

# ZEPBOUND DIET PLAN PDF

7-Day Printable Meal Plan · Grocery List · Dose-Phase Nutrition Guide

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You started Zepbound with real hope — and the medication deserves that confidence. But here is the problem nobody warns you about: tirzepatide suppresses appetite so effectively that many people accidentally undereat, lose muscle instead of fat, and stall their progress before month three. This **Zepbound Diet Plan PDF** gives you everything — a printable 7-day meal plan, complete grocery list, dose-phase nutrition guidance, and the food swaps that actually work.

## What Is Zepbound and Why Does Your Diet Still Matter?

Zepbound (tirzepatide) is a dual GIP and GLP-1 receptor agonist approved by the FDA for chronic weight management. It activates two hunger-regulating hormones — reducing appetite, slowing gastric emptying, and improving insulin sensitivity.

The SURMOUNT-1 trial found that participants on the 15 mg dose lost an average of **20.9% of body weight** at 72 weeks — but the trial protocol paired the medication with a 500-calorie daily deficit and increased physical activity. The medication alone was never designed to carry the full load.

Your diet determines: how much weight loss comes from fat vs. muscle, how severe GI side effects are, and whether results last. Every food choice either amplifies or undermines what tirzepatide is doing.

## The Three Nutritional Pillars of This Zepbound Diet Plan PDF

PROTEIN	FIBER	HEALTHY FATS
100g+ daily · 20–30g per meal Chicken, salmon, eggs, Greek yogurt, lentils, tofu	25–35g daily · Increase gradually Oats, chia seeds, broccoli, berries, black beans	Avocado, olive oil, walnuts, salmon Avoid fried/saturated fats

**Protein** is non-negotiable — aim for 100g+ daily, 20–30g per meal. **Fiber** keeps digestion moving despite slowed gastric emptying — 25–35g daily, increased gradually. **Healthy fats** (avocado, olive oil, walnuts, salmon) support satiety and vitamin absorption without worsening nausea.

## Dose-Phase Nutrition: What to Eat at Each Zepbound Stage

No other Zepbound guide covers this. Your nutrition needs shift significantly with each dose escalation. Use this table to eat smarter at every stage of treatment.

Dose Phase	Key Nutrition Focus	Watch Out For
Weeks 1–4 (2.5 mg)	Build habits · 3 meals/day · Protein + fiber foundations	Skipping meals · Not establishing routine
Weeks 5–8 (5 mg)	Protein-FIRST at every meal · Watch for missed meals	Unintentional meal skipping · Muscle loss begins
Weeks 9+ (7.5–15 mg)	Soft, easy foods · 3–5 small occasions · Smoothies OK	Dropping below 1,200/1,500 cal floor · Low protein

## Foods to Avoid on Zepbound (and Exactly Why)

FOOD CATEGORY	WHY TO LIMIT
■ Fried & Greasy Foods	Worsens nausea — compounds slow gastric emptying
■ Added Sugars & Sugary Drinks	Blood sugar spikes/crashes, empty calories
■ Highly Processed Foods	Calorie-dense, nutrient-poor — wastes appetite window
■ Refined Carbohydrates	Digest fast → hunger returns quickly
■ Alcohol	Worsens all GI side effects, impairs judgment, stalls loss
■ Spicy & Acidic Foods	Triggers heartburn and reflux on Zepbound

## Side-Effect Meal Swap Table

Use this table to find practical food swaps based on the side effect you are currently experiencing.

Side Effect	Foods Making It Worse	Better Swaps
■ Nausea	Fried eggs, greasy meats, full-fat cheese	Plain eggs, cold chicken, low-fat yogurt, ginger tea
■ Constipation	White bread, low water intake, red meat heavy	Oatmeal, prunes, chia pudding, 8–10 cups water
■ Heartburn/Reflux	Coffee empty stomach, spicy, citrus, chocolate	Bananas, oatmeal, almond butter, herbal tea
■ Bloating	Beans added fast, carbonated drinks, raw cruciferous	Cooked veg, well-cooked lentils, still water, fennel tea
■ Low Energy	Skipping meals, all-carb snacks, very low calories	Hard-boiled eggs, cottage cheese, nuts, Greek yogurt

■ Diarrhea	High-fat foods, artificial sweeteners, alcohol	Bananas, plain rice, applesauce, lean baked protein
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## The Noise Eating Trap on Zepbound (Most Guides Miss This)

Before Zepbound, many people ate out of habit — snacking while watching TV, eating because the clock said noon. Tirzepatide removes the hormonal hunger signals. The behavioral habits remain.

