

OrderlyMeds™



ON A BUDGET

7-Day GLP-1 Food Plan



GLP-1 success isn't just about medication, but building daily habits like getting enough protein and choosing nutrient-dense foods.

This budget-friendly plan helps with:

- ✓ Low-appetite days
- ✓ Getting enough protein
- ✓ Reducing food waste
- ✓ Long-term GLP-1 success

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DAY 1

SET THE STAGE

Introduce affordable proteins, and budget-friendly frozen vegetables.



\$ BREAKFAST

Egg sandwich

1 egg
1 slice of cheese
100% whole-wheat
English muffin



\$\$ LUNCH

Salad with chicken

Spinach (bagged)
Chicken breast
Cherry tomatoes
Extra-virgin olive oil
Balsamic vinegar



\$ DINNER

Meatloaf dinner

Meatloaf
Frozen broccoli
(steamed or
sautéed)

SNACKS

Plain yogurt with nuts / Apple with almond butter / Can of tuna

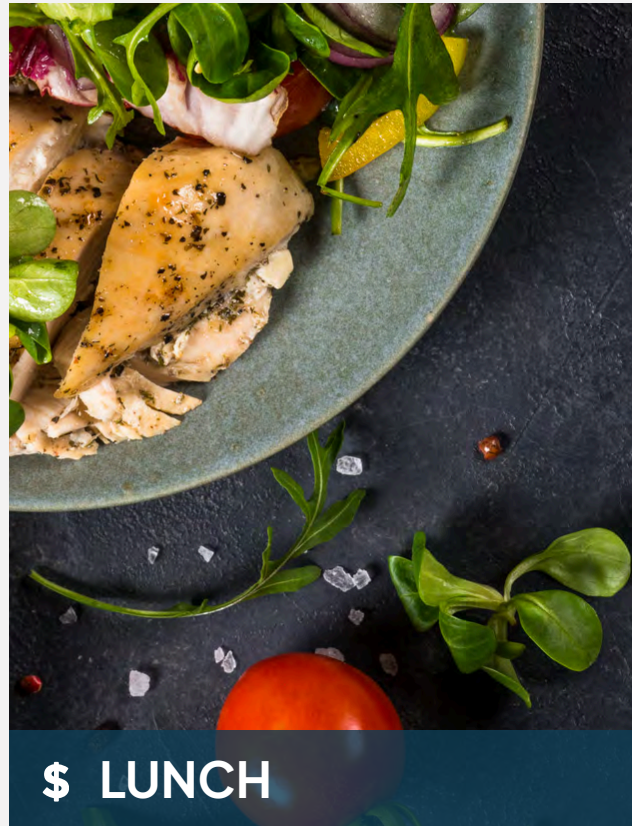
DAY 2 **FIBER-FORWARD**

Consider gut health and satisfaction supported by gradual fiber increase (without triggering gastric distress).



Old-fashioned oats

Oats
Peanut butter
Frozen blackberries



Leftover salad (from Day 1)

Spinach (bagged)
Chicken breast
Cherry tomatoes
Extra-virgin olive oil
Balsamic vinegar



Chickpea curry with brown rice

[see full recipe >](#)

SNACKS

String cheese sticks with apple slices / 12-ounce bottle of milk

DAY 3 **EMBRACE THE FAMILIAR**

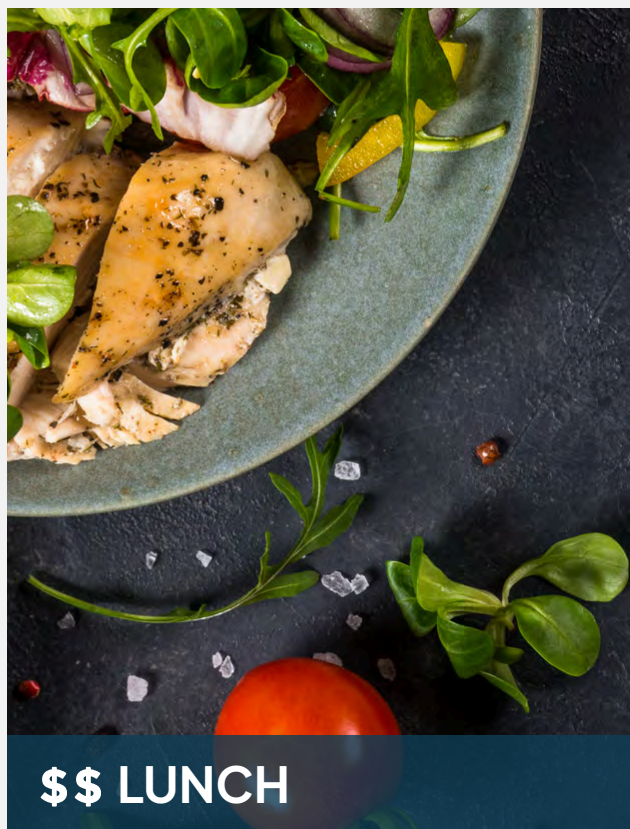
Healthy doesn't have to mean expensive. Tortillas, frozen fish, and ground meat become protein-balanced comfort meals.



