

Semaglutide Meal Plan (Weekly)

MONDAY

Breakfast

Mixed Berry Protein Overnight Oats

Lunch

Lemony Tilapia & Cucumber with Rice

Dinner

Grilled Chicken Tacos with Mango Slaw

Snacks

Greek Yogurt & Clementines
Lemon Dill Yogurt Dip with Carrots & Celery
Tzatziki with Cucumber Slices

Evening

BIOptimizers Magnesium Breakthrough (use code: QUEEN)

TUESDAY

Breakfast

Mixed Berry Protein Overnight Oats

Lunch

Grilled Chicken Tacos with Mango Slaw

Dinner

Shrimp, Hummus & Couscous Bowl

Snacks

Greek Yogurt & Clementines
Lemon Dill Yogurt Dip with Carrots & Celery
Tzatziki with Cucumber Slices

Evening

BIOptimizers Magnesium Breakthrough (use code: QUEEN)

WEDNESDAY

Breakfast

Banana Oat Protein Pancakes

Lunch

Shrimp, Hummus & Couscous Bowl

Dinner

Cumin Roasted Turkey & Broccoli

Snacks

Greek Yogurt & Clementines
Lemon Dill Yogurt Dip with Carrots & Celery
Tzatziki with Cucumber Slices

Evening

BIOptimizers Magnesium Breakthrough (use code: QUEEN)

THURSDAY

Breakfast

Banana Oat Protein Pancakes

Lunch

Cumin Roasted Turkey & Broccoli

Dinner

Grilled Honey Dijon Salmon with Zucchini & Quinoa

Snacks

Melon & Prosciutto Toast with Cottage Cheese
Cherries & Greek Yogurt

Evening

BIOptimizers Magnesium Breakthrough (use code: QUEEN)

FRIDAY

Breakfast

Super Simple French Toast

Lunch

Grilled Honey Dijon Salmon with Zucchini & Quinoa

Dinner

Hoisin Chicken Soba Noodle Salad

Snacks

Melon & Prosciutto Toast with Cottage Cheese
Cherries & Greek Yogurt

Evening

BIOptimizers Magnesium Breakthrough (use code: QUEEN)

SATURDAY

Breakfast

Super Simple French Toast

Lunch

Hoisin Chicken Soba Noodle Salad

Dinner

Chicken, Rice & Broccoli

Snacks

Melon & Prosciutto Toast with Cottage Cheese
Cherries & Greek Yogurt

Evening

BIOptimizers Magnesium Breakthrough (use code: QUEEN)

SUNDAY

Breakfast

Super Simple French Toast

Lunch

Chicken, Rice & Broccoli

Dinner

Grilled Pork Vermicelli Bowl

Snacks

Melon & Prosciutto Toast with Cottage Cheese
Cherries & Greek Yogurt

Evening

BIOptimizers Magnesium Breakthrough (use code: QUEEN)

SEMAGLUTIDE MEAL PLAN: SHOPPING LIST

75 items

Fruits

- 1 Banana
- 1/2 cup Blueberries
- 2 cups Cherries
- 6 Clementines
- 1 Honeydew Melon
- 2 Lemon
- 1 1/2 tsps Lime Juice
- 1/2 Mango
- 2 cups Raspberries

Breakfast

- 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Cumin
- 1 1/2 tbsps Cumin Seed
- 1 1/2 tsps Fennel Seed
- 1 tbsp Ground Flax Seed
- 2 tbsps Hemp Seeds
- 1/2 tsp Paprika
- 1 1/8 tbsps Sea Salt
- 1 1/2 tsps Shawarma Spice Blend

Vegetables

- 4 cups Broccoli
- 4 Carrot
- 3 stalks Celery
- 3 tbsps Cilantro
- 2 Cucumber
- 3 tbsps Fresh Dill
- 3 3/4 Garlic
- 1 1/2 tsps Ginger
- 2 cups Green Cabbage
- 2 1/2 stalks Green Onion
- 3 1/3 tbsps Mint Leaves
- 1 1/16 tbsps Parsley
- 1/2 Red Bell Pepper
- 6 leaves Romaine
- 2 Zucchini

Boxed & Canned

- 1/4 cup Basmati Rice
- 1/2 cup Brown Basmati Rice
- 1/2 cup Brown Rice
- 3 1/2 ozs Buckwheat Soba Noodles
- 3 tbsps Chicken Broth
- 1/2 cup Couscous
- 1/2 cup Quinoa
- 1 3/4 ozs Rice Vermicelli Noodles