Noise eating — consuming food out of routine rather than genuine hunger — is one of the primary reasons people plateau on tirzepatide despite the medication working correctly. Structure your meals at the same time daily. Protein first. Vegetables second. Carbohydrates last. Journal your meals and side effects for your next provider visit.

## Eating at Restaurants on Zepbound: A Practical Guide

■ BEST CHOICES	■■ APPROACH WITH CARE	■ HARDEST CHOICES
Japanese: sashimi, edamame, miso soup Mediterranean: grilled fish, hummus, Greek salad Mexican: grilled chicken/fish bowl, black beans, guacamole American: grilled protein + veg side	Pasta: choose whole-grain, marinara over cream Sushi rolls: limit rice-heavy options Indian: lentil dishes, grilled tandoori, raita Sandwiches: whole-grain bread, lean protein	Deep-fried anything Heavy cream pasta dishes Buffets (overeating = severe nausea) Bar food menus Bread baskets

*Key principle: one protein anchor · one vegetable · one small carbohydrate — works in any restaurant.*

# The Complete 7-Day Zepbound Diet Plan PDF (Printable Meal Plan)

This plan targets ~1,400–1,600 calories daily with 100g+ protein and 25g+ fiber. Adjust portions based on your size, current dose, and hunger levels. Print this page, save to your phone, or share with your registered dietitian.

## Day 1 Monday

~1,400–1,600 cal · 100g+ protein · 25g+ fiber

<b>BREAKFAST</b>	Plain Greek yogurt (200g) + mixed berries + 1 tbsp chia seeds — ~30g protein
<b>SNACK</b>	1 hard-boiled egg + sliced cucumber
<b>LUNCH</b>	Grilled chicken breast over mixed greens, olive oil, lemon, cherry tomatoes
<b>SNACK</b>	1 medium apple + 1 tbsp almond butter
<b>DINNER</b>	Baked salmon (150g) + roasted broccoli + ½ cup brown rice
<b>WATER</b>	8–10 cups

## Day 2 Tuesday

~1,400–1,600 cal · 100g+ protein · 25g+ fiber

<b>BREAKFAST</b>	2 scrambled eggs on whole-wheat toast + ½ avocado
<b>SNACK</b>	½ cup low-fat cottage cheese + cherry tomatoes
<b>LUNCH</b>	Lentil soup (1.5 cups) + 1 small whole-grain pita
<b>SNACK</b>	Small handful walnuts (~14 halves)
<b>DINNER</b>	Turkey meatballs (4–5) over zucchini noodles + low-sodium marinara
<b>WATER</b>	8–10 cups

## Day 3 Wednesday

~1,400–1,600 cal · 100g+ protein · 25g+ fiber

<b>BREAKFAST</b>	Oatmeal (½ cup dry, almond milk) + ½ banana + 1 tbsp flaxseed
<b>SNACK</b>	String cheese + bell pepper strips
<b>LUNCH</b>	Tuna in water + olive oil mayo on whole-grain crackers + side salad
<b>SNACK</b>	½ cup blueberries + small handful almonds
<b>DINNER</b>	Baked tilapia (150g) + quinoa (½ cup cooked) + steamed asparagus
<b>WATER</b>	8–10 cups

## Day 4 Thursday

~1,400–1,600 cal · 100g+ protein · 25g+ fiber

<b>BREAKFAST</b>	Protein smoothie: 1 cup Greek yogurt + spinach + ½ cup frozen mango + protein powder
<b>SNACK</b>	Celery sticks + 2 tbsp peanut butter
<b>LUNCH</b>	Chicken + vegetable stir-fry over 1 cup cauliflower rice
<b>SNACK</b>	½ cup boiled edamame, lightly salted
<b>DINNER</b>	Grilled shrimp tacos: 2 corn tortillas + avocado + shredded purple cabbage
<b>WATER</b>	8–10 cups

