



Semaglutide Diet Plan PDF

Print a 7-Day Meal Schedule

A practical, printable meal plan for semaglutide weeks when appetite is lower, meals feel larger than usual, and simple structure matters more than perfect nutrition theory.

How to use this PDF

- Use the 7-day plan as a starting template, not a medical prescription.
- Repeat meals that work. Swap meals that do not fit your appetite or tolerance.
- Keep backup options ready for low-appetite days instead of skipping the day entirely.
- Talk with your clinician or a registered dietitian about individual protein needs, symptoms, side effects, medical conditions, or medication questions.

Courtesy of Flun.app

This printable guide is provided courtesy of Flun.app. Flun helps you track meals by typing, speaking, or using a photo, so you can see whether your protein, meal timing, and low-appetite backup patterns are actually working.

Try Flun free for 7 days at [Flun.app](https://flun.app).

Educational only, not personal medical advice.

A simple 7-day meal schedule

Day 1

- Breakfast: Greek yogurt with berries and chia seeds
- Lunch: Chicken rice bowl with cooked vegetables
- Snack: Protein shake or cottage cheese with fruit
- Dinner: Salmon, potatoes, and green beans

Day 2

- Breakfast: Eggs with toast and fruit
- Lunch: Turkey wrap with a side of yogurt
- Snack: String cheese and crackers
- Dinner: Ground turkey pasta bowl or lentil pasta with tomato sauce

Day 3

- Breakfast: Oatmeal made with milk plus peanut butter or protein mixed in
- Lunch: Tuna salad sandwich or tuna with crackers and fruit
- Snack: Greek yogurt
- Dinner: Tofu or chicken stir-fry with rice

Day 4

- Breakfast: Cottage cheese bowl with fruit and granola
- Lunch: Soup plus half sandwich
- Snack: Protein shake
- Dinner: Baked chicken, sweet potato, and cooked vegetables

Day 5

- Breakfast: Scrambled eggs and avocado toast
- Lunch: Rice bowl with rotisserie chicken and avocado
- Snack: Yogurt or a simple smoothie
- Dinner: White fish tacos or a burrito bowl with beans and rice

Day 6

- Breakfast: Smoothie with fruit, yogurt, and protein
- Lunch: Turkey chili or bean chili with cheese
- Snack: Cottage cheese, applesauce, or toast with peanut butter
- Dinner: Pasta with chicken or tofu and a side salad

Day 7

- Breakfast: Yogurt bowl or eggs and toast
- Lunch: Leftover protein bowl
- Snack: Protein bar or shake you tolerate well
- Dinner: Burger patty or turkey burger, potatoes, and cooked vegetables

Low-appetite backup options

- Protein shake and fruit
- Greek yogurt and granola
- Eggs and toast
- Cottage cheese and fruit
- Soup plus crackers and a protein side
- Smoothie with yogurt or protein powder
- Half sandwich plus a drink

Foods to prioritize

- Protein anchors: Greek yogurt, cottage cheese, eggs, chicken, turkey, fish, tofu, and beans if tolerated well.
- Easy carbohydrates: oatmeal, rice, potatoes, fruit, toast, pasta, tortillas, and crackers.
- Gentler options on symptom-heavy days: soups, smoothies, cooked vegetables, smaller portions, and familiar foods you tolerate well.

Make the plan easier to follow

A plan is only useful if you can see what is actually happening. Flun makes meal tracking lower friction: type a meal, speak it, or use a photo, then look for patterns in protein, consistency, and appetite-friendly meals.

Try Flun free for 7 days at [Flun.app](https://flun.app).

Safety note

This guide is educational and is not personal medical advice. Contact your clinician if side effects are severe, persistent, or concerning, or if you have questions about medication, dosing, nutrition needs, pregnancy, diabetes care, or medical conditions.