Baking

- 1 tsp Baking Powder
- 1 tbsp Coconut Sugar
- 1 cup Oat Flour
- 1 cup Oats
- 1 tbsp Raw Honey

Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 10 ozs Chicken Thighs
- 4 Corn Tortilla
- 8 ozs Extra Lean Ground Chicken
- 5 1/3 ozs Pork Shoulder, Boneless
- 3 1/2 ozs Prosciutto
- 8 ozs Salmon Fillet
- 10 1/16 ozs Shrimp
- 1 Tilapia Fillet
- 8 ozs Turkey Breast
- 10 slices Whole Grain Bread

Condiments & Oils

- 1 1/2 tsps Avocado Oil
- 1 1/16 tbsps Coconut Oil
- 2 tbsps Dijon Mustard
- 2 1/16 tbsps Extra Virgin Olive Oil
- 2 1/4 tsps Fish Sauce
- 1 1/2 tbsps Hoisin Sauce
- 2 1/4 tsps Rice Vinegar
- 3/4 tsp Tamari

Cold

- 1 1/2 tsps Butter
- 1 cup Cottage Cheese
- 6 Egg
- 1/4 cup Hummus
- 1 tbsp Orange Juice
- 6 1/2 cups Plain Greek Yogurt
- 2 1/4 cups Soy Milk
- 1/4 cup Unsweetened Coconut Yogurt

Other

- 1 1/8 cups Vanilla Protein Powder
- 1 1/8 cups Water

Mixed Berry Protein Overnight Oats

8 ingredients · 8 hours · 2 servings



Directions

1. In a bowl, add the oats and protein powder. Mix to combine. Stir in the milk, coconut yogurt, and maple syrup until smooth.
2. Divide evenly between jars and top with blueberries, raspberries, and hemp seeds. Refrigerate overnight or for at least eight hours. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

No Soy Milk

Use any type of milk.

Additional Toppings

Cinnamon, coconut flakes, nut butter, nuts, and seeds.

Ingredients

- 1 cup Oats (rolled)
- 1/2 cup Vanilla Protein Powder
- 1 cup Soy Milk
- 1/4 cup Unsweetened Coconut Yogurt
- 2 tbsps Maple Syrup
- 1/2 cup Blueberries
- 1/2 cup Raspberries
- 2 tbsps Hemp Seeds

Banana Oat Protein Pancakes

9 ingredients · 15 minutes · 2 servings



Directions

1. In a mixing bowl, combine the flour, protein powder, baking powder, flax seed, and salt.
2. Add the mashed banana and milk to the bowl. Stir until well combined.
3. Heat a large non-stick skillet over medium heat and lightly grease with oil. Scoop 1/4 cup of batter at a time into the pan and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
4. Divide onto plates and top with maple syrup, if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

Serving Size

One serving is approximately three pancakes.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Soy-Free

Use oat milk instead.

Additional Toppings

Serve with berries, yogurt, and/or nut butter.

Ingredients

- 1 cup Oat Flour
- 2/3 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tbsp Ground Flax Seed
- 1/8 tsp Sea Salt
- 1 Banana (medium, mashed)
- 1 1/4 cups Soy Milk
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Maple Syrup (optional)

Super Simple French Toast

4 ingredients · 10 minutes · 3 servings



Directions

1. Whisk the eggs in a shallow bowl. Dip the bread into the mixture, coating both sides evenly.
2. Heat a nonstick pan over medium-high heat. Cook the bread slices for about two minutes per side, or until browned and cooked through. Repeat the process until all of the bread is cooked.
3. Top with raspberries and maple syrup. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Gluten-Free

Use gluten-free bread instead.

More Flavor

Add cinnamon, nutmeg, vanilla extract and/or a splash of any milk to the egg mixture.

Additional Toppings

Nuts, shredded coconut, nut or seed butter, or cottage cheese.

Ingredients

- 6 Egg
- 6 slices Whole Grain Bread
- 1/3 cup Maple Syrup
- 1 1/2 cups Raspberries

Greek Yogurt & Clementines

2 ingredients · 5 minutes · 3 servings



Directions

1. Add the yogurt to a bowl and top with clementine slices. Enjoy!

Notes

Leftovers

Best enjoyed immediately or you can meal prep by storing in an airtight container for up to three days.

