

FREE PDF GUIDE

30-Day Semaglutide Diet Plan — A Full Month Around Your Shot

A month of food that follows your weekly injection — lighter on nausea mornings, protein-forward when side effects ease. Week 1 starts gentle. Week 4 is your rhythm.

- **80–120g protein** daily targets with every serving
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- **15 minutes or less** per serving, no fancy tools
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- **Nausea-friendly** meals in the shot window
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- **Full grocery list** and foods to avoid
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THE CORE IDEA

Timing changes everything

Most food guides ignore when you inject. Semaglutide side effects peak 24–48 hours after the weekly shot, then ease off — and this pattern repeats every week for the full month. Eating the same meal on a nausea morning and a strong-appetite evening is why so many people feel sick. Match the food to where you are in the cycle and most of the misery disappears.

1

Lean food every serving

Chicken, fish, eggs, greek yogurt, cottage cheese. 25–30g per plate. Muscle is what keeps your metabolism from crashing.

2

Small, frequent servings

Four or five tiny plates beat three big ones. Your stomach empties slower now. Force a giant meal and you'll regret it.

3

Fiber from whole veggies

Spinach, broccoli, peppers, beans. 25–30g fiber fights constipation and keeps you full between bites.

4

Smart carbs, small portions

Quarter cup of rice or quinoa, half a sweet potato. Complex carbs keep blood sugar steady. Skip the white bread and sweet cereal.

5

Healthy fats, tight amounts

Olive oil, avocado, a small handful of nuts. Fat slows digestion even more than the drug. Big portions = instant nausea.

!

Inject in the evening

You sleep through the worst hours and wake up past the nausea window. Friday night is ideal if you work weekdays.

IN THE APP

You don't have to remember these rules. The GLP Flow app only shows you meals that already follow them — picked by where you are in your shot cycle. → glpflow.app/get-the-app

One week, built around the shot

SHOT NIGHT

Injection Evening

Morning Scrambled eggs, one toast (22g P)

Midday Greek chicken wrap with cucumber (28g P)

Evening Chicken veggie soup, small serving (24g P)

Inject after your evening meal. Sleep through the worst.

MORNING AFTER

First 24 Hours

Morning Greek yogurt bowl with berries (28g P)

Midday Shredded chicken with a little rice (26g P)

Evening Soft scrambled eggs, spinach, toast (21g P)

Appetite noticeably down. Stop when full, even half-full.

NAUSEA WINDOW

24–48 Hours

Morning Banana protein smoothie, sip slowly (30g P)

Midday Cottage cheese with fruit, cold (27g P)

Evening Warm broth with shredded chicken (25g P)

Roughest hours. Half-finished plates are fine — hit 60g P minimum.

SETTLING IN

48–72 Hours

Morning Overnight oats with protein powder (30g P)

Midday Turkey avocado wrap (26g P)

Evening Light chicken stir-fry, half-cup brown rice (32g P)

Hunger coming back is a good sign. You're through the window.

Strongest appetite and prep

MID-WEEK

Back to Normal

Morning Veggie egg scramble, small toast (24g P)

Midday Tuna salad lettuce wraps (30g P)

Evening Baked chicken, sweet potato, broccoli (34g P)

Normal portions. You'll feel like yourself again.

STRONGEST WINDOW

Peak Appetite

Morning Protein pancakes with berries (30g P)

Midday Greek chicken bowl with quinoa (34g P)

Evening Baked salmon, quinoa, roasted veggies (32g P)

Your biggest plates of the week — eat well while you can.

PREP SESSION

Batch Cook Ahead

Morning Veggie egg muffin cups (28g P)

Midday Chicken salad lettuce wraps (28g P)

Evening Turkey meatballs, marinara, pasta (34g P)

Batch cook tomorrow's eggs and next week's chicken now.

REPEAT CYCLE

Shot Night Returns

Tip 1 Set a weekly recurring reminder the day before.

Tip 2 Inject in the evening after a light supper.

Tip 3 Keep crackers and broth stocked for the next nausea window.

IN THE APP

This schedule rebuilds around YOUR shot. Inject on Tuesday instead of Friday? Every plate re-times itself automatically. No recalculating, no rewriting the fridge list.

How the four weeks progress

The weekly cycle above repeats four times across the month — but each week feels slightly different as your body settles in. Here's what to expect and how to adjust your plate as the 30 days unfold.

WEEK 1

Starting Out

Focus Gentle, bland, smaller plates. Nausea window will hit harder than later weeks.

Protein Aim 60–80g min. Don't stress if you under-hit while adjusting.

