



5-Day GLP-1 Friendly Meal Plan

Healthy habits
brighter tomorrows 



Meal Plan

Days 1-3

Nourishing meals,
Real Progress.



DAY 1

BREAKFAST

Yoghurt bowl

Greek yogurt (1/2 cup) + protein powder (1/2 scoop) + blueberries (1/4 cup) + chia seeds (1 tbsp) + almonds (10-12 nuts)



LUNCH

Chicken salad

Cooked chicken (100g) + mixed greens (2-3 cups) + cucumber (1/2 cup) + cherry tomatoes (1/2 cup) + olive oil (2 tsp) + vinegar (2 tsp)



DINNER

Salmon & veggies

Salmon fillet (150g) + broccoli (1 cup) + zucchini (1 cup) + olive oil (1 tsp)



SNACK (OPTIONAL)

1 scoop protein powder + 1 cup skim milk



DAY 2

BREAKFAST

Omelette

Eggs (2) + egg whites (1-2) + spinach (2 cups) + mushrooms (1/2 cup) + feta (2 tbsp)



LUNCH

San Choy Bao

Lean turkey/beef mince (150g) + taco seasoning (2 tsp) + lettuce wraps (4-6 leaves) + avocado (1/4) + tomato (1/2 cup)



DINNER

Easy stir fry

Lean beef or tofu (150g) + stir-fry veg (2-3 cups) + sesame oil (1 tsp) + soy sauce (2 tsp)



SNACK (OPTIONAL)

1/2 cup cottage cheese + 1/4 cup cherry tomatoes



DAY 3

BREAKFAST

Smoothie

Protein powder (1 scoop) + unsweetened almond or skim milk (1 cup) + frozen berries (1/2 cup) + chia seeds (1 tbsp) + spinach (1 cup)



LUNCH

Chicken salad

Cooked chicken (100g) + avocado (1/4) + mixed greens (2-3 cups) + grated carrot (1/2 cup) + olive oil (2 tsp) + lemon juice (2 tsp)



DINNER

Fish & veggies

White fish (150g) + asparagus or green beans (1 cup) + carrots (1 cup) + olive oil (2 tsp) + lemon juice (2 tsp)



SNACK (OPTIONAL)

1 tub protein yoghurt + 10 almonds



Meal Plan

Days 4-5

Good food
fuels a brighter you. 

DAY 4

BREAKFAST

Crunchy yoghurt bowl

Greek yogurt (1/2 cup) +
raspberries (1/4 cup) +
untoasted muesli (2 tbsp) +
soy protein crisps (3-4 tbsp)



LUNCH

Tuna on crackers

Tuna (95g) + light cream
cheese (1 tbsp) + VitaWeat
crackers (4 biscuits) +
avocado (1/4) + sliced tomato
(1 medium)



DINNER

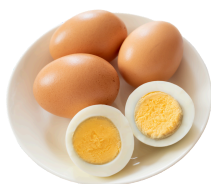
Simple chicken curry

Chicken breast (130g) +
green/red curry paste (1 tbsp)
+ light coconut milk (1/3 cup) +
zucchini (1.5 cups) +
cauliflower rice (1 cup)



SNACK (OPTIONAL)

1-2 boiled eggs



DAY 5

BREAKFAST

Protein bowl

2 eggs + smoked salmon
(80g) + spinach (2 cups) +
olive oil (1 tsp)



LUNCH

Beef salad

Lean beef strips (150g)
+ leafy greens (3 cups)
+ cucumber (1 cup) +
cherry tomatoes (1/2
cup) + olive oil (2 tsp)



DINNER

Zoodle bolognese

Turkey mince (150g) +
Italian herbs (2 tbsp) +
zucchini noodles (1-2 cups)
+ tomato passata (1/2 cup)
+ parmesan (1 tbsp)



SNACK (OPTIONAL)

1 Babybel cheese +
1 medium apple



Not feeling up to a full meal?

Swap to a meal replacement instead.



Shakes:

Optifast, Optislim, Tony Ferguson (20g
protein)
Formulite, Optifast Protein Plus, Collagen Co
Glow Shake, The Lady Shake (30g protein)



Bars/Soups:

Formulite, Optifast, Optislim (20g protein)

Fuel today for a brighter tomorrow. 