (4 oz) with brown rice
- Cooked bok choy and bell peppers in sesame oil
- ½ teaspoon grated ginger added to the stir-fry

Day 3**Breakfast (400 calories)**

- Smoothie made with spinach, banana, Greek yogurt, almond milk, chia seeds, and a bit of grated ginger (optional)

Lunch (450 calories)

- Grilled turkey and avocado wrap in a whole-wheat tortilla
- Side salad with balsamic dressing

Afternoon snack (150 calories)

- Cottage cheese with flaxseeds

Dinner (500 calories)

- Baked cod (4 oz)
- Roasted asparagus
- ½ cup quinoa
- Topped with lemon-ginger sauce

Day 4**Breakfast (400 calories)**

- Scrambled eggs with feta cheese, cooked kale, and mushrooms
- 1 slice of whole-wheat toast
- Green tea with ginger

Lunch (450 calories)

- Chickpea salad with cucumbers, tomatoes, and olive oil
- 1 small whole-wheat pita

Afternoon snack (150 calories)

- Apple with peanut butter

Dinner (500 calories)

- Shrimp stir-fry with brown rice
- Bell peppers, snow peas, and a bit of ginger cooked together

Day 5

Breakfast (400 calories)

- Greek yogurt with blueberries, almonds, and a little honey
- Green tea with ginger

Lunch (450 calories)

- Quinoa bowl with grilled chicken, roasted sweet potatoes, and cooked kale
- Topped with lemon-ginger dressing

Afternoon snack (150 calories)

- A handful of almonds and walnuts

Dinner (500 calories)

- Grilled salmon
- Sautéed Brussels sprouts
- ½ cup brown rice
- Steamed broccoli

Day 6

Breakfast (250 calories)

- 2 scrambled eggs
- ½ cup cooked spinach (about 90g)
- 1 slice whole grain toast (28g)

Lunch (400 calories)

- Grilled chicken breast (4 oz or 112g)
- ½ cup cooked quinoa (93g)
- 1 cup roasted vegetables (150g)

Afternoon snack (130 calories)

- ½ cup baby carrots (50g)
- 2 tablespoons hummus (30g)

Dinner (450 calories)

- Turkey burger patty (4 oz or 112g, no bun)
- ½ medium sweet potato (100g)

- 1 cup mixed greens (85g)

Day 7

Breakfast (350 calories)

- Smoothie with 1 scoop protein powder (30g), 1 cup almond milk (240ml), and ½ cup strawberries (75g)

Lunch (400 calories)

- Grilled salmon (4 oz or 112g)
- 2 cups mixed greens (85g)
- 1 tablespoon olive oil (15g) as dressing
- ½ cup cooked quinoa (93g)

Afternoon snack (150 calories)

- 1 small apple (150g)
- 14 almonds (14g)

Dinner (500 calories)

- Grilled chicken stir-fry (4 oz or 112g)
- ½ cup brown rice (93g)
- 1 cup broccoli (150g)

Day 8

Breakfast (350 calories)

- Greek yogurt (¾ cup, 170g, plain, nonfat)
- ½ banana (60g), sliced
- 1 tablespoon chia seeds (12g)
- Cinnamon for flavor

Lunch (400 calories)

- Grilled turkey breast (4 oz or 112g)
- 2 cups spinach (85g)
- 1 tablespoon olive oil (15g) + vinegar for dressing
- ½ cup roasted sweet potato (100g)

Afternoon snack (150 calories)

- 1 boiled egg
- 1 medium cucumber (150g), sliced

Dinner (500 calories)

- Baked cod (4 oz or 112g) with lemon and herbs
- ½ cup cooked farro (95g)
- 1 cup steamed green beans (125g)
- 1 teaspoon butter (5g)

Day 9

Breakfast (350 calories)

- Oats (¼ cup dry, 20g) cooked in 1 cup unsweetened almond milk
- 1 tablespoon peanut butter (16g)
- ½ cup blueberries (75g)

Lunch (400 calories)

- Grilled shrimp (4 oz or 112g)
- 2 cups arugula & lettuce mix (85g)
- 1 tablespoon avocado oil (15g)
- ½ cup chickpeas (82g), rinsed

Afternoon snack (150 calories)

- Low-fat cheese stick (28g)
- 1 small pear (130g)

Dinner (500 calories)

- Ground chicken lettuce wraps (4 oz ground chicken, romaine leaves)
- ½ cup brown rice (93g)
- ½ cup sautéed bell peppers & onions (75g)

Day 10

Breakfast (350 calories)

Smoothie with:

- 1 scoop protein powder (30g)
- 1 cup unsweetened almond milk (240ml)
- ½ cup mango chunks (75g)
- 1 tablespoon flaxseeds (7g)

Lunch (400 calories)

- Grilled tofu (4 oz or 112g)

- 2 cups kale (85g), massaged with lemon juice
- 1 tablespoon tahini dressing (15g)
- ½ cup cooked couscous (91g)

Afternoon snack (150 calories)

- 10 walnut halves (14g)
- 5 cherry tomatoes (100g)

Dinner (500 calories)

- Baked chicken breast (4 oz or 112g)
- ½ cup mashed cauliflower (100g)
- 1 cup sautéed zucchini (120g) with garlic
- 1 teaspoon olive oil (5g)