## Day 5 Friday

~1,400–1,600 cal · 100g+ protein · 25g+ fiber

<b>BREAKFAST</b>	2 poached eggs + 1 cup sautéed spinach + 1 slice whole-grain toast
<b>SNACK</b>	½ cup cottage cheese + pineapple chunks
<b>LUNCH</b>	Black bean + roasted vegetable burrito bowl — lime juice dressing
<b>SNACK</b>	Rice cake + almond butter + 4 thin banana slices
<b>DINNER</b>	Baked chicken thigh (skin off) + roasted sweet potato + green beans
<b>WATER</b>	8–10 cups

## Day 6 Saturday

~1,400–1,600 cal · 100g+ protein · 25g+ fiber

<b>BREAKFAST</b>	Whole-grain waffle + 3 tbsp Greek yogurt + fresh strawberry slices
<b>SNACK</b>	Trail mix: almonds + pumpkin seeds + unsweetened dried cranberries (¼ cup)
<b>LUNCH</b>	Sardine fillets over mixed greens + olive oil + capers + lemon
<b>SNACK</b>	Sliced cucumber + 4 tbsp hummus
<b>DINNER</b>	Lean beef + vegetable barley soup (1.5 cups) — low-sodium
<b>WATER</b>	8–10 cups

## Day 7 Sunday

~1,400–1,600 cal · 100g+ protein · 25g+ fiber

**BREAKFAST** 3-egg veggie omelette: mushrooms + onion + bell peppers + ½ cup mixed fruit

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**SNACK** Protein bar (under 10g sugar, 15g+ protein)

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**LUNCH** Grilled salmon wrap: whole-wheat tortilla + baby spinach + 2 tbsp tzatziki

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**SNACK** Small handful walnuts + 1 small orange

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**DINNER** Baked cod (150g) + roasted Brussels sprouts + ½ cup wild rice

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**WATER** 8–10 cups

## Complete Zepbound Grocery List by Category

Everything in this Zepbound Diet Plan PDF grocery list supports the 7-day meal plan above. Screenshot this section or print it before your next shopping trip.

### PROTEINS ■

Chicken breast · Salmon · Cod · Tilapia · Shrimp · Sardines · Tuna in water · Eggs · Greek yogurt (plain) · Cottage cheese · Tempeh · Extra-firm tofu · Lentils · Black beans · Edamame (frozen)

### VEGETABLES ■

Baby spinach · Mixed greens · Broccoli · Zucchini · Bell peppers · Cucumber · Asparagus · Brussels sprouts · Sweet potato · Mushrooms · Onion · Cherry tomatoes · Celery · Cauliflower · Green beans · Purple cabbage

### FRUITS ■

Blueberries · Strawberries · Raspberries · Banana · Apple · Orange · Frozen mango · Pineapple chunks · Prunes

### WHOLE GRAINS ■

Rolled oats · Brown rice · Quinoa · Wild rice · Barley · Whole-wheat bread · Whole-wheat tortillas · Corn tortillas · Whole-grain pita · Whole-grain crackers · Rice cakes

### HEALTHY FATS ■

Avocado · Extra-virgin olive oil · Almond butter · Peanut butter · Walnuts · Almonds · Chia seeds · Ground flaxseed · Pumpkin seeds

### PANTRY STAPLES ■

Hummus · Low-sodium marinara · Olive oil mayo · Tzatziki · Protein powder (20g+/serving) · Ginger tea · Herbal teas · Sparkling water · Low-sodium broth · Dried cranberries

### CONDIMENTS ■

Fresh lemon · Limes · Garlic · Capers · Apple cider vinegar · Low-sodium soy sauce / coconut aminos · Dijon mustard · Balsamic vinegar

## Hydration on Zepbound: More Than Just Water

■ DAILY TARGET	■ DRINK	■ AVOID
8–10 cups water minimum More if vomiting/diarrhea active Add low-sugar electrolytes if needed	Still water · Ginger tea (nausea) Herbal tea · Sparkling water (cautious) Low-sugar electrolyte drinks	Sugary sodas and juices Energy drinks Sweetened protein shakes Alcohol

## Supplements to Consider on Zepbound

Reduced food volume increases micronutrient deficiency risk over time. Discuss all supplements with your provider before starting.

