

# Semaglutide Diet Plan PDF



A Safe, Effective & Doctor-Informed Guide to Sustainable Weight Loss

## Why This Guide Exists

Semaglutide has changed how weight loss works for millions of people. But medication alone is not enough. This guide was created to help you eat in a way that supports the medication, minimizes side effects, and leads to long-term fat loss without burnout.

## How Semaglutide Works

Semaglutide is a GLP-1 receptor agonist that slows digestion, reduces appetite, stabilizes blood sugar, and helps control cravings. Because digestion slows, food choices and portion sizes matter more than ever.

### Core Eating Principles

- Eat smaller portions, but higher-quality foods

- Prioritize protein at every meal
- Stop eating at the first sign of fullness
- Avoid heavy, greasy, and ultra-processed meals
- Hydrate consistently throughout the day

### **Best Foods on Semaglutide**

- Eggs, Greek yogurt, cottage cheese
- Chicken, turkey, fish, tofu
- Oats, quinoa, sweet potatoes
- Berries and low-sugar fruits
- Olive oil and avocado (small portions)

### **Foods to Limit**

- Fried and greasy foods
- Sugary drinks and desserts
- Large portions of red meat
- Alcohol
- Heavy cream-based sauces

### **Sample Daily Structure Breakfast:**

Protein-focused (eggs or yogurt)

**Lunch:** Light protein + vegetables

**Dinner:** Simple protein with low-volume carbs Optional

**Snack:** Protein shake or cottage cheese

## **Managing Nausea & Side Effects**

Eat slowly, avoid fatty meals early in the day, sip fluids instead of gulping, and remain upright after meals. Most side effects improve as your body adapts.

## **Final Note**

This guide is designed to be practical, flexible, and sustainable. Always consult your healthcare provider before making medical or dietary changes.

