

FREE RESOURCE

10-Day Semaglutide Meal Plan

High-protein, fiber-rich meals designed for
GLP-1 users | 1,200–1,500 calories/day

200,000+

Patients

10 Days

Of Meals

1,200–1,500

Cal / Day

IVY RX

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About This Meal Plan

This 10-day meal plan is designed to support weight loss while using semaglutide, with meals ranging from **1,200 to 1,500 calories per day**. It prioritizes high-protein, fiber-rich foods to help you feel full, preserve muscle, and manage common side effects like fatigue or cravings.

These meals are best suited for individuals aiming for a **moderate calorie deficit**, typically women in the 150–180 lb range. If you're more active, have higher energy needs, or are starting at a higher weight, you may need to increase portion sizes or add snacks to stay satisfied.

Ivy Rx Pro Tip: Always listen to your body. If you're feeling weak or excessively hungry, don't be afraid to adjust the portions — or speak with your healthcare provider about your semaglutide dosage and diet plan.

Weekly Overview

Day	Calories	Breakfast	Lunch	Dinner
Day 1	1,400–1,500	Scrambled Eggs & Toast	Grilled Chicken Salad	Baked Salmon & Quinoa
Day 2	1,350–1,450	Overnight Oats	Turkey Lettuce Wraps	Tofu Stir-Fry
Day 3	1,350–1,450	Hard-Boiled Eggs & Avocado	Lentil Soup	Grilled Shrimp & Sweet Potato
Day 4	1,350–1,500	Protein Smoothie	Tuna Pita	Turkey Meatballs & Zucchini
Day 5	1,300–1,450	Chia Pudding	Chicken Quinoa Bowl	Baked Cod & Wild Rice
Day 6	1,350–1,500	Veggie Omelet	Chickpea Salad	Beef Stir-Fry
Day 7	1,350–1,450	Greek Yogurt Bowl	Tofu Veggie Wrap	Herb-Roasted Chicken
Day 8	1,300–1,450	Smoothie Bowl	Egg Salad Wrap	Seared Tuna & Quinoa
Day 9	1,300–1,450	Avocado Toast & Egg	Lentil Vegetable Stew	Baked Turkey & Barley
Day 10	1,350–1,500	Protein Pancakes	Salmon Kale Salad	Chicken Stir-Fry

Day 1

Total: ~1,400–1,500 calories

BREAKFAST

~300 cal

Scrambled Eggs with Spinach and Whole-Grain Toast

- 2 eggs scrambled with 1/2 cup sauteed spinach (using 1 tsp olive oil)
- 1 slice whole-grain toast
- Optional: sprinkle of feta or nutritional yeast for flavor

LUNCH

~400 cal

Grilled Chicken Salad with Olive Oil Vinaigrette

- 3-4 oz grilled chicken breast
- 2 cups mixed leafy greens, 1/2 cup cherry tomatoes, 1/4 avocado
- 1 tbsp olive oil + vinegar dressing
- Optional: 1 tbsp sunflower seeds or hemp hearts

SNACK

~200 cal

Greek Yogurt with Berries

- 3/4 cup plain Greek yogurt (2%)
- 1/2 cup fresh or frozen berries
- Optional: sprinkle of cinnamon or 1 tsp chia seeds

DINNER

~500-550 cal

Baked Salmon with Roasted Broccoli and Quinoa

- 4 oz baked salmon (seasoned with lemon, garlic, herbs)
- 1 cup roasted broccoli (tossed with olive oil and garlic)
- 1/2 cup cooked quinoa

Day 2

Total: ~1,350–1,450 calories

BREAKFAST

~350 cal

Overnight Oats with Chia Seeds and Almond Butter

- 1/2 cup rolled oats
- 1 tbsp chia seeds
- 3/4 cup unsweetened almond milk
- 1 tbsp almond butter
- Optional: 1/4 sliced banana or a dash of cinnamon

LUNCH

~350-400 cal

Turkey Lettuce Wraps with Hummus

- 3 oz sliced turkey breast (low-sodium)
- 3-4 large romaine or butter lettuce leaves
- 2 tbsp hummus
- 1/4 sliced cucumber, shredded carrots, and a few sprouts for crunch

SNACK

~150-180 cal

Baby Carrots and Cottage Cheese

- 10 baby carrots
- 1/2 cup low-fat cottage cheese

DINNER

~450-500 cal

Stir-Fried Tofu with Brown Rice and Mixed Vegetables

- 1/2 cup cooked brown rice
- 1/2 block firm tofu (about 3-4 oz), pan-fried in 1 tsp olive oil
- 1 cup stir-fried vegetables (bell pepper, zucchini, and snap peas)
- Flavored with low-sodium soy sauce, ginger, and garlic

Day 3**Total: ~1,350–1,450 calories****BREAKFAST****~350 cal****Hard-Boiled Eggs with Avocado**

