

# TRANSFORMING LIVES THROUGH HEALTHY LIVING



A medicated weight loss plan proven to help you lose weight

- ✓ 7-Day Meal Plan for Effective Weight Loss
- ✓ Personalised Weight Loss Programs
- ✓ Highly Rated On Trustpilot



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to **Start Your Journey!**

# 7-DAY DIET PLAN FOR WEIGHT LOSS



## Wegovy (semaglutide)

- **Action:** GLP-1 agonist reduces appetite and increases satiety.
- **Use:** For chronic weight management in obesity and related conditions.
- **Dose:** Weekly injection.
- **Side Effects:** Nausea, vomiting, diarrhea, and constipation. **Not exhaustive list**
- **Results:** Average weight loss up to 15%.

## Mounjaro (tirzepatide)

- **Action:** Dual GLP-1 and GIP agonist improves appetite control.
- **Use:** Approved for type 2 diabetes; effective for weight loss.
- **Dose:** Weekly injection.
- **Side Effects:** Nausea, diarrhea, decreased appetite. **Not exhaustive list.**
- **Results:** Weight loss up to 22.5%.



## DAILY CALORIC INTAKE RECOMMENDATION

### Your Daily Calorie Guide

Female



1,200–1,500  
kcal/day

Male



1,500–1,800  
kcal/day

Our meal plan ranges from approximately 1,200 to 1,400 kcal per day.

Get a free consultation when you sign up at [www.prescriptiondoctor.com/weight-loss](http://www.prescriptiondoctor.com/weight-loss).

## Start Your Journey!

# YOUR 7-DAY MEAL PLAN WITH SHOPPING GUIDE

Day 1		Total Calories: 1300
<b>Breakfast (305 kcal)</b> <b>Berry Yogurt Parfait</b> <ul style="list-style-type: none"><li>• ¾ cup plain low-fat Greek yogurt</li><li>• ¼ cup oats</li><li>• ½ cup blueberries</li></ul> <b>AM Snack (190 kcal)</b> <ul style="list-style-type: none"><li>• 1 medium apple</li><li>• 1 tbsp peanut butter</li></ul>	<b>Lunch (385 kcal)</b> <b>Chicken Quinoa Salad</b> <ul style="list-style-type: none"><li>• ½ cup cooked quinoa</li><li>• 3 oz cooked chicken breast</li><li>• ¼ cup cherry tomatoes, halved</li><li>• 1 tbsp olive oil</li><li>• 1 tbsp lemon juice</li></ul> <b>PM Snack (115 kcal)</b> <ul style="list-style-type: none"><li>• 1 cup baby carrots</li><li>• 2 tbsp hummus</li></ul>	<b>Dinner (385 kcal)</b> <b>Tomato Soup, Toasted Bread, &amp; Side Salad</b> <ul style="list-style-type: none"><li>• 1 cup low sodium tomato soup</li><li>• 1 slice whole wheat toast</li><li>• 1 slice whole wheat toast</li><li>• 1 tbsp carrots</li><li>• 1 tbsp carrots</li><li>• ½ tbsp vinaigrette</li></ul>

Day 2		Total Calories: 1287
<b>Breakfast (295 kcal)</b> <b>Spinach Scrambled Eggs with Toast</b> <ul style="list-style-type: none"><li>• 2 eggs, scrambled</li><li>• 1 cup spinach, sautéed</li><li>• 1 slice whole wheat toast</li></ul> <b>AM Snack (145 kcal)</b> <ul style="list-style-type: none"><li>• 1 oz cheddar cheese</li><li>• 1 clementine</li></ul>	<b>Lunch (385 kcal)</b> <b>Turkey and Avocado Wrap</b> <ul style="list-style-type: none"><li>• 1 whole wheat tortilla</li><li>• 3 oz sliced turkey breast</li><li>• ¼ avocado, sliced</li><li>• 1 tbsp mustard</li></ul> <b>PM Snack (205 kcal)</b> <ul style="list-style-type: none"><li>• 1 cup celery sticks</li><li>• 2 tbsp peanut butter</li></ul>	<b>Dinner (322 kcal)</b> <b>Roasted Chicken with Sweet Potatoes and</b> <ul style="list-style-type: none"><li>• Green Beans</li><li>• 1 tsp olive oil</li><li>• 4 oz skinless chicken breast</li><li>• 1 cup sweet potatoes</li><li>• 1 cup green beans</li><li>• 1 tsp Italian seasoning</li></ul>

