

Mounjaro Diet Plan - 4 Week Planner

Use this planner to organise your meals for the month while on Mounjaro. Days of the week are across the top, and meals are arranged in rows for easier planning.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Breakfast							
Lunch							
Dinner							
Snacks							
Week 2							
Breakfast							
Lunch							
Dinner							
Snacks							
Week 3							
Breakfast							
Lunch							
Dinner							
Snacks							
Week 4							
Breakfast							
Lunch							
Dinner							
Snacks							

Tip: Planning your meals weekly helps you stay on track and achieve better results while using Mounjaro.