



7-DAY GLP-1 MEAL PLAN

7-day GLP-1 meal plan

A week of meals that follow the five rules of the GLP-1 diet: protein first, portions you can finish, fiber that builds through the day, nothing fried or heavy. Every slot is a recipe from the GLP AI app's catalog, one portion each; the day's calories, protein and fiber are summed from the recipe data. Recipe nutrition is per portion; ingredient amounts are for the whole recipe. Full page with swaps and sources: <https://glpai.app/glp-1-diet/7-day-meal-plan>

Day 1 · Monday

A protein-heavy start and a one-pan dinner.

Meal	Recipe (one portion)	kcal	Protein	Fiber	Score
Breakfast	Blueberry Chia Yogurt Bowl	470	35.4 g	11.3 g	87
Lunch	Cucumber Feta Tortilla Wraps	592	34.1 g	18.3 g	95
Dinner	Sesame Chicken Broccoli Stir-Fry	292	36.4 g	7.7 g	92
Snack	Berries with cottage cheese	122	12.6 g	3.4 g	88
Day total		1476	118.5 g	40.7 g	

Day 2 · Tuesday

Cold lunch, warm dinner; the curry freezes well.

Meal	Recipe (one portion)	kcal	Protein	Fiber	Score
Breakfast	Savory Cottage Cheese Bowl	240	23.3 g	4.5 g	81
Lunch	Chicken Salad Blueberry Dressing	387	39.5 g	7.4 g	96
Dinner	Coconut Lentil Zucchini Curry	499	28.6 g	13.6 g	99
Snack	Greek yogurt with berries and chia	182	19.8 g	5.6 g	100
Day total		1308	111.2 g	31.1 g	

Day 3 · Wednesday

Two skillet meals; cook the quinoa dinner for two and keep a portion.

Meal	Recipe (one portion)	kcal	Protein	Fiber	Score
Breakfast	Tofu Scramble with Vegetables	365	26.4 g	7.7 g	93
Lunch	Creamy Broccoli Parmesan Soup	383	31.8 g	7.7 g	90
Dinner	Chicken with Veggie Quinoa	418	44.9 g	8.9 g	100
Snack	Apple with peanut butter	189	4.5 g	5.4 g	78
Day total		1355	107.6 g	29.7 g	

Day 4 · Thursday

Make the burrito jar the night before.

Meal	Recipe (one portion)	kcal	Protein	Fiber	Score
Breakfast	Orange Oat Yogurt Bowl	299	17.1 g	6.5 g	88
Lunch	Layered Burrito Bowl Jar	481	27.7 g	13.6 g	87
Dinner	Tomato Mozzarella Fish Bake	412	51.6 g	3.1 g	89
Snack	Cucumber Tofu Cream Dip	181	21 g	2.7 g	89
Day total		1373	117.4 g	25.9 g	

Day 5 · Friday

Overnight chia jam breakfast; pasta night with 15 g of fiber.

Meal	Recipe (one portion)	kcal	Protein	Fiber	Score
Breakfast	Vanilla Yogurt Chia Jam	383	38 g	11.1 g	91
Lunch	Turkey Avocado Lunch Sandwich	313	19.5 g	9.9 g	99
Dinner	One-Pot Chicken Penne	554	39.5 g	15.3 g	95
Snack	Chia seeds in plain yogurt	135	8.4 g	4.1 g	98
Day total		1385	105.4 g	40.4 g	

Day 6 · Saturday

Shot-day pattern: no-cook breakfast, cold lunch, a 15-minute dinner and a small snack.

Meal	Recipe (one portion)	kcal	Protein	Fiber	Score
Breakfast	Blueberry Greek Yogurt Bowl	432	33 g	8 g	81
Lunch	Chickpea Spinach Feta Salad	417	27.3 g	12.3 g	88
Dinner	Lemon Herb Chicken Skewers	255	40.9 g	0.5 g	85
Snack	Skyr Coffee Rice-Cake Tiramisu	262	15 g	4.7 g	86
Day total		1366	116.2 g	25.5 g	

Day 7 · Sunday

A slower cook day; the bolognese makes two portions for the week ahead.

Meal	Recipe (one portion)	kcal	Protein	Fiber	Score
Breakfast	Veggie Noodle Egg Nests	300	22.8 g	6.7 g	86
Lunch	Roasted Cod Orange Salad	345	39.1 g	7.2 g	90
Dinner	Zucchini Noodles Lentil Bolognese	554	28.1 g	15.7 g	94
Snack	Fluffy High-Protein Yogurt	197	35.1 g	0.6 g	76
Day total		1396	125.1 g	30.2 g	

Grocery list, by recipe

Amounts are for the whole recipe, as the app shows them; a two-portion recipe cooked once covers two slots. Snack foods (berries, cottage cheese, Greek yogurt, an apple, peanut butter, chia seeds) are on the GLP-1 food list.