\$ BREAKFAST

Yogurt

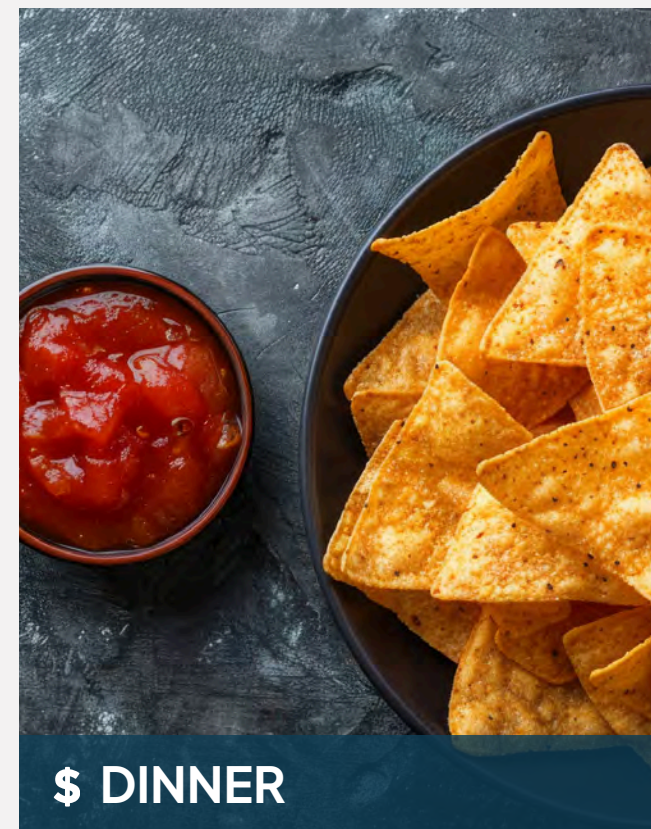
Plain yogurt
Frozen berries
Honey



\$\$ LUNCH

Teriyaki salmon wrap

1 serving of frozen wild salmon
No-added-sugar sauce
Corn or whole-wheat tortilla



\$ DINNER

High-protein nachos

Cut tortillas into triangles, oil and salt, bake until crisp; top with ground turkey, salsa, and cheese

SNACKS

Cottage-cheese crisps topped with cheddar (bake at 375°F until crisp) / Hummus

[see full recipe >](#)

DAY 4 **COOK ONCE, EAT TWICE**

Think consistency with less effort. Leftovers are a strategy, not a shortcut!



\$ BREAKFAST



\$ LUNCH



\$ DINNER

Egg bites

Egg
Butter

[see full recipe >](#)

Turkey sloppy joes

Leftover ground turkey
Chopped onion
Tomato sauce
Whole-grain bun

Rice and beans with zucchini

1 cup cooked brown rice
½ cup red kidney beans and
½ cup chopped zucchini

SNACKS

Leftover egg bites / Cottage cheese with chopped dates / Celery with peanut butter

DAY 5 **COOKING FAST AND FRESH**

Find takeout comfort with at-home prices: try copycat recipes you can make at home.



Berry smoothie

Frozen berries
Yogurt
Nut butter
Protein powder



Soup and crackers

Lentil soup (canned low-sodium or homemade)
Whole-grain crackers



Chicken “fried” rice

Sauté brown rice, 2 scrambled eggs, chopped cabbage, carrots in sesame oil and soy sauce; add pulled chicken

[see full recipe >](#)

SNACKS

Mixed nuts / Roasted chickpeas / Banana with almond butter

[see full recipe >](#)

DAY 6 **MUSCLE-MAINTENANCE**

Affordable, simple ways to add protein consistently.



Protein eggs

2 Scrambled eggs
Roasted chickpeas



Pulled chicken tacos

Leftover chicken
Corn tortillas
Cheese
Black beans
Canned corn



Protein pasta

Spaghetti squash
“pasta”
Salmon or chicken

SNACKS

Blueberry bark (frozen blueberries mixed with melted dark chocolate, frozen and broken into pieces) / Yogurt or cottage cheese cup / Orange Bell peppers with hummus

DAY 7

EAT THE RAINBOW

High density nutrients using affordable produce



\$ BREAKFAST

Apple oats

Old-fashioned oats
Cinnamon
Chopped apples
Cooked in milk



\$ LUNCH

Kale salad

Kale (bagged)
Canned tuna



\$\$ DINNER

Stuffed sweet potato

[see full recipe >](#)

SNACKS

Kale chips (use leftover kale, drizzle with olive or avocado oil and salt, bake at 400°F until crisp) / Apple slices with cottage cheese / Frozen mixed berries

OrderlyMeds™

NUTRITION + GLP-1

A plan to feed your body. A GLP-1 to help guide your appetite.

When paired together, nutrition and GLP-1 support can make wellness feel steadier and more manageable.

[Explore nutrition resources](#)