**■ Daily Multivitamin**

B12 · Folate · Iron · Zinc  
100% DV each

**■ Vitamin D3 + K2**

Deficiency common in obesity  
Supports calcium metabolism

**■ Magnesium Glycinate**

Muscle function · Sleep quality  
Helps constipation

**■ Omega-3 EPA + DHA**

If <3 servings fatty fish/week  
Supports heart health

**■ Protein Powder**

Whey or pea+rice blend  
20g+ protein per serving

## Protecting Muscle Mass: The Zepbound Muscle Preservation Protocol

Muscle loss on Zepbound is not inevitable — but it requires deliberate strategy. Every effective Zepbound Diet Plan PDF should include this protocol as a core pillar, not a footnote.

<b>Step 1</b>	<b>Hit Protein Targets Daily</b> 20–30g per meal · 100g+ daily minimum · Protein first, always
<b>Step 2</b>	<b>Resistance Training 2–3x/Week</b> Weights, bodyweight, resistance bands · 30–40 min sessions · Preserves lean mass
<b>Step 3</b>	<b>Stay Above Calorie Floor</b> 1,200 cal min (women) · 1,500 cal min (men) · Below this, muscle loss accelerates
<b>Step 4</b>	<b>Time Protein Around Workouts</b> 20–30g within 2 hours of resistance training · Maximizes muscle protein synthesis

## Intermittent Fasting and Zepbound: What You Need to Know

APPROACH	DETAILS	VERDICT
12:12	12 hrs eating · 12 hrs fasting	■ Safest starting point
16:8	8 hrs eating · 16 hrs fasting	■ Only after 60+ days stable
OMAD or 20:4	1–2 meals in small window	■ Too risky on Zepbound

## FAQs: Zepbound Diet Plan PDF

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### Q: What should I eat in the first week of Zepbound?

Start simple. Scrambled eggs, Greek yogurt, grilled chicken, cottage cheese, cooked vegetables. Keep meals small. Side effects are mildest in week one — use this window to build your routine.

### Q: How many calories should I eat on Zepbound?

Clinical studies used a 500-calorie daily deficit alongside tirzepatide. Most adults target 1,200–1,600 calories daily. Work with your provider or registered dietitian for your personal number.

### Q: Can I eat carbohydrates on Zepbound?

Yes — and you should. Choose whole-food sources: oats, quinoa, sweet potatoes, fruit, and legumes. Eliminate refined carbs, not carbohydrates as a category.

### Q: What foods make Zepbound nausea worse?

Greasy and fried foods are the primary trigger. High-fat meals, spicy foods, and overeating all worsen nausea. Cold, plain foods are better tolerated when nausea is active.

### Q: How much protein do I need on Zepbound?

100 grams daily is the clinical baseline. Distribute across 3–5 meals. Larger or more active individuals may need 0.8–1.6g per kilogram of body weight.

### Q: Can I do intermittent fasting on Zepbound?

Approach carefully. Establish 3 meals daily for the first 60 days first. A mild 12:12 schedule is the safest starting point. Aggressive fasting conflicts with protein requirements.

### Q: What supplements should I take on Zepbound?

Daily multivitamin (B12, folate, iron, zinc), Vitamin D3 + K2, magnesium glycinate, omega-3 fatty acids, and protein powder for low-appetite days. Always consult your provider first.

### Q: How do I eat at restaurants on Zepbound?

Check the menu online before you go. Order grilled over fried. Sauces on the side. Choose vegetables instead of fries. Box half the plate immediately — restaurant portions are not Zepbound portions.

## Save This Zepbound Diet Plan PDF and Start Today

Managing your nutrition on tirzepatide does not have to feel overwhelming. This Zepbound Diet Plan PDF gives you the exact framework — what to eat at every dose phase, which foods to avoid, how to handle restaurants and side effects, and a full week of meals with a grocery list ready to go. Bookmark this page, print it, or share it with your care team. Then focus on one meal at a time.

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*This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider or a registered dietitian before making dietary changes, especially while taking prescription medication. Individual results vary based on health status, body weight, activity level, and medication dosage.*