One-Week Shopping Plan

Diabetes, cholesterol, heart health, and GLP-1 support

StudioLink Recipe | Pairs with "The Ozempic Grocery Shortlist" article | 5 pages

This plan turns the Ozempic Grocery Shortlist into a working week. Every meal puts protein first, adds soluble fiber for cholesterol, and keeps carbohydrates low enough to be gentle on blood sugar. Nothing here requires a specialty store or a subscription.

Use the week table below as a loose guide. Swap any meal for another recipe from the article. The shopping list on the next two pages is built to cover the whole week with some overlap, so you buy fewer things and waste less.

If you are cooking for one, halve the recipes. Most of them reheat well the next day, which makes a two-person week easy to stretch into leftovers.

Estimated cost for one person for one week: $135 to $165, depending on store and whether proteins are fresh or canned and frozen.

Week at a Glance

Day	Breakfast	Lunch	Dinner
Monday	Berry-chia protein bowl	High-protein cabbage wraps	Mediterranean baked cod with quinoa
Tuesday	Savory oat bowl with a soft egg	Roasted beet and salmon salad	Chicken au poivre with green beans
Wednesday	Spinach omelet with cottage cheese	Smashed white bean and avocado toast	High-protein ramen with a side salad
Thursday	Greek yogurt with oats and berries	Tuna salad over mixed greens	Chicken enchilada bake
Friday	Cottage cheese with berries and almonds	Leftover enchilada bake	Beef bulgogi bowl over brown rice
Saturday	Savory oat bowl with a soft egg	Sardines on whole-grain crackers with cucumber	Roasted salmon with barley and green beans
Sunday	Greek yogurt with berries and chia	High-protein baked quesadillas	Mediterranean baked cod (repeat)

How to read this plan

- **Protein target.** Each breakfast, lunch, and dinner lands between 20 and 30 grams of protein. That is the range that protects muscle and keeps you full when appetite is low.
- **Fiber target.** Each day includes at least one high-fiber grain or legume. Oats, barley, beans, and lentils carry the bulk of the cholesterol-lowering work.
- **Flexibility.** Weekends repeat a few weekday meals on purpose. Repetition cuts shopping, cuts cooking, and makes the week feel less like a project.

Produce

Quantities below cover the full week for one person with a few leftovers. Adjust if you cook for two.

- [ ] Bagged spinach (10 oz)
- [ ] Mixed greens or arugula (5 oz)
- [ ] Kale or collard greens (1 bunch)
- [ ] Strawberries (1 pint)
- [ ] Blueberries, fresh or frozen (2 cups)
- [ ] Raspberries or blackberries (1 cup)
- [ ] Avocados (3)
- [ ] Broccoli (1 head)
- [ ] Cauliflower (1 head)
- [ ] Green beans (1 lb)
- [ ] Carrots (1 bag)
- [ ] Tomatoes on the vine (4)
- [ ] Bell peppers (2)
- [ ] Cucumbers (2)
- [ ] Mushrooms (8 oz)
- [ ] Zucchini (2)
- [ ] Beets (1 bunch)
- [ ] Cabbage (1 head)
- [ ] Brussels sprouts (1 lb)
- [ ] Celery (1 bunch)
- [ ] Garlic (1 bulb)
- [ ] Yellow onions (3)
- [ ] Lemons (3)
- [ ] Limes (2)
- [ ] Apples (3)
- [ ] Pears (2)

Protein

Buy family packs and portion them the day you get home. Canned and frozen options are cheaper and last longer.