Blueberry Chia Yogurt Bowl (day 1; makes 1 portion)

- 200 g Plain Greek Yogurt, non fat
- 1 tbsp Chia Seeds
- 1 tsp Honey
- 10 g Almonds
- 60 g Blueberries
- 3 tbsp Rolled Oats
- 2 tbsp Shredded Coconut, unsweetened

Cucumber Feta Tortilla Wraps (day 1; makes 1 portion)

- 2 Whole Wheat Tortillas
- ¼ Cucumber
- 20 g Iceberg Lettuce
- 80 g Canned Kidney Beans
- 2 tbsp Yogurt, low fat
- 60 g Feta Cheese, low fat

Sesame Chicken Broccoli Stir-Fry (day 1; makes 2 portions)

- 300 g Mushrooms
- 300 g Broccoli
- 2 Garlic Cloves
- 2 tsp Sesame Oil
- 1 ½ Green Onions
- 100 ml Warm Water
- 25 ml Soy Sauce
- 1 tsp Honey
- Chili Powder, to taste
- Salt and Pepper, to taste
- 200 g Boneless Skinless Chicken Breast

Savory Cottage Cheese Bowl (day 2; makes 1 portion)

- 3 g Fresh Chives
- 170 g Cottage Cheese
- Salt and Pepper, to taste
- 40 g Cucumber
- ½ Yellow Bell Pepper
- 4 Cherry Tomatoes
- 1 tsp Chopped Pistachios

Chicken Salad Blueberry Dressing (day 2; makes 2 portions)

- Salt, to taste
- 200 g Broccoli
- 80 g Apple
- 120 g Blueberries
- 2 tbsp Olive Oil
- 2 tbsp Apple Juice
- 1 tsp Applesauce, unsweetened
- 60 g Lamb's Lettuce
- 2 Boneless Skinless Chicken Breasts

Coconut Lentil Zucchini Curry (day 2; makes 2 portions)

- ½ Onion
- 1 Zucchini
- 1 tsp Olive Oil
- 1 Garlic Clove
- ½ Chili Pepper
- 1 g Ground Cumin
- 1 tsp Turmeric
- Salt and Pepper, to taste
- 280 ml Water
- 200 g Red Lentils
- Fresh Cilantro, to taste
- 200 ml Canned Coconut Milk, low-fat

Tofu Scramble with Vegetables (day 3; makes 4 portions)

- 1 Onion
- 400 g Natural Tofu
- 2 tbsp Olive Oil
- 1 Zucchini
- Fresh Parsley, to taste
- 1 tsp Ground Turmeric
- Pepper, to taste
- Kala Namak Salt, to taste
- 2 Tomatoes
- 2 tbsp Soy Yogurt
- 400 g Canned Chickpeas
- 3 tbsp Nutritional Yeast Flakes

Creamy Broccoli Parmesan Soup (day 3; makes 2 portions)

- 500 g Broccoli
- 1 Shallot
- 400 ml Milk, 1.5% fat
- 100 g Grated Parmesan
- 100 ml Vegetable Broth
- Salt and Pepper, to taste

Chicken with Veggie Quinoa (day 3; makes 2 portions)

- 85 g Quinoa
- 1 tsp Olive Oil
- Salt and Pepper, to taste
- 200 g Frozen Broccoli
- 1 Red Bell Pepper
- 2 Boneless Skinless Chicken Breasts

Orange Oat Yogurt Bowl (day 4; makes 1 portion)

- ½ Orange
- ½ tsp Maple Syrup
- 35 g Rolled Oats
- 70 g Plain Greek Yogurt, nonfat
- 10 g Pistachios

Layered Burrito Bowl Jar (day 4; makes 1 portion)

- 30 g Long-Grain Rice
- 1 tsp Olive Oil
- 100 g Vegan Ground Beef
- ¼ tsp Ground Cumin
- ½ tsp Paprika Powder
- Salt and Pepper, to taste
- ¼ Red Onion
- 80 g Canned Corn
- 60 g Canned Black Beans
- 20 g Arugula
- 2 tbsp Salsa

Tomato Mozzarella Fish Bake (day 4; makes 2 portions)

- 4 Tomatoes
- Fresh Basil, to taste
- Salt and Pepper, to taste
- 400 g Frozen Pollock Fillet
- 1 Mozzarella Cheese

Cucumber Tofu Cream Dip (day 4; makes 2 portions)

- 1 Garlic Clove
- 10 g Fresh Parsley
- ½ Cucumber
- 250 g Natural Tofu, soft
- Salt and Pepper, to taste
- 1 tbsp Nutritional Yeast Flakes

