

Mounjaro Diet Plan

Here's a table summarizing the Mounjaro Diet Plan with calorie counts for each meal throughout the week:

Day	Meal	Description	Calories
Day 1	Breakfast	Scrambled Eggs with Spinach, Avocado, and Whole-Grain Toast	347
	Lunch	Grilled Chicken Salad with Mixed Greens, Cucumber, Tomatoes	333
	Snack	Handful of Almonds	160
	Dinner	Baked Salmon with Roasted Brussels Sprouts and Quinoa	378
	Total		1,218
Day 2	Breakfast	Greek Yogurt with Chia Seeds, Berries, and Honey	200
	Lunch	Turkey Lettuce Wraps with Avocado and Hummus	275
	Snack	Apple with Almond Butter	190
	Dinner	Grilled Shrimp with Zucchini Noodles and Roasted Sweet Potatoes	260

	Total		925
Day 3	Breakfast	Protein Smoothie with Spinach, Protein Powder, Almond Milk, Banana	207
	Lunch	Lentil Soup with Mixed Greens Salad	200
	Snack	Carrot Sticks with Hummus	95
	Dinner	Grilled Turkey Burger with Steamed Broccoli and Cauliflower Rice	230
	Total		732
Day 4	Breakfast	Oatmeal with Chia Seeds, Walnuts, and Fresh Berries	275
	Lunch	Grilled Chicken with Quinoa and Chickpea Salad	455
	Snack	Cottage Cheese with Cucumber Slices	98
	Dinner	Baked Cod with Roasted Asparagus and Mashed Cauliflower	147
	Total		975
Day 5	Breakfast	Avocado Toast with Poached Egg	270
	Lunch	Tuna Salad with Mixed Greens, Avocado, and Olive Oil	310
	Snack	Sliced Cucumber with Guacamole	58



	Dinner	Stir-fried Chicken with Broccoli, Bell Peppers, and Brown Rice	360
	Total		998
Day 6	Breakfast	Veggie Omelet with Mushrooms, Onions, and Bell Peppers	170
	Lunch	Grilled Shrimp Salad with Mixed Greens	250
	Snack	Handful of Walnuts	185
	Dinner	Grilled Chicken with Roasted Carrots and Quinoa	330
	Total		935
Day 7	Breakfast	Chia Pudding with Almond Milk and Fresh Strawberries	87
	Lunch	Turkey and Avocado Salad with Olive Oil Dressing	325
	Snack	Mixed Nuts	170
	Dinner	Grilled Salmon with Steamed Broccoli and Sweet Potato	365
	Total		947

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Weekly Total Calories Breakdown:

- Day 1: 1,218 calories
- Day 2: 925 calories
- Day 3: 732 calories
- Day 4: 975 calories
- Day 5: 998 calories
- Day 6: 935 calories
- Day 7: 947 calories

This table offers a clear and organized view of mounjaro diet plan. Moreover this diet plan is for general use not for any specific patient or weight category

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