

FREE PDF GUIDE

# Wegovy Diet Plan — 7 Meals Built Around Your Shot

A week of food that follows your weekly injection — lighter on nausea days, protein-forward when side effects ease. Print it. Save it. Stick it on the fridge.

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

# Timing changes everything

**Most food guides ignore when you inject.** Wegovy side effects peak 24–48 hours after the shot, then ease off. Eating the same meal on a nausea morning and a strong-appetite evening is why so many people feel sick all week. 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](https://glpflow.app/get-the-app)

# The 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.

# 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

Wegovy side effects follow a predictable curve. Mapping your food to this curve is the whole point. Here's what to expect at each stage of the week.

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 7-part 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 7 meal ideas every week
- 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](https://glpflow.app/get-the-app)

**Free**  
while in beta

**No credit card**  
to join the waitlist

**Email once**  
when the app goes live