Day 3		Total Calories: 1297
<b>Breakfast (357 kcal)</b> <b>Banana Peanut Smoothie</b> <ul style="list-style-type: none"><li>• 1 medium banana</li><li>• 1 cup unsweetened almond milk</li><li>• 1 tbsp peanut butter</li><li>• 1 cup Greek yogurt</li></ul> <b>AM Snack (115 kcal)</b> <ul style="list-style-type: none"><li>• 1 cup baby carrots</li><li>• 2 tbsp hummus</li></ul>	<b>Lunch (235 kcal)</b> <b>Open-Face Tuna Salad Sandwich</b> <ul style="list-style-type: none"><li>• 1 can tuna in water, drained</li><li>• 1 tbsp plain Greek yogurt</li><li>• 1 tbsp diced celery</li><li>• 2 large lettuce leaves</li><li>• 1 slice whole wheat toast</li></ul> <b>PM Snack (190 kcal)</b> <ul style="list-style-type: none"><li>• ¼ cup mixed nuts</li></ul>	<b>Dinner (400 kcal)</b> <b>Chicken &amp; Veggie Quesadilla</b> <ul style="list-style-type: none"><li>• 3 oz cooked chicken breast</li><li>• 1 small bell pepper, sliced</li><li>• 1 cup spinach</li><li>• 1 tsp olive oil</li><li>• 1 whole wheat tortilla</li><li>• ½ oz cheddar cheese, shredded</li></ul>

Day 4		Total Calories: 1282
<b>Breakfast (260 kcal)</b> <b>Overnight Oats</b> <ul style="list-style-type: none"><li>• ½ cup rolled oats</li><li>• 1 cup unsweetened almond milk</li><li>• ¼ cup Greek yogurt</li><li>• ½ cup blueberries</li></ul> <b>AM Snack (290 kcal)</b> <ul style="list-style-type: none"><li>• ¼ cup mixed nuts</li><li>• 1 small banana</li></ul>	<b>Lunch (280 kcal)</b> <b>Chicken Avocado Salad</b> <ul style="list-style-type: none"><li>• 3 oz grilled chicken breast</li><li>• ¼ avocado, sliced</li><li>• 1 cup romaine lettuce</li><li>• ½ cup cherry tomatoes, halved</li><li>• ½ tbsp vinaigrette</li></ul> <b>PM Snack (112 kcal)</b> <ul style="list-style-type: none"><li>• 1 hard boiled egg</li><li>• 1 clementine</li></ul>	<b>Dinner (340 kcal)</b> <b>Baked Salmon with Steamed Broccoli and Brown Rice</b> <ul style="list-style-type: none"><li>• 1 tsp olive oil</li><li>• 4 oz salmon, baked with a squeeze of lemon</li><li>• 1 cup steamed broccoli</li><li>• ½ cup cooked brown rice</li><li>• 1 whole wheat tortilla</li><li>• ½ oz cheddar cheese, shredded</li></ul>

## Day 5

Total Calories: 1,327

### Breakfast (222 kcal)

#### Strawberry Chia Oatmeal

- ½ cup oatmeal, cooked
- ½ cup strawberries, sliced
- 2 tbs chia seeds

### AM Snack (115 kcal)

- ¾ cup plain non-fat Greek yogurt
- 1 tsp honey

### Lunch (285 kcal)

#### Turkey Spinach Wrap

- 1 whole wheat tortilla
- 4 oz sliced turkey breast
- 1 cup fresh spinach
- 1 tbsp hummus

### PM Snack (220 kcal)

- 1 oz cheddar cheese
- 1 cup grapes

### Dinner (485 kcal)

#### Grilled Shrimp with Quinoa and Asparagus

- 5 oz grilled shrimp
- 1 cup cooked quinoa
- 1 cup steamed asparagus

## Day 6

Total Calories: 1,305

### Breakfast (235 kcal)

#### Egg and Avocado on Toast

- 1 egg, cooked as desired
- ½ medium avocado
- 1 slice whole wheat toast

### AM Snack (240 kcal)

- 1 cup strawberries
- ¼ cup mixed nuts

### Lunch (365 kcal)

#### Black Bean & Quinoa Burrito Bowl

- ½ cup cooked quinoa
- ½ cup canned black beans, rinsed and drained
- ¼ cup diced red bell pepper
- ½ avocado, sliced
- ½ oz cheddar cheese, sliced

### PM Snack (165 kcal)

- 1 small banana
- 15g chocolate

### Dinner (300 kcal)

#### Chicken & Veggie Stir-Fry

- 3 oz chicken breast, sliced
- ½ cup red bell pepper, sliced
- ½ cup broccoli florets
- 1 tsp olive oil
- 1 clove garlic, minced
- 1 tbsp soy sauce
- ½ cup cooked brown rice

## Day 7

Total Calories: 1,285

### Breakfast (220 kcal)

#### Peanut Butter Banana Toast

- 1 slice whole grain bread
- 1 tbsp peanut butter
- ½ medium banana, sliced

### AM Snack (125 kcal)

- 1 hard boiled egg
- 1 cup baby carrots

### Lunch (395 kcal)

#### Tuna and Rice Bowl

- 1 can tuna in water, drained
- ½ cup cooked brown rice
- 1 cup sliced cucumbers
- ½ avocado, sliced
- 1 tbsp soy sauce