- 2 hard-boiled eggs
- 1/2 avocado, sliced
- Optional: sprinkle of chili flakes or everything bagel seasoning

LUNCH**~400 cal****Lentil Soup with Whole-Grain Crackers**

- 1 1/2 cups homemade or low-sodium lentil soup (tomato-based, with carrots, celery, and spinach)
- 3-4 whole-grain crackers (like Wasa or Mary's Gone Crackers)

SNACK**~200 cal****Apple Slices with Peanut Butter**

- 1 medium apple, sliced
- 1 tbsp natural peanut butter

DINNER**~450-500 cal****Grilled Shrimp with Sautéed Spinach and Sweet Potato**

- 4 oz grilled shrimp (seasoned with lemon, garlic, and herbs)
- 1 cup sautéed spinach (in 1 tsp olive oil)
- 1/2 medium sweet potato, roasted or steamed

Day 4**Total: ~1,350–1,500 calories****BREAKFAST****~350-400 cal****Protein Smoothie**

- 1 scoop protein powder (20-25g protein)
- 3/4 cup unsweetened almond milk
- 1/2 banana, 1 cup spinach
- 1 tbsp peanut butter or almond butter
- Handful of ice

LUNCH**~350-400 cal****Tuna Salad in a Whole-Grain Pita**

- 3 oz canned tuna (in water), mixed with 1 tbsp light mayo or Greek yogurt
- Stuffed into 1 small whole-grain pita
- Add shredded lettuce, tomato slices, and a squeeze of lemon

SNACK**~100-150 cal****Celery Sticks with Hummus**

- 5-6 celery sticks
- 2 tbsp hummus

DINNER**~450-500 cal****Turkey Meatballs with Zucchini Noodles and Marinara**

- 3 small turkey meatballs (made with lean ground turkey)
- 1 1/2 cups spiralized zucchini, lightly sauteed
- 1/2 cup low-sugar marinara sauce
- Optional: sprinkle of parmesan or nutritional yeast

Day 5**Total: ~1,300–1,450 calories****BREAKFAST****~300-350 cal****Chia Pudding with Raspberries**

- 3 tbsp chia seeds
- 3/4 cup unsweetened almond milk
- 1/2 cup fresh or frozen raspberries
- Optional: 1/2 tsp vanilla extract or a pinch of cinnamon
- Prep the night before for best texture

LUNCH**~450 cal****Grilled Chicken Quinoa Bowl with Roasted Veggies**

- 3-4 oz grilled chicken breast
- 1/2 cup cooked quinoa
- 1 cup mixed roasted vegetables (e.g. zucchini, bell peppers, onions)
- Drizzle of olive oil or tahini dressing (1 tsp)

SNACK**~160-180 cal****A Handful of Almonds**

- ~15 almonds (1 oz)
- Optional: pair with a herbal tea or glass of water to promote fullness

DINNER**~400-450 cal****Baked Cod with Asparagus and Wild Rice**

- 4 oz baked cod (seasoned with lemon, herbs, and garlic)
- 1 cup steamed asparagus
- 1/2 cup cooked wild rice

Day 6**Total: ~1,350–1,500 calories****BREAKFAST****~300-350 cal****Veggie Omelet with Mushrooms and Peppers**

- 2 eggs + 1 egg white
- 1/2 cup chopped mushrooms
- 1/2 small bell pepper, diced
- Cooked in 1 tsp olive oil
- Optional: sprinkle of low-fat cheese or herbs

LUNCH**~400 cal****Chickpea Salad with Olive Oil and Lemon**

- 3/4 cup canned chickpeas (rinsed and drained)
- 1 cup cherry tomatoes, cucumber, and red onion
- 1 tbsp olive oil + lemon juice dressing
- Optional: 1 tbsp crumbled feta

SNACK**~150-180 cal****Cottage Cheese with Pineapple**

- 1/2 cup low-fat cottage cheese
- 1/4 cup pineapple chunks (fresh or canned in juice, drained)

DINNER**~450-500 cal****Beef Stir-Fry with Bok Choy and Brown Rice**

- 3-4 oz lean beef (e.g. flank or sirloin), sliced thin
- 1 cup bok choy, sauteed with garlic and ginger
- 1/2 cup cooked brown rice
- 1 tsp sesame oil or low-sodium soy sauce for flavor

Day 7**Total: ~1,350–1,450 calories****BREAKFAST****~300-350 cal****Greek Yogurt with Flaxseed and Banana**

- 3/4 cup plain Greek yogurt (2%)
- 1/2 sliced banana
- 1 tsp ground flaxseed
- Optional: dash of cinnamon or a few walnuts

