

7-Day Weight Loss Meal Plan

Balanced, high-protein meals designed to pair with GLP-1 therapy. Each day delivers ~1,400–1,600 calories with 90–110g protein.

Monday

Breakfast	Greek yogurt bowl with blueberries, chia seeds, and a drizzle of honey
Lunch	Grilled chicken salad with mixed greens, cherry tomatoes, avocado, olive oil & lemon
Snack	Apple slices with 1 tbsp almond butter
Dinner	Baked salmon with roasted broccoli and quinoa

Tuesday

Breakfast	Veggie omelet (2 eggs + 2 whites) with spinach, mushrooms, and feta
Lunch	Turkey & vegetable soup with a slice of whole-grain bread
Snack	Cottage cheese with cucumber slices and black pepper
Dinner	Stir-fried tofu with bell peppers, snap peas, and brown rice

Wednesday

Breakfast	Overnight oats with protein powder, flaxseed, and raspberries
Lunch	Tuna salad (mixed with Greek yogurt) over arugula with cherry tomatoes
Snack	Hard-boiled egg and a handful of almonds
Dinner	Grilled shrimp tacos on corn tortillas with cabbage slaw and salsa

Thursday

Breakfast	Smoothie: spinach, banana, protein powder, almond milk, peanut butter
Lunch	Quinoa bowl with chickpeas, roasted sweet potato, kale, and tahini dressing
Snack	Edamame (1 cup, shelled)

Dinner	Lean beef stir-fry with broccoli, carrots, and cauliflower rice
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Friday

Breakfast	Avocado toast on whole-grain bread with a poached egg and everything seasoning
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Lunch	Lentil soup with a side salad and balsamic vinaigrette
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Snack	Protein shake with unsweetened almond milk
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Dinner	Baked cod with asparagus and roasted baby potatoes
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Saturday

Breakfast	Protein pancakes (oat flour + protein powder) topped with fresh berries
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Lunch	Chicken & vegetable wrap in a whole-grain tortilla with hummus
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Snack	Greek yogurt with walnuts and a sprinkle of cinnamon
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Dinner	Grilled chicken thighs with Mediterranean-style roasted vegetables
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Sunday

Breakfast	Scrambled eggs with smoked salmon and whole-grain toast
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Lunch	Buddha bowl: farro, roasted beets, goat cheese, walnuts, and mixed greens
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Snack	Celery sticks with natural peanut butter
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Dinner	Slow-cooker chicken chili with black beans and a side of cornbread
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Meal Prep Strategy

Sunday Batch (60 minutes)

- Cook 2–3 cups of grains (quinoa, brown rice, or farro)
- Roast 2 sheet pans of mixed vegetables
- Grill or bake 2–3 lbs of chicken, turkey, or fish
- Hard-boil a dozen eggs
- Wash and chop all raw vegetables for the week

Storage Tips

Store proteins and grains separately from sauces and dressings to prevent sogginess. Most prepped meals last 4–5 days refrigerated. Freeze extra portions of soup and chili for future weeks.

This meal plan was prepared by the Rejuviya Clinical Team for educational purposes. Adjust portions to meet your individual calorie and protein targets.