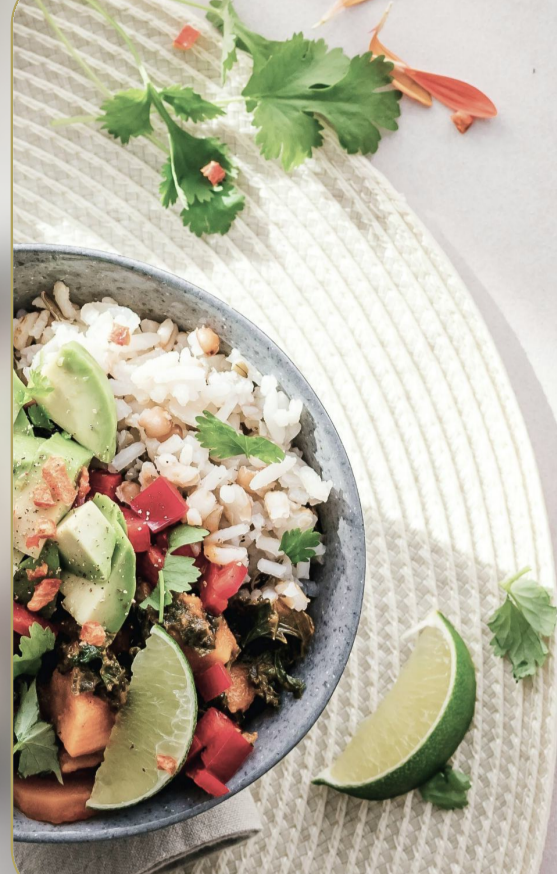
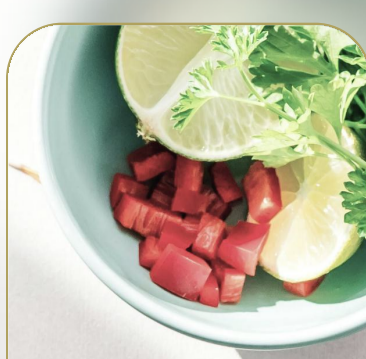


# Mounjaro Diet Plan

Model Meal Plan



**priman.**

Men's health, simplified

## Breakfast (350 calories)

### Oatmeal

1 cup (50g) cooked oatmeal with 1/4 cup (42g) mixed berries and 2 tablespoons (28g) chopped nuts (almonds, walnuts, or pecans).

250 calories



### Greek yoghurt

1 cup (245g) plain Greek yoghurt with 1/2 cup (70g) fresh fruit (berries or diced apple) and a drizzle of honey.

100 calories

## Mid-Morning Snack (150 calories)

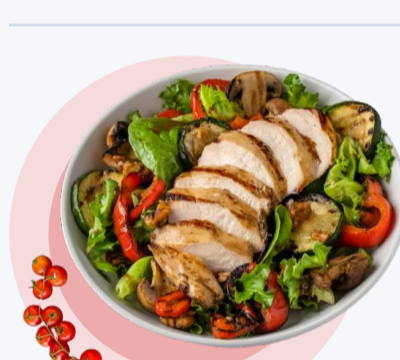
### Fruit

1 medium apple or pear with a tablespoon (15g) of peanut butter.

150 calories



## Lunch (500 calories)



### Salad

A large salad with mixed greens, grilled chicken (4 oz/113g), cherry tomatoes, cucumber, and a light vinaigrette dressing.

350 calories

### Whole-grain bread

1 slice of whole-grain bread with a tablespoon (15g) of avocado and a sprinkle of salt and pepper.

150 calories



## Afternoon Snack (150 calories)



### Cottage cheese

1 cup (226g) fat-free cottage cheese with 1/2 cup (70g) diced cucumber and a sprinkle of dill.

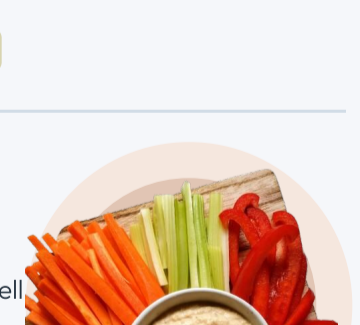
150 calories

## Evening Snack (150 calories)

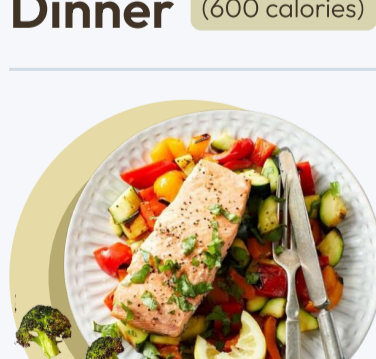
### Vegetable sticks

A variety of vegetable sticks (carrots, celery, bell peppers) with hummus (2 tablespoons/30g).

150 calories



## Dinner (600 calories)



### Salmon

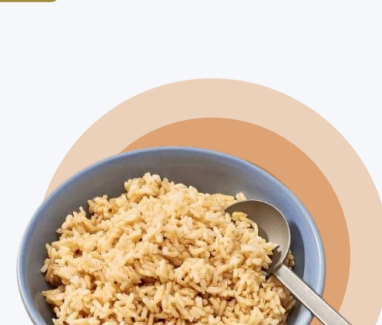
4 oz (113g) grilled salmon with a side of roasted vegetables (broccoli, asparagus, sweet potatoes) and a drizzle of olive oil.

400 calories

### Brown rice

1/2 cup (100g) cooked brown rice.

200 calories



Total calories : 1900 calories

Remember to stay hydrated throughout the day by drinking plenty of water. The above sample meal plan provides a balanced approach to nutrition and can be adapted to suit your lifestyle and dietary preferences.