### PM Snack (115 kcal)

- 1 cup celery sticks
- ¼ cup hummus

### Dinner (430 kcal)

#### Lemon Herb Salmon with Broccoli & Potatoes

- 4 oz salmon fillet
- 1 cup broccoli florets
- 1 sweet potato, diced
- 1 tsp olive oil
- 1 tsp lemon juice
- 1 tsp Italian seasoning



Written By Our  
Dietitian Nutritionist Specialist

# YOUR SHOPPING LIST WITH ASDA PRICES

## DELI PRODUCTS:

Product	Quantity Needed	Asda Price (£)
Plain low-fat Greek yoghurt	3¾ cups	£1.10
Plain non-fat Greek yoghurt	¾ cup	£1.10
Cheddar cheese	2 oz	£0.36
Hummus	6 tbsp	£1.00

## PRODUCE PRODUCTS:

Product	Quantity Needed	Asda Price (£)
Blueberries	1 cup	£2.00
Strawberries	1½ cups	£2.50
Bananas	4 medium	£0.60
Apples	1 medium	£0.30
Clementines	2	£0.60
Avocado	¾ avocado	£1.25
Grapes	1 cup	£2.00
Spinach	4 cups	£1.00
Cherry tomatoes	¾ cup	£1.10
Romaine lettuce	1 cup	£0.70
Lettuce leaves	2 large + ½ cup lettuce	£0.70
Baby carrots	2 cups	£1.20
Celery sticks	2 cups + 1 tbsp diced celery	£1.10
Red bell pepper	1	£0.85
Green beans	1 cup	£1.50
Broccoli florets	3½ cups	£1.80
Garlic	1 clove	£0.40
Asparagus	1 cup	£2.00
Red onion	1-2 slices	£0.15

## GRAINS PRODUCTS:

Product	Quantity Needed	Asda Price (£)
Oats	¾ cup plain	£1.00
Whole wheat bread	6 slices	£0.60
Whole wheat tortilla	3	£1.00
Cooked quinoa	2½ cups	£1.50
Cooked brown rice	1½ cups	£1.50

## PROTEINS PRODUCTS:

Product	Quantity Needed	Asda Price (£)
Eggs	6	£3.00
Turkey breast	7 oz	£3.50
Chicken breast	15 oz cooked	£2.00
Canned tuna	2 cans	£1.50
Skinless chicken breast	4 oz raw	£2.00
Shrimp	5 oz	£4.00
Salmon	8 oz raw	£1.50

## PANTRY PRODUCTS:

Product	Quantity Needed	Asda Price (£)
Peanut butter	4 tbsp	£2.00
Mixed nuts	¾ cup	£0.70
Olive oil	7 tsp	£0.50
Mustard	1 tbsp	£0.30
Lemon juice	2 tsp	£0.40
Vinaigrette	1 + ½ tbsp	£0.50

Product	Quantity Needed	Asda Price (£)
Italian seasoning	2 tsp	£0.40
Honey	1 tsp	£0.30
Soy sauce	2 tbsp	£1.50
Chocolate	15g	£1.00
Unsweetened almond milk	3 cups	£1.20

## Nutrition Glossary

### **GLP-1 (Glucagon-Like Peptide-1):**

A hormone that helps regulate blood sugar levels and reduces appetite, commonly used in type 2 diabetes and weight management.

### **Calories (kcal):**

A unit of energy provided by food and beverages, essential for maintaining bodily functions and supporting physical activity.

### **Protein:**

A macronutrient critical for building and repairing tissues, supporting immune function, and maintaining muscle mass.

### **Carbohydrates:**

The body's primary energy source, found in foods like grains, fruits, and vegetables, is essential for brain function and physical activity.

### **Fats:**

A macronutrient important for energy storage, hormone production, and absorbing fat-soluble vitamins, with healthy sources including avocados, nuts, and olive oil.

### **Micronutrients:**

Vitamins and minerals are required in small amounts for various bodily functions, including immune support and bone health.

### **Satiety:**

The feeling of fullness and satisfaction after eating helps control hunger and prevents overeating.

### **Fiber:**

A type of carbohydrate that aids in digestion, promotes regular bowel movements, and helps control blood sugar levels.

### **Glycemic Index (GI):**

A scale that ranks carbohydrates based on their effect on blood glucose levels, with lower GI foods causing slower, more stable glucose rises.

### **Portion Control:**

Managing the amount of food consumed in one sitting to regulate calorie intake and maintain a balanced diet.

# Achieve Your Goals with **Wegovy** and **Mounjaro**

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## Start Your Journey!

