

GLP-1 mealplan

Thanks so much for downloading a copy of our meal plan!

A few quick tips on how to use this guide:

- The daily meals are between 1300 and 1800 calories with 80 to 150 grams of protein. We know that everyone has different needs, so please adjust the plan accordingly to meet your personal goals and/or recommendations from your healthcare provider.
- The daily meal plans include breakfast, lunch and dinner, but we left room for you to have one or two snacks each day. Please check the snack list and pick your favorites. Even if you don't have a big appetite right now, you need to get enough nutrients in each day so you feel your very best.
- To access the different daily recipes, just click on the name of the meal and you'll be linked to the easy, step by step instructions.

Have a great week!



glp-1 meal plan

DAY ONE	PROTEIN	CALORIES
Cinnamon Roll Smoothie	25	350
Thai Peanut Chicken Noodle Bowl	25	480
Chicken & Cottage Cheese Enchiladas	32	350
DAY TWO		
Baked Banana Protein Oatmeal Squares	30	280
Greek Yogurt Chicken Salad (1.5 serving)	45	425
Eggplant & Ground Turkey Lasagna	42	480
DAY THREE		
Protein Shake (click to see list)	35	375
Chicken and Quinoa Bowl (1.5 serving)	45	525
Turkey & Spinach Stuffed Zucchini Boats	30	350
DAY FOUR		
French Toast /Greek Yogurt & Cinnamon	35	380
Greek Meatballs w/Tzatziki & Salad (1.5)	45	480
Shepherd's Pie w/Sweet Potatoes	42	480
DAY FIVE		
Chicken & Cottage Cheese Scramble	36	280
Light Coconut Chicken Curry with Rice	42	520
Beef and Veggie Stir-Fry Bowls	30	350

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.



remember

Add at least one or two snacks to your menu each day!

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](#)

[More GLP-1 Recipes](#)

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

MIX + MATCH: Option #1	PROTEIN	CALORIES
Chicken & Cottage Cheese Scramble	36	280
Deli Turkey, Spinach, Avacado Wrap	25	425
Soft-Baked Salmon with Carrot Purée	38	480
MIX + MATCH: Option #2		
Oatmeal w/Almond Butter & Protein	35	400
Tuna Melt Wrap	42	420
Chicken Burrito Bowls	30	450
MIX + MATCH: Option #3		
Cottage Cheese Smoothie	42	350
Chicken Burrito Bowls (leftovers)	30	450
Turkey-Stuffed Portobello Mushrooms (1.5 servings)	45	450
MIX + MATCH: Option #4		
Overnight Oats with Blueberries	35	380
Cottage Cheese Egg Salad + Toast	24	350
Cheesy Taco Skillet w/Cauliflower Rice	42	450
MIX + MATCH: Option #5		
Next Level Chia Pudding	35	350
Spicy Turkey & Veggie Stir-Fry	40	480
Cottage Cheese Bread Pizza (2)	36	440

snackideas



	PROTEIN (G)	CALORIES
Hard-Boiled Eggs (2)	12	150
Greek Yogurt (6 oz, non-fat)	17	100
Cottage Cheese (½ cup, low-fat)	14	90
Edamame (½ cup, shelled)	9	94
Turkey Jerky (1 oz)	11	70
Tuna Packet (3 oz)	20	100
String Cheese (part-skim mozzarella)	7	80
Almonds (1 oz, about 23 nuts)	6	164
Pumpkin Seeds (1 oz)	8	126
Chia Seed Pudding (8 oz)	9	280
Protein Bar (macros vary by brand)	7	200
Carrot Sticks with 1/4c Hummus	5	150
Boiled Shrimp (3 oz)	20	84
Roasted Chickpeas (½ cup)	7	120
Peanut Butter (2 tbsp) on Celery Sticks	8	200
Baked Tofu (3 oz)	9	80
Soy Sauce Egg (1 large egg marinated)	6	90
Cottage Cheese with 1/4c Pineapple	16	150
Apple Slices with 1 tbsp Peanut Butter	4	180
Sunflower Seeds (1 oz)	5	165
Roasted Watermelon Seeds (1 oz)	8	158
Skyr Yogurt (5.3 oz)	15	110
No-Bake Protein Bars	12	190
Pistachios (1 oz, about 49 nuts)	6	159



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DISCLAIMER

The content on our website and in this meal plan is for educational and entertainment purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment. Always consult a licensed healthcare provider before making any changes to your medications, treatments, diet, exercise regimen, or supplementation. The team at Building Better .Health are not licensed medical professionals.

Any calorie counts, protein or other macronutrients listed are only estimates and can vary by weight, brand, etc. Please check the labels on the specific brands you buy to get the most up to date calculations.

snackideas



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