7-Day GLP-1 Meal Plan

Week of: _____ Protein target (from your clinician): _____

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
Lunch							
Dinner							
Protein (g)							

Write each food, its portion and its protein in grams. Protein per portion: see the food table at glp1mealplanapp.com. No calorie targets. Education only.