- [ ] Chicken breast (2 lb)
- [ ] Beef sirloin (1 lb)
- [ ] Salmon fillets (2, 5 to 6 oz each)
- [ ] Cod fillets (4)
- [ ] Canned wild salmon (2 cans)
- [ ] Canned tuna in water (2 cans)
- [ ] Canned sardines in olive oil (2 tins)
- [ ] Eggs (1 dozen)
- [ ] Firm tofu (1 block)
- [ ] Tempeh (1 package)
- [ ] Plain Greek yogurt, 0% or 2% (32 oz)
- [ ] Cottage cheese, low-fat (16 oz)
- [ ] Shelled edamame, frozen (1 bag)
- [ ] Canned lentils (2 cans)
- [ ] Canned chickpeas (2 cans)
- [ ] Canned black beans (2 cans)

Pantry

You may already own several of these. Stock once and they carry over for weeks.

- [ ] Rolled oats (18 oz)
- [ ] Steel-cut oats (1 lb)
- [ ] Psyllium husk (12 oz)
- [ ] Pearl barley (1 lb)
- [ ] Quinoa (1 lb)
- [ ] Brown rice (1 lb)
- [ ] Wild rice blend (1 lb)
- [ ] Whole-grain bread (1 loaf)
- [ ] Whole-grain pasta (1 box)
- [ ] Whole-wheat tortillas (1 pack)
- [ ] Canned white beans, no salt added (2 cans)
- [ ] Canned diced tomatoes, no salt added (2 cans)
- [ ] Low-sodium broth (32 oz)
- [ ] Extra virgin olive oil (1 bottle)
- [ ] Plant sterol spread (1 tub)
- [ ] Chia seeds (1 bag)
- [ ] Ground flaxseed (1 bag)
- [ ] Unsalted almonds (1 bag)
- [ ] Unsalted walnuts (1 bag)
- [ ] Pumpkin seeds (1 bag)
- [ ] Unsalted nut butter (1 jar)
- [ ] Ground cinnamon (1 jar)
- [ ] Dried dill (1 jar)
- [ ] Red pepper flakes (1 jar)

Dairy and Alternatives

- [ ] Low-fat milk (1/2 gallon)
- [ ] Plain low-fat kefir (32 oz)
- [ ] Part-skim mozzarella (8 oz)
- [ ] Reduced-fat cheddar (8 oz)
- [ ] Unsweetened almond milk (1/2 gallon)
- [ ] Unsweetened soy milk (1/2 gallon)

Before you shop

- **Shop the perimeter first.** Produce, protein, and dairy live around the outside of most stores. Fill the cart there before heading down the aisles.
- **Read three numbers.** Fiber (higher is better), sodium (lower is better), and added sugar (lower is better). Those three tell you more than any front-of-package claim.
- **Frozen counts as fresh.** Frozen vegetables and berries keep for months and cost less out of season. They also cut food waste when appetite changes week to week.
- **Add fiber slowly.** If you are increasing oats, beans, and psyllium at once, you may feel bloated for a week. Add one fiber source at a time and drink more water than usual.
- **Store brands are fine.** Every item on this list has a store-brand equivalent with matching nutrition. Buy the version that saves you money.

Three Recipes from This List

Each recipe uses only ingredients from the shopping list on the previous pages. All three are built for two servings and scale up easily.

Berry-Chia Protein Bowl

The fastest high-protein breakfast on the list, with no cooking required.

Serves: 2 | **Prep:** 5 min | **Cook:** none | **Protein:** about 22 g per serving

Ingredients

- [ ] 1 1/2 cups plain Greek yogurt, 0% or 2%
- [ ] 1 cup mixed berries, fresh or frozen and thawed
- [ ] 2 tbsp chia seeds
- [ ] 2 tbsp ground flaxseed
- [ ] 2 tbsp sliced almonds
- [ ] 1/2 tsp ground cinnamon
- [ ] 1 tsp honey, optional

Instructions

1. Spoon the yogurt into a mixing bowl and whisk in the cinnamon until evenly combined.
2. Divide the yogurt between two bowls.
3. Top each bowl with half the berries, 1 tbsp chia seeds, 1 tbsp ground flaxseed, and 1 tbsp almonds.
4. Drizzle with honey if using. Serve right away, or cover and refrigerate for up to three days.

