

# zepboundmealplan

DAY ONE	CALORIES	PROTEIN
Greek Yogurt with Berries & Chia Seeds	280	30
Grilled Chicken Salad	450	55
Cottage Cheese and Pineapple	200	25
Salmon with Roasted Asparagus	500	60
DAY TWO		
Scrambled Eggs with Spinach & Feta	320	36
Turkey Lettuce Wraps	430	52
Protein Shake	250	30
Beef Stir Fry	510	55
DAY THREE		
Cottage Cheese Pancakes	350	40
Tuna Salad with Cucumber Slices	430	50
Hard-Boiled Eggs	160	14
Ribeye Steak with Green Beans	530	55
DAY FOUR		
Protein Smoothie	340	45
Chicken Zoodle Bowl	420	52
Turkey Jerky	120	20
Baked Cod with Brussels Sprouts	480	55
DAY FIVE		
Avocado and Egg Toast	350	35
Shrimp Caesar Salad	420	50
Greek Yogurt with Almond Butter	200	20
Pork Tenderloin with Roasted Veggies	480	55

## QUICK TIPS

TO REDUCE SIDE EFFECTS  
& MAXIMIZE WEIGHT LOSS

- **Hydrate:** Aim for at least 64 oz. of water daily to aid digestion, promote fullness, and reduce constipation.
- **Listen to Hunger Cues:** If you find you're not hungry enough for full meals, scale down portion sizes or skip the snack.
- **Meal Prep:** Many of the meals are easy to prepare in bulk so you stay on track without spending hours in the kitchen.
- **Protein, Protein, Protein:** Keep that as a primary focus so you stay full longer and don't lose muscle mass as you lose weight.



## LET'S ENJOY EATING HEALTHY MEALS!

We want you to find meals you actually ENJOY and are easy to make, so here are a few more daily meal plans you can use to mix things up a bit!

## FOR VEGANS + VEGETARIANS

We didn't forget about you! There are a few options on this menu, but in the meantime, check out: [27 Quick Vegan Dinners](#)

## OTHER HELPFUL RESOURCES

The BuildingBetter.Health website has 100s of recipes that are high protein, lower calorie meals, as well as lots of tips for GLP-1 success. Here are a few helpful links:

[Best High Protein Smoothies](#)

[Protein-Packed Cottage Cheese Bowls for Dinner](#)

[Easy, High Protein Soups for Weight Loss](#)

[Protein 101: Why It's SO Important To Understand When Losing Weight](#)

[Nausea: How to Avoid or Get Relief](#)

[Still Hungry on your GLP-1? Here's What You Can Do](#)

Mix & Match - Option 1	Calories	Protein
Smoked Salmon and Avocado Egg Bowl	340	37
Grilled Chicken and Quinoa Salad	420	48
Baked Cod with Roasted Asparagus	460	50
Greek Yogurt with Almond Butter	250	24
Mix & Match - Option 2		
Turkey Sausage and Spinach Scramble	330	39
Tuna and Cucumber Boats	400	46
Grilled Ribeye with Zucchini	480	54
Hard-Boiled Eggs with Cheese	250	27
Mix & Match - Option 3		
Cottage Cheese and Berries	310	34
Grilled Shrimp and Avocado Salad	420	48
Chicken Thighs with Cauliflower Rice	470	52
Protein Smoothie	260	28
Mix & Match - Option 4 (Vegetarian)		
Tofu Scramble w/Spinach & Mushrooms	320	28
<a href="#">Chickpea and Quinoa Salad</a>	450	35
Edamame and Almonds	250	28
Lentil and Vegetable Stir Fry	480	42
Mix & Match - Option 5 (Vegetarian)		
Vegan Protein Smoothie	310	32
Stuffed Bell Peppers w/Beans and Rice	480	38
Greek Plant-Based Yogurt w/Granola	230	20
<a href="#">Grilled Halloumi &amp; Roasted Veggies</a>	460	45