

7-Day Calorie Deficit Meal Plan (GLP-1 Friendly)

Week of July 5 · deeedoes.com

MONDAY

- B: Maple Bacon Protein Breakfast Bowl
- L: Cottage Cheese Crunch Bowl
- D: Crockpot Chicken Piccata

TUESDAY

- B: Pepperoni Pizza Frittata
- L: Black Bean & Sweet Corn Salad
- D: Grilled Chicken Watermelon Salad

WEDNESDAY

- B: Banana Nut Protein Pancakes
- L: Black Bean & Sweet Corn Salad (leftovers)
- D: Chicken Pot Pie Stuffed Sweet Potatoes

THURSDAY

- B: Cottage Cheese Breakfast Pizza
- L: Sub in a Tub Salad Bowl
- D: Elote Chicken Meatballs

FRIDAY

- B: Cottage Cheese Breakfast Pizza (leftovers)
- L: Mexican Taco Salad in an Edible Bowl
- D: Crunchwrap Supreme Egg Rolls

SATURDAY

- B: Blueberry Lemon Dutch Baby
- L: Mexican Taco Salad (leftovers)
- D: Grilled Steak Salad with Thai Dressing

SUNDAY

- B: Blueberry Lemon Dutch Baby (leftovers)
- L: Peach Salad + grilled chicken
- D: Creamy Dreamy Pierogi Casserole