

# LUNCH: Mounjaro/Ozempic/Wegovy Weight Loss

Jimmy Johns

calories: 350-400

**NO: rice, pasta, potato, beans, quinoa .**



ham, tuna, chicken, turkey, low fat mayo, mustard  
450/8/15



salads: unlimited vegetables, low fat dressings, no seeds, nut croutons  
250/3/22



Low carb wrap  
tuna, chicken, turkey, beef, ham, cheese, mustard. NO MAYO  
250/6/16



215/2/14

Chicken Kitchen No carb chop chop



300/3/30



Burger: hold bun  
6oz: 400/3/40



grilled chicken, fish no skin, no carb  
6oz: 230/3/40



Tuna, chicken, egg salad & Melba toast  
1cup: 383/10/30



Kani Sushi

no rice 150/2/15

## Quick Low Carb/High Protein Lunches



Low Carb Chipotle Bowl



## Snacks @ 3-7 pm: Prevents Hunger at Dinner



many no chocolate

cheese wrapped with turkey

# Weight Loss Plan Discount

**L Cohen**



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