

# OZEMPIC DIET PLAN FOR WEIGHT LOSS

## Sample 1950-calorie Ozempic diet plan

BREAKFAST	LUNCH	DINNER
2 eggs, 1 muffin, 1 cup berries, 1 cup coffee Calories: 450	3 oz turkey, 1 wrap, 1 cup salad, 1 cup water Calories: 500	4 oz cod, 1 medium potato, 1 cup asparagus Calories: 450
MID-MORNING SNACK	AFTERNOON SNACK	EVENING SNACK
1/2 cup cottage cheese, 1/2 cup pineapple Calories: 200	1 cup yogurt, 1/2 cup strawberries, 2 tbsp granola Calories: 150	15 almonds Calories: 150
		BEFORE BED
		1 Cup Herbal Tea Calories: 50

### Note

A consistent 1,950 calories per day and 13,650 calories total per week are provided by this weekly plan. Personal preferences and dietary requirements can be taken into consideration when making adjustments. Before making any major dietary changes, always get advice from a healthcare professional or nutritionist.

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