Watch for Fatigue, constipation, loss of hunger cues. Hydrate aggressively.

Most people feel the roughest in the first seven-day stretch.

WEEK 2

Settling In

Focus Protein target becomes non-negotiable. Start hitting 80–100g.

Protein Chicken, fish, eggs, greek yogurt, cottage cheese — rotate daily.

Watch for Food aversions emerging. Trust them — your body knows.

Nausea window shortens. Mid-week eating feels close to normal.

WEEK 3

Full Rhythm

Focus Add variety. Start batch-cooking for the week ahead.

Protein Hit 80–120g consistently. Split across 4–5 small servings.

Watch for Early scale movement. Weight loss usually becomes visible this week.

This is when the rhythm clicks. Keep the structure locked in.

WEEK 4

Long-Term Habits

Focus Build habits you'll keep after the month ends. Walk daily.

Protein Full 80–120g target. Muscle protection is the game now.

Watch for Dose increase coming soon? Prepare for a fresh nausea window.

The habits from these four weeks are what keep the weight off later.

IN THE APP

Every week auto-adjusts. The GLP Flow app tracks where you are in the month, increases portions as your tolerance grows, and swaps in new meals so week four doesn't feel like week one on repeat.

What to stock and what to skip

Lean Proteins

- Chicken breast (skinless)
- Turkey breast
- Fish — salmon, cod, tilapia
- Shrimp and seafood
- Eggs and egg whites
- Plain greek yogurt
- Cottage cheese
- Tofu and tempeh
- Protein powder (whey or plant)
- Lean ground beef (93/7)

Non-Starchy Veggies

- Spinach, kale, arugula
- Broccoli and cauliflower
- Bell peppers
- Zucchini and squash
- Green beans and asparagus
- Mushrooms
- Cucumber and tomatoes
- Brussels sprouts
- Cabbage and carrots

Smart Carbs (small portions)

- Quinoa and brown rice
- Sweet potato
- Steel-cut oats
- Whole-grain bread
- Whole-wheat pasta
- Butternut squash
- Berries and apples
- Oranges and pears

✗ Avoid These

- Fried foods and greasy burgers
- Heavy cream sauces
- Soda and sweet coffee drinks
- Most baked goods and candy
- Spicy sauces (first weeks)
- Carbonated drinks
- Alcohol on shot nights
- Large portions of red meat
- Anything deep-fried

IN THE APP

Your grocery list builds itself. Pick the meals you want for the week — the app totals ingredients, groups them by store aisle, and checks off items as you shop. No printing, no editing.

KNOW THE CURVE

Your weekly shot cycle

Semaglutide side effects follow a predictable curve that repeats every week for the full month. Mapping your food to this curve is the whole point. Here's what to expect at each stage.

Hour 0

Injection

No immediate symptoms. Inject in the evening, right after a light supper.

0–24 h

Appetite drops

Hunger fades within hours. Stick to soft, bland food. Don't push past full.

24–48 h

Peak nausea

Roughest window. Cold or warm liquids. Crackers, broth, greek yogurt.

48–72 h

Easing off

Nausea fades. Bring lean food back. Small portions still.

Mid-
Week

Back to normal

Your best appetite and energy. Bigger plates. Real workouts.

Prep

Batch cook

The session before your next shot. Prep tomorrow's food now.

Hour 168

Next shot

New cycle begins. Light food, evening injection, sleep through.

The most common mistake: eating a steak the night after your shot. The drug slows how fast your stomach empties, and heavy food sits for hours. Save the rich plates for mid-week when your stomach can handle it. **In the GLP Flow app:** tap Log Shot once and every phase above becomes real calendar hours on your phone.

ONE LAST THING

This PDF got you started. The app keeps it running.

You're holding a 30-day template. Useful — but static. It assumes everyone injects on the same day, at the same dose, with the same nausea pattern. You don't. The app fixes that.

THIS PDF

A fixed starter template

- Same meals every week for 30 days
- Assumes one shot schedule
- You figure out the grocery list
- You track nausea on paper
- No way to swap meals you hate
- Prints and collects dust

GLP FLOW APP

Built around your real shot

- **Log your shot** — plan rebuilds to your actual calendar
- **60+ meal options**, picked for your cycle phase
- **Auto grocery list** from the meals you chose
- **Symptom tracker** shows patterns over weeks
- **Swap any meal** for one you'll actually eat
- **English + Spanish**, built in from day one

Get the GLP Flow App

Launching on the App Store soon — join the waitlist today

glpflow.app/get-the-app

Free
while in beta

No credit card
to join the waitlist

Email once
when the app goes live