Vanilla Yogurt Chia Jam (day 5; makes 1 portion)

- 1 tbsp Chia Seeds
- 250 g Plain Greek Yogurt, nonfat
- 15 g Coconut Flakes
- 1 Vanilla Bean
- 100 g Frozen Raspberries
- Sweetener (Stevia, Erythritol or similar), to taste

Turkey Avocado Lunch Sandwich (day 5; makes 4 portions)

- 25 g Mayonnaise, low-fat
- 4 tsp Tomato Paste
- 8 slices Whole Wheat Bread
- ½ Avocado
- ½ Cucumber
- 200 g Smoked Turkey Breast
- 1 Red Bell Pepper

One-Pot Chicken Penne (day 5; makes 2 portions)

- 200 g Boneless Skinless Chicken Breast
- 1 Yellow Bell Pepper
- 1 Garlic Clove
- 200 ml Water
- 400 ml Tomato Purée
- 200 g Whole Grain Penne Pasta
- 100 g Cherry Tomatoes
- Salt and Pepper, to taste
- Fresh Parsley, to taste

Blueberry Greek Yogurt Bowl (day 6; makes 1 portion)

- 75 g Frozen Blueberries
- 200 g Plain Greek Yogurt, non fat
- 40 ml Milk, low fat
- 1 tsp Honey
- 1 Banana
- 10 g Almonds

Chickpea Spinach Feta Salad (day 6; makes 1 portion)

- 1 Carrot
- 50 g Sour Cream
- Salt and Pepper, to taste
- 5 g Parsley, chopped
- 30 g Canned Chickpeas
- 50 g Fresh Baby Spinach
- 100 g Red Pointed Peppers
- 100 g Feta Cheese, low fat
- 10 ml Orange Juice, freshly squeezed

Lemon Herb Chicken Skewers (day 6; makes 4 portions)

- 700 g Chicken Breast Fillet
- 2 tbsp Olive Oil
- Salt and Pepper, to taste
- 1 Garlic Clove
- 25 g Parsley
- 1 Lemon, organic

Skyr Coffee Rice-Cake Tiramisu (day 6; makes 1 portion)

- 200 g Skyr, unsweetened
- 1 tbsp Pure Maple Syrup
- 100 ml Coffee, cold
- 3 Puffed Rice Cakes
- 1 tsp Cocoa Powder, unsweetened

Veggie Noodle Egg Nests (day 7; makes 2 portions)

- 250 g Carrots
- 500 g Zucchini
- 1 tbsp Fresh Parsley
- 4 Eggs
- Salt and Pepper, to taste

Roasted Cod Orange Salad (day 7; makes 2 portions)

- 2 Oranges, organic
- 1 tbsp Honey
- 1 tbsp Lemon Juice
- ½ tbsp Soy Sauce
- 400 g Cod Fillet
- Salt and Pepper, to taste
- 2 Blood Oranges
- Fresh Chives, to taste
- 1 Green Onion

Zucchini Noodles Lentil Bolognese (day 7; makes 2 portions)

- 2 Zucchini
- 250 g Cherry Tomatoes
- 1 Onion
- 1 tbsp Olive Oil
- 500 g Tomatoes, puréed
- 150 g Lentils, red
- 3 tbsp Tomato Paste
- 100 g Soy Cream
- Salt and Pepper, to taste
- Oregano, to taste

Fluffy High-Protein Yogurt (day 7; makes 1 portion)

- 2 Egg Whites
- ½ Lemon
- 200 g Plain Greek Yogurt, non fat
- ¼ tsp Ground Cinnamon
- Liquid Sweetener, to taste

The five rules

- Protein first: eat the protein on your plate before the rest; 20–40 g per meal plus a protein snack.
- Small meals, eaten slowly: three meals and a snack, each about two cupped hands; stop at comfortable, not full.
- Fiber, increased gradually: about 25 g a day, reached over a few weeks.
- Fluids on purpose: drink on a schedule, not on thirst; broth or an unsweetened electrolyte drink on sick days.
- Go easy on fried, greasy, sugary and very rich food, alcohol and large portions. Nothing is banned on any label.

Sources: [Nutritional priorities to support GLP-1 therapy for obesity: 2025 joint advisory \(ACLM, ASN, OMA, The Obesity Society\)](#) — protein 1.2–2.0 g/kg adjusted body weight, or 80–120 g a day; protein first; fluids · [Dietary Guidelines for Americans 2020–2025: fiber 25–34 g a day for adults](#) · [Zepbound prescribing information: with or without meals; most GI side effects during dose escalation](#)

Every recipe is in the GLP AI app's Recipes tab with its GLP-1 Meal Score; tap Log it to save a portion. Get the app: [get.glpai.app](#)