LUNCH**~400-450 cal****Grilled Tofu and Vegetable Wrap**

- 3 oz grilled tofu (marinated in tamari, ginger, garlic)
- 1 whole-grain wrap
- 1/2 cup mixed greens, shredded carrot, and sliced cucumber
- 1 tbsp hummus or tahini spread

SNACK**~180-200 cal****Handful of Mixed Nuts**

- 1 oz (~1/4 cup) almonds, cashews, and walnuts

DINNER**~450 cal****Herb-Roasted Chicken with Green Beans and Sweet Potato Mash**

- 4 oz roasted chicken breast (seasoned with rosemary, thyme, and garlic)
- 1 cup steamed green beans
- 1/2 cup mashed sweet potato (with 1 tsp olive oil or butter)

Day 8**Total: ~1,300–1,450 calories****BREAKFAST****~350-400 cal****Smoothie Bowl with Berries and Almond Butter**

- 1/2 cup frozen mixed berries
- 1/2 banana
- 3/4 cup unsweetened almond milk
- 1 scoop protein powder
- Topped with: 1 tsp almond butter + 1 tbsp unsweetened coconut flakes

LUNCH**~350 cal****Egg Salad in a Lettuce Wrap**

- 2 hard-boiled eggs + 1 tbsp Greek yogurt or light mayo
- 2-3 large romaine or butter lettuce leaves
- Optional: sprinkle of paprika or chives
- Side: 1/2 cup cherry tomatoes or sliced cucumber

SNACK**~150-180 cal****Sliced Cucumbers with Guacamole**

- 1/2 sliced cucumber
- 1/4 cup guacamole

DINNER**~450-500 cal****Seared Tuna with Steamed Broccoli and Quinoa**

- 4 oz seared tuna (seasoned with sesame, garlic, and soy)
- 1 cup steamed broccoli
- 1/2 cup cooked quinoa

Day 9**Total: ~1,300–1,450 calories****BREAKFAST****~300-350 cal****Avocado Toast with Poached Egg**

- 1 slice whole-grain toast
- 1/2 avocado, mashed
- 1 poached egg
- Optional: chili flakes, lemon juice, or everything bagel seasoning

LUNCH**~400 cal****Lentil and Vegetable Stew**

- 1 1/2 cups lentil stew (with carrots, celery, tomato, spinach, and spices)
- Optional: drizzle of olive oil or sprinkle of parmesan

SNACK**~150-180 cal****Boiled Edamame**

- 1/2 cup shelled edamame, lightly salted

DINNER**~450-500 cal****Baked Turkey Breast with Roasted Carrots and Barley**

- 4 oz roasted turkey breast
- 1 cup roasted carrots (with 1 tsp olive oil)
- 1/2 cup cooked barley

Day 10**Total: ~1,350–1,500 calories****BREAKFAST****~350-400 cal****Protein Pancakes with Almond Butter**

- 2 small protein pancakes (made with egg, banana, and oats or protein powder)
- 1 tbsp almond butter
- Optional: sprinkle of cinnamon or 1-2 sliced strawberries

LUNCH**~400-450 cal****Salmon and Kale Salad with Lemon Tahini Dressing**

- 3-4 oz grilled or canned salmon
- 2 cups chopped kale, massaged with 1 tsp olive oil
- 1/4 avocado, cherry tomatoes, shredded carrot
- 1 tbsp lemon tahini dressing

SNACK**~150-180 cal****Plain Yogurt with Sunflower Seeds**

- 3/4 cup plain Greek yogurt
- 1 tsp sunflower seeds
- Optional: dash of vanilla or cinnamon

DINNER**~450-500 cal****Chicken Stir-Fry with Cabbage and Brown Rice**

- 4 oz diced chicken breast
- 1 cup shredded cabbage and mixed stir-fry vegetables
- 1/2 cup cooked brown rice
- 1 tsp sesame oil or low-sodium soy sauce

Healthy Snack Ideas While on Semaglutide

Need to adjust your intake or add variety? These semaglutide-friendly snacks are all **under 200 calories**, high in protein or fiber, and easy to prep:

- ✓ 1/2 cup cottage cheese + 1/4 cup berries
- ✓ 1 hard-boiled egg + 5-6 baby carrots
- ✓ 1 tbsp peanut butter on celery sticks
- ✓ 3/4 cup plain Greek yogurt + cinnamon or chia seeds
- ✓ 1 oz mixed nuts or roasted chickpeas
- ✓ 1 rice cake + 1 tbsp almond butter
- ✓ Boiled edamame with sea salt (1/2 cup)
- ✓ Small protein shake (20g protein with water or almond milk)
- ✓ 1/4 avocado on whole-grain crispbread
- ✓ Turkey roll-ups (2 slices wrapped around cucumber strips or hummus)

Ivy Rx Top Tip: *If your hunger is unpredictable on semaglutide, keep snacks pre-portioned and ready to go. That way, you can nourish your body without making impulsive choices.*