

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 High Protein Carrot Cake Smoothie Carrots, bananas, walnuts, dates, almond milk, cinnamon, vanilla, Collagen, plant protein, green banana flour and flax seeds.	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 High Protein Liver Detox Smoothie Carrot, beetroot, apples, ginger, parsley, flax seed, green banana flour and flax seeds.	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 High Protein Heavy Metal Detox Smoothie Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange, Creatine, Plant Protein, Ashwagandha, green banana flour and flax seeds.	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 ~100g protein
Day 4	Breakfast High Protein Flax Seed Protein Smoothie Banana, flaxseed, peanut butter, berries, vegan high protein cashew cheese, almond milk, butternut squash, zucchini, green banana flour and flax seeds.	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 High Protein Mean Green Smoothie Cucumber, celery, apples, lemon, banana, kale (Tuscan cabbage), Collagen Green, green banana flour and flax seeds.	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 ~110g protein
Day 6	Breakfast High Protein Beetroot Smoothie Beetroot, blueberries, pineapple, vegan high protein cashew cheese, almond milk, green banana flour and flax seeds.	Lunch Chickpea Shakshuka Bowl Quinoa, Edamame.	Dinner Turmeric Tomato Soup Tomatoes, Onion, Basil, Vinegar, Black Pepper.	~1,500 kcal ~95g protein
Day 7	Breakfast High Protein Kale Smoothie Kale, pineapple, banana, honey, peanut butter, vegan high protein cashew cheese, almond milk, Plant Protein, green banana flour and flax seeds.	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 ~100g protein
PHASE 2 — Days 8–14 Moderate Variety & Light Raw Elements				
Day 8	Breakfast High Protein Peanuty Banana Blast OatMeal Smoothie Oatmeal, banana, peanut butter, maple syrup, almond milk, pumpkin, carrots, green banana flour and flax seeds.	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 Berry Cheese Sunshine High Protein Smoothie Oat milk, vegan high protein cashew cheese, banana, berries, carrots, kale, Collagen, green banana flour and flax seeds.	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 ~100g protein

Day 10	Breakfast High Protein Cheezy Berry Bonanza High Fiber Smoothie Vegan high protein cashew cheese, berries, coconut milk, oats and banana, leeks and celery, Protein and Collagen, green banana flour and flax seeds.	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.	<i>~1,550 kcal ~100g protein</i>
Day 11	Breakfast High Protein Anti-Inflammatory Cherry Spinach Smoothie Kefir, cherries, spinach, avocado, ginger, garnish with chia seeds, green banana flour and flax seeds.	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.	<i>~1,650 kcal ~100g protein</i>
Day 12	Breakfast High Protein Berry-licious Breakfast Smoothie Soya milk, Oats Fine, Agave, Strawberries, Bananas, spinach, pumpkin, Flax seeds and blueberries, Collagen, green banana flour and flax seeds.	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.	<i>~1,500 kcal ~95g protein</i>
Day 13	Breakfast High Protein Banana Berry Bonfire Strawberry Oatmeal Smoothie Soya milk, Oats, Agave, Strawberries, Bananas, Protein and Collagen, green banana flour and flax seeds.	Lunch Vegan Panang Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas.	Dinner Detox Veg Soup Carrots, Cashew nuts, Lentils, Baby Spinach, Celery, Onion, Basil, Salt, Ground Black Pepper.	<i>~1,600 kcal ~110g protein</i>
Day 14	Breakfast High Protein Berry Full Smoothie Strawberries, bananas, apple, red beets, vanilla, green banana flour and flax seeds.	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.	<i>~1,550 kcal ~95g protein</i>

PHASE 3 — Days 15–20 | Metabolic Support & Muscle Protection

Day 15	Breakfast High Protein Strawnana Smoothie Berries, bananas, avocado, kale, beets, apple, green banana flour and flax seeds.	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.	<i>~1,650 kcal ~110g protein</i>
Day 16	Breakfast High Protein Blue Magik Protein Smoothie Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.	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.	<i>~1,500 kcal ~95g protein</i>
Day 17	Breakfast High Protein Genius Protein Smoothie Blueberry, Vanilla, Plant Protein, Chia Seeds, Flaxseed, Almond Extract, Banana, Date, Almond Milk, green banana flour and flax seeds.	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.	<i>~1,600 kcal ~100g protein</i>
Day 18	Breakfast High Protein Chocolate Protein Smoothie Chocolate Chips, Cacao, Plant Protein, Almond Butter, Cinnamon, Banana, Almond Milk, green banana flour and flax seeds.	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.	<i>~1,550 kcal ~95g protein</i>
Day 19	Breakfast High Protein Peanut Butter Smoothie Peanut milk, dates, organic coconut milk, banana, chia seeds, organic flax seeds, Himalayan salt, green banana flour and flax seeds.	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.	<i>~1,650 kcal ~110g protein</i>
Day 20	Breakfast High Protein Alkaline Power Smoothie Turmeric, spinach, watercress, avocado, capsicum, coriander, coconut water, pinch of cayenne and salt, green banana flour and flax seeds.	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.	<i>~1,550 kcal ~100g protein</i>