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# Your 7-day Indian meal plan on GLP-1 treatment

Simple, high-protein Indian meals for people on Mounjaro, Wegovy or semaglutide, with vegetarian and non-vegetarian weeks, portion tips and help with nausea.

## How to eat on GLP-1 medicines

### Protein first

Start each meal with the dal, paneer, curd, eggs, chicken or fish, then vegetables, then a smaller portion of roti or rice. It helps you keep muscle while you lose fat.

### Smaller plates

GLP-1 medicines make you full sooner. Stop when you feel satisfied, not stuffed. It also helps with nausea.

### Vegetables and fibre at every meal

Sabzi, salad, sprouts and dal keep you full and help with constipation.

### Plenty of fluids

Water, buttermilk, nimbu pani without sugar and clear soups. Sip through the day.

### Go easy on fried and rich food

Pakoras, puris and heavy gravies are more likely to cause nausea and reflux.

### Don't skip meals

Even if you're not hungry, a small protein-rich meal every 3 to 4 hours protects your energy and muscle.

Medically reviewed by Dr Reina Punj, MBBS, PG Diploma in Endocrinology (UK), Lead Physician, Lean Life. November 2026.

# Vegetarian week

Built around dal, paneer, curd, tofu and sprouts. Portions are deliberately modest: on these medicines most people need less food than before.

| | | |
|---|---|---|
| **Monday** | Breakfast<br>Moong dal chilla with paneer stuffing, mint chutney<br>Snack<br>Roasted chana | Lunch<br>Rajma, a small bowl of rice, cucumber raita, salad<br>Dinner<br>Palak paneer, one roti, sautéed vegetables |
| **Tuesday** | Breakfast<br>Vegetable poha with peanuts, a bowl of curd<br>Snack<br>Buttermilk and a handful of nuts | Lunch<br>Chole, one roti, kachumber salad<br>Dinner<br>Tofu or paneer bhurji, one roti, dal |
| **Wednesday** | Breakfast<br>Besan chilla, curd<br>Snack<br>Sprouts chaat | Lunch<br>Dal tadka, mixed vegetable sabzi, one roti<br>Dinner<br>Soya chunk curry, quinoa or a small bowl of rice |
| **Thursday** | Breakfast<br>Vegetable upma, a glass of milk<br>Snack<br>Greek yoghurt or hung curd | Lunch<br>Sambar, a small bowl of rice, beans poriyal<br>Dinner<br>Paneer tikka, grilled vegetables, mint chutney |
| **Friday** | Breakfast<br>Two idlis with sambar and a little coconut chutney<br>Snack<br>Roasted makhana | Lunch<br>Kadhi, one roti, bhindi sabzi, salad<br>Dinner<br>Moong dal khichdi with vegetables, raita |
| **Saturday** | Breakfast<br>Paneer paratha (small), curd<br>Snack<br>Fruit with a handful of almonds | Lunch<br>Dal palak, one roti, cucumber salad<br>Dinner<br>Mixed dal, vegetable stir-fry, one roti |
| **Sunday** | Breakfast<br>Moong dal dosa, sambar<br>Snack<br>Buttermilk, roasted chana | Lunch<br>Rajma or chole bowl with salad<br>Dinner<br>Paneer and vegetable soup, one roti |

**Portions:** one roti is about 30 g of flour; a small bowl of rice is about 100 g cooked. Use 2 to 3 teaspoons of oil or ghee per meal in total.

# Non-vegetarian and egg week

Eggs, chicken and fish for protein, with dal and vegetables at every meal.

| | | |
|---|---|---|
| **Monday** | Breakfast: Two-egg vegetable omelette, one slice of whole-wheat toast<br>Snack: Boiled eggs | Lunch: Chicken curry, one roti, salad<br>Dinner: Grilled fish, sautéed vegetables, dal |
| **Tuesday** | Breakfast: Egg bhurji, one roti<br>Snack: Buttermilk and nuts | Lunch: Dal, chicken tikka, cucumber raita<br>Dinner: Fish curry, a small bowl of rice, beans sabzi |
| **Wednesday** | Breakfast: Moong dal chilla, curd<br>Snack: Roasted chana | Lunch: Egg curry, one roti, salad<br>Dinner: Tandoori chicken, grilled vegetables, mint chutney |
| **Thursday** | Breakfast: Masala oats with an egg<br>Snack: Greek yoghurt | Lunch: Fish curry, a small bowl of rice, cabbage sabzi<br>Dinner: Chicken and vegetable stir-fry, dal |
| **Friday** | Breakfast: Two idlis with sambar, boiled egg<br>Snack: Sprouts chaat | Lunch: Chicken keema with peas, one roti<br>Dinner: Egg and vegetable soup, paneer tikka |
| **Saturday** | Breakfast: Paneer or egg sandwich on whole-wheat bread<br>Snack: Fruit with a handful of almonds | Lunch: Prawn or fish curry, a small bowl of rice, salad<br>Dinner: Grilled chicken, dal, vegetables |
| **Sunday** | Breakfast: Egg dosa, sambar<br>Snack: Buttermilk | Lunch: Chicken biryani (small portion) with raita and salad<br>Dinner: Fish tikka, sautéed vegetables, one roti |

A sample plan for general guidance, not a prescription. It isn't suitable during pregnancy or for anyone with an eating disorder, kidney disease or another condition that needs a special diet. If you have diabetes, especially on insulin or tablets that can cause low blood sugar, ask your doctor first.

## Simple swaps

| Instead of | Try |
|---|---|
| Two or three rotis | One roti and an extra bowl of dal or sabzi |
| A full plate of rice | A small bowl of rice with more dal and vegetables |
| Sweet chai with biscuits | Unsweetened chai with roasted chana or nuts |
| Fried snacks | Roasted makhana, sprouts chaat or a boiled egg |
| Sugary drinks or juice | Buttermilk, nimbu pani without sugar or coconut water |

## Protein at a glance

| Food | Protein |
|---|---|
| Paneer, 100 g | 18 g |
| Tofu, 100 g | 12 g |
| Soya chunks (dry), 30 g | 15 g |
| Two eggs | 12 g |
| Chicken or fish, 100 g | 20 to 25 g |
| Dal (cooked), 1 katori | 7 to 9 g |
| Hung curd, 1 katori | 8 to 10 g |
| Sprouted moong, 1 katori | 7 g |

## If you feel nauseous

- Eat slowly and stop at the first sign of fullness.
- Try plain foods: khichdi, curd rice, idli, toast, clear soups.
- Don't lie down straight after eating.
- Ginger tea or sips of cold water can help.
- Tell your doctor if nausea or vomiting doesn't settle.

## Your shopping list

**Protein:** Moong, masoor and chana dal, rajma, chole, paneer, tofu, soya chunks, curd, eggs, chicken or fish

**Vegetables:** Spinach, methi, lauki, bhindi, beans, cabbage, cauliflower, cucumber, tomatoes, onions

**Grains:** Whole-wheat atta, jowar or bajra atta, oats, brown or regular rice, poha, idli batter

**Snacks:** Roasted chana, makhana, almonds, peanuts, seasonal fruit

## Want a plan built around your food?

At Lean Life, a dietitian plans around what your family already cooks, whether vegetarian, Jain, eggetarian or non-vegetarian, and adjusts it as your appetite changes. Your doctor and InBody scans make sure you lose fat, not muscle.

### WhatsApp or call +91 88799 88776

Free advisor call, Monday to Saturday, 10 am to 6 pm, in English or Hindi · leanlifeclinic.me/book-consult