

The Mounjaro Diet Plan

A simple 7-day eating guide for tirzepatide — built around smaller portions, steady protein, and meals that sit well.

Mounjaro (tirzepatide) reduces appetite and slows how quickly your stomach empties, so the way you ate before may not feel right anymore. Large, rich meals that used to be fine can now cause nausea or discomfort. This plan is designed around that: modest portions, protein at every meal, and foods that are gentle on a slower stomach.

Use it as a starting point, not a prescription. Adjust portions to your appetite, swap foods you don't like, and follow any guidance your prescriber or dietitian has given you.

The five rules that make the plan work

- **Protein first.** Start each meal with the protein — chicken, fish, eggs, Greek yogurt, tofu, beans. Eating protein first helps you get enough of it before fullness hits, and supports muscle while you lose weight.
- **Smaller portions, eaten slowly.** Serve about half of what you'd have eaten before starting Mounjaro. Put the fork down between bites, and stop at the first sign of fullness — "a few bites past full" is where nausea usually starts.
- **Half the plate vegetables.** Fill the rest with fiber-rich carbs like oats, brown rice, quinoa, or whole-grain bread. Fiber also helps with constipation, one of the more common side effects.
- **Go easy on grease, spice, and sugar.** Fried food, heavy cream sauces, very spicy dishes, and sugary drinks are the most common nausea triggers people report. Baked, grilled, or steamed versions of the same meal usually sit much better.
- **Drink water through the day.** Sip steadily rather than gulping at meals, and drink more if you're dealing with vomiting or diarrhea — dehydration is the risk that turns a rough week into a call to your doctor.

A note on dose day: many people feel the most nausea on injection day and the day or two after. On those days, lean on the blandest meals in this plan — toast, rice, soup, yogurt — and save the richer dishes for later in the week when you feel your best.

Your 7-day meal plan

Portions are starting points — eat less if you're full, and don't force a meal you're not hungry for. Leftovers are a feature: several dinners make tomorrow's lunch.

Day	Breakfast	Lunch	Dinner	Snack
Day 1	Greek yogurt with berries and a sprinkle of oats	Chicken and vegetable soup with whole-grain crackers	Baked salmon, roasted zucchini, small serving of brown rice	A hard-boiled egg
Day 2	Scrambled eggs (2) with spinach and one slice of whole-grain toast	Turkey and avocado wrap in a small whole-wheat tortilla	Stir-fried tofu with broccoli, peppers, and a small scoop of rice	Cottage cheese with sliced cucumber
Day 3	Overnight oats made with milk, chia seeds, and half a banana	Tuna salad (made with yogurt, not mayo) on mixed greens	Grilled chicken breast, mashed cauliflower, green beans	An apple with a thin spread of peanut butter
Day 4	Protein smoothie: milk or soy milk, protein powder or Greek yogurt, frozen berries, spinach	Lentil soup with a small whole-grain roll	Baked white fish, quinoa, roasted carrots	A handful of almonds
Day 5	Whole-grain toast with cottage cheese and sliced tomato	Leftover baked fish over a grain bowl with cucumber and lemon	Turkey chili with beans (mild, not spicy), side salad	Greek yogurt
Day 6	Veggie omelet (2 eggs, mushrooms, peppers) with half an avocado	Leftover turkey chili	Shrimp and vegetable skewers, small baked sweet potato	Carrot and bell-pepper sticks with hummus
Day 7	Greek yogurt parfait with berries and a little low-sugar granola	Chicken and white-bean soup	Lean beef or bean burger (no bun or a whole-grain bun), large side salad	A pear

Easier days: if it's dose day or your stomach is off, swap any meal for plain rice or toast with scrambled egg, chicken noodle soup, or Greek yogurt with banana. Bland and small beats skipped entirely — going all day without eating often makes nausea worse, not better.

Shopping list for the week

Protein

- Chicken breast or thighs
- Salmon fillets and a white fish (cod, tilapia)
- Shrimp (peeled)
- Lean ground turkey or beef
- Eggs
- Greek yogurt (plain) and cottage cheese
- Tofu, canned tuna, lentils, beans (white, black, kidney)

Vegetables & fruit

- Spinach, mixed greens, broccoli, green beans
- Zucchini, peppers, mushrooms, carrots, cucumber
- Sweet potato, tomatoes, avocado
- Berries, bananas, apples, pears, lemons

Pantry

- Oats, chia seeds, low-sugar granola
- Brown rice, quinoa, whole-grain bread and tortillas

- Whole-wheat crackers, low-sodium broth
- Peanut or almond butter, almonds, hummus
- Olive oil, herbs and mild spices

Drinks

- Water — still or sparkling, whatever you'll actually drink
- Herbal tea (ginger or peppermint can feel settling)
- Milk or an unsweetened soy alternative for smoothies and oats

Make it stick

Tie meals to your dose day

The plan works best when it's planned around your injection schedule. Pick your dose day, then put the gentler meals (soups, yogurt, eggs, rice) on that day and the next, and the bigger dinners mid-week. If you ever move your dose day, shift the meals with it.

Track what actually happens

Two weeks of notes beat two months of guessing. JellyPal is a free tracker built for people on Mounjaro: log each dose, your weight, and how you felt, and the pattern between what you ate and how your stomach behaved becomes obvious. Bring that to your next appointment — it's exactly the information your prescriber asks about.

Get the app: jellypal.app — free on the App Store and Google Play.

When to call your doctor instead

This plan is food, not treatment. **Stop taking Mounjaro and call your healthcare provider right away** if you have severe stomach-area pain that will not go away, with or without vomiting — this is the warning the medication's own guide gives for pancreatitis. Also call your prescriber if you can't keep fluids down, or before changing how you eat because of a medical condition such as diabetes, kidney disease, or a history of pancreatitis.

Important: This guide is general nutrition information for adults taking Mounjaro (tirzepatide) as prescribed. It is not medical advice, not a meal prescription, and not a substitute for guidance from your doctor, pharmacist, or a registered dietitian, who know your health history. Mounjaro is a prescription medicine — always follow the prescribing information and your prescriber's instructions.