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Semaglutide Diet Plan PDF: What to Eat on *Semaglutide*

A simple semaglutide diet plan to help you decide what to eat on semaglutide, including food lists, a sample semaglutide meal plan, and planning tips.

1. How to Use This *Semaglutide Diet Plan* PDF

- This semaglutide diet plan is an educational guide, not medical advice.
- Use it to spark ideas for meals and snacks while taking semaglutide.
- Always follow the advice of your prescribing clinician or dietitian first.
- Adjust portion sizes based on your appetite, hunger cues, and health goals.

Note: Semaglutide and other GLP-1 medications should only be used under the guidance of a licensed healthcare provider. Individual results and nutritional needs may vary.

2. Core Principles of a *Semaglutide Diet Plan*

1. Prioritize protein at every meal.
2. Choose fiber-rich carbs (vegetables, fruits, whole grains, legumes).
3. Include healthy fats (olive oil, nuts, seeds, avocado, fatty fish).
4. Stay hydrated throughout the day.
5. Limit ultra-processed foods and sugary drinks.
6. Eat slowly and stop when you feel satisfied.

These principles apply whether you're looking for a simple semaglutide diet, a more structured semaglutide meal plan, or just ideas for what to eat on semaglutide.

3. Food Lists: What to Eat on *Semaglutide*

Lean Protein (build meals around these)

- Chicken or turkey breast
- Fish (salmon, cod, tuna, trout)
- Shellfish (shrimp, scallops)
- Eggs and egg whites
- Greek yogurt (plain, low-sugar)
- Cottage cheese
- Tofu, tempeh
- Beans and lentils

Fiber-Rich Carbohydrates

- Vegetables: leafy greens, broccoli, cauliflower, Brussels sprouts, peppers, carrots, green beans, zucchini
- Fruits: berries, apples, pears, citrus, kiwi
- Whole grains: oats, quinoa, brown rice, barley, farro, whole grain bread or tortillas
- Legumes: lentils, chickpeas, black beans, kidney beans

"Healthy" Fats

- Avocado
- Extra-virgin olive oil
- Nuts: almonds, walnuts, pistachios, cashews
- Seeds: chia, flax, pumpkin, hemp
- Fatty fish: salmon, sardines, mackerel

Hydration Options

- Water (plain or infused with lemon, lime, or cucumber)
- Herbal tea (caffeine-free options if nausea is an issue)
- Broth-based soups
- Sparkling water without added sugar

Foods to Limit

- Greasy, fried, or very rich foods
- Highly processed snacks (chips, candy, pastries)
- Sugary drinks (soda, energy drinks, sweetened coffee drinks)
- Heavy alcohol intake

4. Sample 3-Day *Semaglutide Meal Plan*

Portions are examples only. Adjust based on your appetite and provider guidance.

Day 1 — "Gentle Start" Semaglutide Diet Plan

Breakfast

- ½–1 cup Greek yogurt
- ½ cup berries
- 1–2 tablespoons chopped nuts

Snack (optional)

- A small apple
- 1 tablespoon peanut butter or almond butter

Lunch

- Grilled chicken (3–4 oz)
- 1 cup mixed salad greens + cucumber + tomatoes
- ½ cup quinoa
- 1–2 tablespoons olive oil–based dressing

Snack (optional)

- Carrot sticks or bell pepper strips
- 2 tablespoons hummus

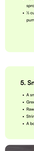
Dinner

- Baked salmon (3–4 oz)
- 1 cup roasted broccoli or green beans
- ½ small baked sweet potato

Day 2 — Higher Fiber Focus

Breakfast

- ½ cup cooked oats
- ½ sliced banana or a handful of berries
- 1 tablespoon chia or flax seeds
- Sprinkle of cinnamon



Snack (optional)

- Cottage cheese (½ cup) with sliced cucumber or cherry tomatoes

Lunch

- Turkey or tofu lettuce wraps with veggies (lettuce leaves, shredded carrots, peppers)
- ½ cup brown rice or quinoa on the side

Snack (optional)

- Handful of nuts (about ¼ cup)

Dinner

- Stir-fry with
  - 3–4 oz chicken, shrimp, tofu, or tempeh
  - Mixed non-starchy vegetables
  - ½–1 cup cauliflower rice or brown rice
- Sauce based on low-sodium soy sauce, garlic, and ginger

Day 3 — Comfort & Simplicity

Breakfast

- 2 scrambled eggs (or one egg + egg white)
- Sautéed spinach or kale
- ½ slice whole grain toast (if tolerated)

Snack (optional)

- 1 small pear

Lunch

- Lentil soup (1–1½ cups)
- Side salad with mixed greens, olive oil, and vinegar

Snack (optional)

- Greek yogurt (½ cup) with a few berries

Dinner

- Grilled white fish (3–4 oz) or baked tofu
- Roasted carrots and Brussels sprouts
- ½ cup mashed sweet potato or pumpkin

5. Snack Ideas Compatible with a *Semaglutide Diet*

- A small handful of nuts and a piece of fruit
- Greek yogurt with cinnamon
- Raw veggies with hummus
- String cheese and a few whole-grain crackers (if tolerated)
- A boiled egg and a few grape tomatoes

6. Hydration & Comfort Checklist

Use this daily while taking semaglutide:

- I keep water nearby and sip regularly.
- I aim for light-colored urine most of the day.
- I slow down or pause eating if I start to feel overly full.
- I avoid large, heavy meals—smaller, more frequent meals feel better.
- I note any foods that seem to trigger nausea or discomfort.
- I contact my healthcare provider if I have *persistent* vomiting, severe abdominal pain, or signs of dehydration.

7. Planning Tips for Your Semaglutide Meal Plan

- **Shop your semaglutide diet plan.** Keep a short shopping list of your go-to proteins, vegetables, and snacks that sit well with you.
- **Batch prep light meals.** Make a pot of soup, pre-cook grains, or grill a batch of chicken or tofu to use for several days.
- **Adjust on "dose days".** On days your semaglutide dose increases or you feel more nauseated, stick to plainer foods (soups, yogurt, eggs, crackers) and smaller portions, as tolerated.
- **Check in with your care team:** If your appetite is so low that you're skipping meals or losing weight faster than expected, or if you're unsure what to eat on semaglutide, reach out to your prescribing provider or a dietitian.

Remember that small, steady choices add up. Keep listening to your body, and give yourself credit for every step forward.