

20-Day Ozempic / Mounjaro Meal Plan				
A Clinically Structured GLP-1 Support Protocol GoOrganic ME				
Macros per Day: Fat 37g Carbs 54g Protein 62g Calories: 1,400–1,750 kcal Protein Target: 95–115g daily				
DAY	BREAKFAST	LUNCH	DINNER	NUTRITION
PHASE 1 — Days 1–7 Low Fiber & Digestive Stabilization				
Day 1	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch White Eyed Bean Stew Protein Bowl White Eyed Beans, Quinoa, Green beans, Raw Carrots and Capsicums.	Dinner Cabbage Soup Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.	~1,650 kcal ~110g protein
Day 2	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch West African Peanut Stew Bowl Beans, quinoa, carrots, lemon, peanuts, cilantro, sweet potatoes, vegetable broth, salt and pepper.	Dinner Hearty Quinoa Gut Cleanse Soup Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.	~1,500 kcal ~95g protein
Day 3	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch Green Mung and Tempeh High Protein Bowl Sprouted Mung, Tempeh, Edamame and Carrots. Dressing: Lemon Tahini.	Dinner Tofu and Spinach Soup Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.	~1,600 kcal ~105g protein
Day 4	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch Tempeh Rendang Bowl Tempeh, rendang sauce with Edamame, Sautéed Spinach and Green Bell Peppers.	Dinner Tomato Basil Soup Tomatoes, Onion, Basil, Vinegar, Black Pepper.	~1,550 kcal ~100g protein
Day 5	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch Tofu and Veggie Noodle Bowl Tofu and Veggie noodles, chickpeas, edamame, spinach with Chilli sauce.	Dinner Courgette, Lemon, Mint Soup Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.	~1,650 kcal ~115g protein
Day 6	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch Chickpea Shakshuka Bowl Quinoa, Edamame.	Dinner Turmeric Tomato Soup Tomatoes, Onion, Basil, Vinegar, Black Pepper.	~1,500 kcal ~95g protein
Day 7	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch Protein Peanut Noodles Bowl Peanut Noodles with Tofu, Edamame, Tempeh, Bell Peppers and Carrots, Peanut sauce.	Dinner Super Green Soup Spinach, kale, courgettes, onions, peas.	~1,550 kcal ~105g protein
PHASE 2 — Days 8–14 Moderate Variety & Light Raw Elements				
Day 8	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch Supercharged Satay Tofu, Black Rice, Edamame, Cabbage, Carrot, Peanut Butter, Ginger, Sesame Seeds.	Dinner Sweet Potato Nacho Soup Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.	~1,600 kcal ~100g protein
Day 9	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch Miso Bowl Soba noodles, miso paste, baby spinach, radish.	Dinner Soothing Gut Healing Soup Red lentils, sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.	~1,650 kcal ~105g protein

Day 10	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch Mezze Bowls Quinoa, sweet potato, chickpea, rocket leaves, bell pepper, dill leaves.	Dinner Tofu and Spinach Soup Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.	~1,550 kcal ~100g protein
Day 11	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch Sweet Potato Buddha Bowl Shallots, Black Beluga Lentils, Red Bell Pepper, Vegan Butter, Golden Raisins, Parsley, Salt, Black Pepper.	Dinner Pumpkin Coconut Soup Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg.	~1,650 kcal ~105g protein
Day 12	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch Chickpea Shakshuka Chickpeas, tomatoes, capsicum, nutritional yeast and tofu.	Dinner Carrot Ginger Soup Carrots, Coconut Milk, Onion, Ginger, Lemon, Olive Oil, Cumin, Sea Salt and Black Pepper.	~1,500 kcal ~95g protein
Day 13	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch Vegan Panang Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas.	Dinner Cabbage Soup Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.	~1,600 kcal ~115g protein
Day 14	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch Tempeh Rendang Rendang sauce, mixed rice, butternut squash, tempeh, peas.	Dinner Vegan Thai Green Curry Paste, coconut milk, lime leaves, veggie stock, tamari, lime, coconut sugar, butternut squash, bean sprouts.	~1,550 kcal ~95g protein
PHASE 3 — Days 15–20 Metabolic Support & Muscle Protection				
Day 15	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch Vegan Panang Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas.	Dinner Carrot Coriander Soup Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.	~1,650 kcal ~110g protein
Day 16	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch Tempeh Korma With Quinoa Tempeh, spinach, onion, coriander.	Dinner Cabbage Soup Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.	~1,500 kcal ~95g protein
Day 17	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch Black Eyed Pea and Tomato Stew Black eyed peas, tomato puree, fennel, onions, black pepper and rosemary.	Dinner Kabocha Congee Soup Pumpkin Seeds, Kabocha Squash, Cinnamon, Brown Rice, chia.	~1,600 kcal ~105g protein
Day 18	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch Harissa Tofu and Lentil Stew Lentils, tofu, and spinach.	Dinner Romesco Soup with Smashed Chickpeas Red bell peppers, raw almonds, vegetable broth, paprika, sea salt and black pepper, chickpeas.	~1,550 kcal ~95g protein
Day 19	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch Alkaline Dhal Turmeric, ginger, tomato, lentils, coriander, black pepper and salt.	Dinner Carrot Ginger Soup Carrots, Coconut Milk, Onion, Ginger, Lemon, Olive Oil, Cumin, Sea Salt and Black Pepper.	~1,650 kcal ~110g protein
Day 20	Breakfast Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Lunch White Eyed Bean Stew Protein Bowl White Eyed Beans, Quinoa, Green beans, Raw Carrots and Capsicums.	Dinner Lentil Me Entertain Soup Lentils, Carrots, Celery, Spring Onion, Turmeric Root, Cumin Seed.	~1,550 kcal ~105g protein