Why it works: Greek yogurt supplies 20-plus grams of protein and live probiotics. Chia and flax add soluble fiber that binds cholesterol in the gut. Berries are the lowest-sugar fruit on the list, so the bowl keeps blood sugar steady without tasting like a compromise.

Roasted Salmon with Barley and Green Beans

A one-pan dinner that covers omega-3s, beta-glucan fiber, and lean protein at once.

Serves: 2 | **Prep:** 10 min | **Cook:** 35 min | **Protein:** about 35 g per serving

Ingredients

- [ ] 2 salmon fillets, 5 to 6 oz each
- [ ] 1/2 cup dry pearl barley
- [ ] 2 cups green beans, trimmed
- [ ] 1 tbsp extra virgin olive oil
- [ ] 1 lemon
- [ ] 2 garlic cloves, minced
- [ ] 1/2 tsp dried dill
- [ ] 1/4 tsp salt
- [ ] 1/4 tsp black pepper

Instructions

1. Heat the oven to 425 F. Line a sheet pan with parchment paper.
2. Simmer the barley in 1 1/2 cups water or low-sodium broth for 25 to 30 minutes, until tender. Drain any excess liquid.
3. Pat the salmon dry and place it on the sheet pan. Drizzle with half the olive oil and season with dill, salt, and pepper.
4. Toss the green beans with the remaining oil and the garlic. Arrange them around the salmon.
5. Roast for 12 to 14 minutes, until the salmon flakes easily and the beans are crisp tender.
6. Serve the salmon and beans over the barley with a squeeze of lemon.

Why it works: Barley is one of the highest sources of beta-glucan soluble fiber, the type linked to lower LDL cholesterol. Salmon adds omega-3 fatty acids that support heart health and lower triglycerides. Green beans add fiber without adding carbohydrates, which keeps the meal gentle on blood sugar.

Smashed White Bean and Avocado Toast

A no-cook lunch that delivers soluble fiber and monounsaturated fat in one plate.

Serves: 2 | **Prep:** 10 min | **Cook:** none | **Protein:** about 15 g per serving

Ingredients

- [ ] 1 can (15 oz) no-salt-added white beans, rinsed and drained
- [ ] 1 ripe avocado
- [ ] 2 slices whole-grain bread
- [ ] 1 tbsp extra virgin olive oil
- [ ] 1/2 lemon
- [ ] 1 small garlic clove, grated
- [ ] 1 cup arugula
- [ ] 2 tbsp pumpkin seeds
- [ ] Pinch of salt and black pepper
- [ ] Pinch of red pepper flakes

Instructions

1. Mash the beans in a bowl with the olive oil, lemon juice, grated garlic, salt, and pepper. Leave a little texture so the spread holds together.
2. Toast the bread until golden and firm.
3. Spread half the mashed beans on each slice.
4. Slice the avocado and lay it over the beans.
5. Top with arugula and pumpkin seeds, then finish with red pepper flakes.

Why it works: White beans are one of the cheapest sources of soluble fiber and plant protein in the store. Avocado supplies monounsaturated fat that helps lower LDL when it replaces saturated fat. Whole-grain bread keeps the carbohydrate slow instead of sharp.

How to use the leftovers

- **Barley.** Cook a double batch on Sunday and use it in grain bowls through Wednesday. It holds up better than rice in the fridge.
- **Mashed white beans.** The spread keeps for four days. Use it as a dip for cucumbers and bell peppers, or as a sandwich filling instead of mayonnaise.
- **Roasted vegetables.** Roast a full sheet pan of broccoli, cauliflower, and Brussels sprouts alongside the salmon. They reheat in the microwave in 90 seconds.
- **Greek yogurt.** A 32-ounce tub covers breakfasts, dips, and dressings for the week. Portion it into smaller containers so it stays fresh.

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This guide is educational and does not replace medical advice. Check with your care team before changing your diet, especially if you take medication for diabetes, cholesterol, or blood pressure.