

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



Based on 7,860 reviews



Visit us at www.prescriptiondoctor.com/weight-loss
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%.

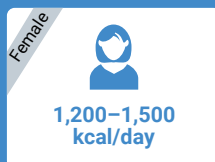
Mounjaro (tirzepatide)

- **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



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.

Start Your Journey!



www.prescriptiondoctor.com



0208 1917477



YOUR 7-DAY MEAL PLAN WITH SHOPPING GUIDE

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

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

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

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

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**

Get a free consultation when you sign up
at www.prescriptiondoctor.com/weight-loss.

Start Your Journey!



www.prescriptiondoctor.com



0208 1917477

