

Free 7-Day GLP-1 Meal Planning Template

SmashMeals · Dedicated gluten-free kitchen, Kingsport, TN · smashmeals.com/blog/7-day-glp-1-meal-plan · Not medical advice — follow your prescriber or registered dietitian.

THE SHORT ANSWER

A useful seven-day GLP-1 plan starts with your clinician's instructions, then uses the current product page and container label for every meal you consider. This printable template helps you compare what is available without inventing a universal calorie target, protein target, symptom remedy, or medication schedule.

USE THIS PAGE FOR

- organizing guidance you have already received from your care team;
- comparing current serving, nutrition, ingredient, and allergen information;
- planning which days need ready-to-heat convenience; and
- recording questions before you order.

Do not use this page to change a medication, diagnose symptoms, or set your own clinical targets.

Searches for a "7-day GLP-1 meal plan" often lead to rigid menus with one set of calorie and protein numbers. That looks precise, but it can hide the most important fact: medication, health history, side effects, goals, and nutrition needs differ from person to person.

The National Institute of Diabetes and Digestive and Kidney Diseases explains that weight-management medications are used alongside healthy eating and activity, that side effects vary by medication, and that people should follow a health professional's instructions. This template keeps SmashMeals in the right role: making current meal information and ordering pathways easier to compare.

Before you fill in the week

Start with your care plan. Write down the instructions your prescriber or registered dietitian gave you. If you do not have individualized food or fluid guidance, ask for it.

Use current information. SmashMeals rotates its menu. Verify the exact meal, option, serving information, nutrition details, ingredients, allergens, storage directions, and use-by guidance available when you order.

Keep unknowns unknown. Do not estimate a missing nutrient, assume a substitution has similar values, or carry an old meal's numbers into a new week.

Escalate medical questions. A meal-prep company can explain product and fulfillment information. Your care team should answer medication, symptom, hydration, supplement, and therapeutic-diet questions.

Printable seven-day checklist

Use one card per day. The focus changes through the week so the plan covers clinical guidance, current product information, ingredients, ordering, storage, and review—not just a list of foods.

DAY 1

Write down your individual plan

Start with the instructions that actually apply to you.

- ☐ Record the targets or limits your prescriber or registered dietitian gave you.
- ☐ List allergies, intolerances, medication instructions, and foods you were told to avoid.
- ☐ Write down who to contact when symptoms or intake concerns come up.

Meals or questions for this day: _____

DAY 2

Compare current meal information

Use the live menu instead of an old sample week.

- ☐ Open the current menu and shortlist meals that fit your care plan.
- ☐ Check the exact item and option for serving information, ingredients, allergens, and posted nutrition details.
- ☐ Treat any missing value as unknown rather than estimating it.

Meals or questions for this day: _____

DAY 3

Plan a lower-effort day

Reduce preparation and decision-making without prescribing what to eat.

- ☐ Choose familiar options that already fit your clinician's guidance.
- ☐ Check storage and reheating directions before you need the meal.
- ☐ Keep your care team's contact instructions easy to find.

Meals or questions for this day: _____

DAY 4

Verify before ordering

Make sure the plan matches what is actually available.

- ☐ Recheck the live menu because products and options rotate.
- ☐ Confirm fulfillment, pickup, delivery, or shipping details during checkout.
- ☐ Remove any meal whose current information does not match your needs.

Meals or questions for this day: _____

DAY 5

Review ingredients and allergens

Separate gluten-free facility information from personal allergen suitability.

- ☐ Read the exact product information and container label.
- ☐ Do not assume gluten-free means free of every allergen.
- ☐ Ask SmashMeals about product information; ask your clinician about medical suitability.

Meals or questions for this day: _____

DAY 6

Plan around your real schedule

Put meals where convenience is most useful.

- ☐ Mark which eating occasions need a ready-to-heat option.
- ☐ Check that refrigeration, transport, and reheating instructions can be followed.
- ☐ Leave room to follow new guidance from your care team.

Meals or questions for this day: _____

DAY 7

Review and adjust

Use your own observations without turning them into medical conclusions.

- ☐ Record what you selected, what you used, and which product details were helpful.
- ☐ Write down symptoms or intake concerns to discuss with your care team.
- ☐ Build next week's shortlist from the new live menu, not from this week's availability.

Meals or questions for this day: _____

Build each day without guessing

Planning field	What to write down	Where to verify it
Meal or snack	The exact item and selected option	Current menu and checkout
Serving information	The serving size and number of servings stated for that item	Product page or container label
Nutrition details	Only the values currently posted for that exact item	Product page or container label

Planning field	What to write down	Where to verify it
Ingredients and allergens	The information relevant to your needs	Exact product information; ask before ordering if unclear
Storage and reheating	The directions you can safely follow	Container label and current food-safety instructions
Care-team question	Anything the meal company cannot answer	Prescriber or registered dietitian

Questions to take to your prescriber or registered dietitian

What calorie, protein, carbohydrate, fiber, and fluid guidance applies to me?

Do my other conditions or medicines change how I should plan meals?

What symptoms should prompt a call, and what should I do if I cannot eat or drink as instructed?

Do I need guidance about supplements, alcohol, or foods that affect my treatment?

How should I adjust the plan if my medication, dose, activity, or health changes?

How SmashMeals fits into the plan

SmashMeals can provide prepared-food convenience and the product information published for the meals on the current menu. It does not prescribe a GLP-1 diet or decide whether a meal is medically appropriate for you. Use the links below to compare the current choices and understand the ordering process.

Official sources

NIDDK: Prescription Medications to Treat Overweight & Obesity (<https://www.niddk.nih.gov/health-information/weight-management/prescription-medications-treat-overweight-obesity>) — health-professional guidance, individualized decisions, and the fact that side effects vary.

FDA: Wegovy approval and safety overview (<https://www.fda.gov/news-events/press-announcements/fda-approves-first-treatment-reduce-risk-serious-heart-problems-specifically-adults-obesity-or>) — an official example of medication-specific adverse-reaction information and prescribing guidance.

SmashMeals is not a medical provider. This article is educational and does not replace your prescriber, registered dietitian, approved medication labeling, or emergency guidance.

Frequently Asked Questions

Is this an exact GLP-1 diet?



Why does this plan not give one calorie or protein target? 

Can I print this seven-day GLP-1 meal-planning template? 

Are the same SmashMeals meals available every week? 

Can I split a prepared meal into more than one eating occasion? 

What should I do if eating or drinking becomes difficult? 

Do I need a SmashMeals subscription? 
