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Mounjaro Food Plan

Richard Lipman M.D.,

women: 200 cal
men: 240 cal

Maintain	1800 cal	2000+cal
Lose Weight	1100 cal	1450 cal
carbs.	< 50 g	< 50 g
protein	>80 g	> 100 g



pick 2 choices



low carb bread/wraps

Add to wrap, pita or crackers:



Typical Breakfasts



Frozen Breakfasts: < 200 calories



all "2"

Beverages: Free All Day



Coffee/Tea:
no sugar creamer,
fat free milk, no
sugar almond milk,
Tonic, Stevia, Splenda



Fruit Choices



Lunch on Semaglutide Food Plan

women (350 cal)-pick 2 men(450 cal)-pick 3

NO rice, pasta, potato, beans, quinoa,



unlimited vegetables, low fat dressings, no nuts, seeds



unlimited fruits

Sandwiches, subs, wraps = ideal lunch:

1. Easy portion control
2. Sides are salads, soups, chips NOT rice, beans, pasta
3. Easy to split off for pm snack



6" = 1 pick



turkey, tuna, ham, chicken, beef, mustard, ketchup
add lots of vegetables, 1-2 slices low fat cheese

Fast Food Lunch



88-215 cal

Jimmy Johns Unwich

Drive Thru Choices:
Skip the Fries



Small portions of fish/chicken vegetables



Mini Meals

Snacks @ 3-7 pm: 170 calories or less, > 12 g protein



protein chips



Just Cheese Bars



cheese stick wrapped with ham or turkey



protein snack decreases hunger at dinner



1/3 of wrap, sandwich, sub left from lunch is ideal snack



Portable Packs of Protein

high protein bars

links to Amazon to purchase these on Dr LAPP 6-8h

Snacks: women pick 2, men pick 3

Sweet Snacks

Best Choices
Easy Portion control



No sugar cookies
watch portion, easy to eat too many



Low Calories-low sugar bars



Salty Snacks

Hard Portion Control



100 cal pack

120 cal/bag, high protein
low carb chips



GNC, Vit Shoppe,
Walmart, AMAZON



Any Time Snacks



Free Snacks- all day & evening



no sugar
apple sauce
40 cal



20 calories



Low Calorie, Low Sugar, High Protein Ice Cream--(calories on front)

Dinner: Larger Meal- 500-650 cal

UNLIMITED fruits, vegetables, salads



non creamy soups

no fat or low fat dressing:
ideal salad dressing: 70 cal/ 2 tbsp

Carbs: 1 cup cooked: 2-3 times a week
best



white rice



brown rice



beans



1/2 baked potato



1/3 sweet potato



pasta

2-3 times a month

worst



or

Veggie Carbs: pasta, rice, potatoes



see: Bit.ly/veggiecarbs

Proteins: Watch Portions -No frying



Fish

women: 8 oz.
men: 10 oz



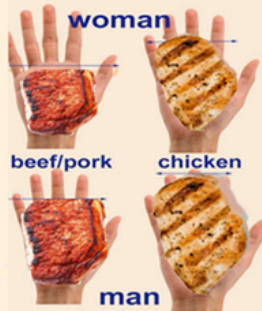
Chicken:

women 6 oz.
men 8 oz.



Lean beef/pork

women: 4oz
men: 6 oz



beef/pork

chicken

man



fish



"0 calories



No Fat or Lite

2 tbsp = 70 cal

Typical Dinners



sushi with rice o.k, no rice bowls



cauliflower rice



Healthy Choice, Smart Ones

