

## **Wegovy Diet Plan PDF – A Simple Guide to Maximize Weight Loss**

Welcome to your comprehensive Wegovy diet plan, specifically designed to optimize results while managing common side effects associated with GLP-1 medications.

### **Breakfast Options (300-400 calories each):**

#### **Cereals & Grains:**

- Oatmeal with fresh berries (whole oats, blueberries, strawberries, flax seeds)
- Whole-grain toast with almond butter and sliced banana

#### **Dairy & Alternatives:**

- Greek yogurt bowl (Greek yogurt, mixed nuts, sliced bananas)
- Cottage cheese with peaches and chia seeds

#### **Smoothies & Beverages:**

- Protein smoothie (spinach, protein powder, almond milk, frozen berries)
- Green smoothie (kale, avocado, pineapple, coconut water)

### **Lunch Options (400-500 calories each):**

#### **Salads & Greens:**

- Grilled chicken salad (leafy greens, grilled chicken breast, avocado, olive oil dressing)
- Mediterranean salad (mixed greens, chickpeas, cucumber, tomato, feta cheese, vinaigrette)

#### **Bowls & Grains:**

- Vegetable quinoa bowl (quinoa, mixed veggies, chickpeas, lemon dressing)
- Brown rice bowl with black beans, avocado, corn, salsa

#### **Wraps & Sandwiches:**

- Lean protein wrap (whole grain wrap, turkey slices, lettuce, tomato, hummus)
- Tuna salad sandwich on whole-grain bread

## **Dinner Options (500-600 calories each):**

### **Fish & Seafood:**

- Baked salmon (salmon filet, steamed broccoli, brown rice)
- Grilled shrimp with zucchini noodles and cherry tomatoes

### **Plant-based & Vegetarian:**

- Stir-fried tofu (firm tofu, bell peppers, snow peas, whole-grain noodles)
- Lentil curry with mixed vegetables and basmati rice

### **Meats & Poultry:**

- Lean beef & veggies (lean steak, sautéed asparagus, sweet potato mash)
- Grilled chicken breast with quinoa and steamed vegetables

## **Snack Options (100-200 calories each):**

### **Fresh Vegetables & Dips:**

- Carrot sticks with hummus
- Celery sticks with peanut butter

### **Nuts & Seeds:**

- Mixed nuts portion
- Trail mix with dried fruit (no added sugar)

### **Fruits:**

- Fresh fruit (apple slices, berries, oranges)
- Cottage cheese with pineapple or mango

## **Hydration Tips:**

- Drink at least 8 glasses (2 liters) of water daily.
- Limit sugary beverages and alcohol.

- Include herbal teas like peppermint or ginger tea to ease nausea.

### **Lifestyle Recommendations:**

- Engage in 150 minutes of moderate exercise weekly (e.g., brisk walking, cycling, swimming).
- Prioritize consistent sleep patterns (7-8 hours per night).
- Keep stress levels low with mindfulness practices or yoga.

This simple yet effective Wegovy diet PDF supports your medication by enhancing weight loss outcomes and minimizing side effects. Always consult your healthcare provider before making significant dietary changes.