Make it Vegan

Use coconut yogurt instead of Greek yogurt.

More Flavor

Add maple syrup or honey.

Additional Toppings

Top with coconut flakes, granola, nuts, and seeds.

Ingredients

1 1/2 cups Plain Greek Yogurt

6 Clementines (peeled, sectioned)

Melon & Prosciutto

2 ingredients · 5 minutes · 4 servings



Directions

1. Add the melon and prosciutto to a plate and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups of melon.

Additional Toppings

Drizzle the melon with a bit of raw honey for extra sweetness.

No Honeydew Melon

Use cantaloupe or watermelon.

Ingredients

1 Honeydew Melon (small, peeled, seeds removed and chopped)

3 1/2 ozs Prosciutto (thinly sliced)

Tzatziki with Cucumber Slices

6 ingredients · 15 minutes · 3 servings



Directions

1. Slice off 1/4 of the cucumber and set the remainder aside.
2. Slice the 1/4 portion of cucumber in half. Scoop out the seeds and discard. Grate the remaining cucumber then squeeze out as much liquid as possible. Transfer to a mixing bowl.
3. Stir in yogurt, garlic, lemon juice, mint and sea salt until thoroughly combined. Transfer to a serving bowl.
4. Slice the remaining cucumber into slices and serve with tzatziki. Enjoy!

Notes

Dairy-Free

Use a plain dairy-free yogurt instead of Greek yogurt.

No Mint

Use dill instead.

Storage

Best enjoyed immediately but will keep in an airtight container up to 2 days in the fridge. Stir well before serving.

Ingredients

- 1 1/2 Cucumber (divided)
- 1 1/2 cups Plain Greek Yogurt
- 1 1/2 Garlic (clove, minced)
- 3/4 Lemon (juiced)
- 3 tbsps Mint Leaves (fresh, finely chopped)
- 3/4 tsp Sea Salt

Cherries & Greek Yogurt

2 ingredients · 5 minutes · 4 servings



Directions

1. Serve the yogurt with the cherries. Enjoy!

Notes

Serving Size

One serving is equal to 1/2 cup of yogurt and 1/2 cup of cherries.

More Flavor

Use vanilla yogurt.

Additional Toppings

Chocolate chips or cacao nibs.

Dairy-Free

Use dairy-free yogurt.

Ingredients

2 cups Plain Greek Yogurt

2 cups Cherries (pitted)

Lemony Tilapia & Cucumber with Rice

7 ingredients · 30 minutes · 1 serving



Directions

1. Cook the rice according to the package directions and set aside.
2. Season the fish fillets all over with half of the salt. Melt half of the butter in a pan over medium-high heat. Add the fish and half of the lemon juice to the pan.
3. Cook for three to four minutes. Add the remaining butter to the pan. Flip the fillets and cook for another three to four more minutes. Spoon the lemon butter from the pan over the fillets occasionally.
4. Meanwhile, in a bowl, mix together the cucumber, mint leaves, remaining lemon juice, and salt. Divide the rice and fish fillets evenly between plates. Top the fish with the cucumber mixture and enjoy!

Notes

Leftovers

Refrigerate in an airtight container of up three days.

Serving Size

One serving is equal to approximately 1/2 cup cooked rice, one fish fillet and 1/3 cup cucumber salad.

No Mint Leaves

Use dill instead.

Fillet Size

One tilapia fillet is equal to 116 grams or 4.1 ounces.

Ingredients

1/4 cup Basmati Rice (dry, rinsed)

1 Tilapia Fillet

1/2 tsp Sea Salt (divided)

1 1/2 tsps Butter (divided)

1/2 Lemon (juiced, divided)

1/4 Cucumber (medium, chopped)

1 tsp Mint Leaves (chopped)

Lemon Dill Yogurt Dip with Carrots & Celery

5 ingredients · 10 minutes · 3 servings



Directions

1. Combine the yogurt, lemon juice, and dill in a bowl. Serve with the carrot and celery sticks. Enjoy!

Notes

Leftovers

Refrigerate the dip in an airtight container for up to three days. Store the carrots and celery sticks separately.

Dairy-Free

Use plain coconut yogurt instead.

More Flavor

Add lemon juice, olive oil, salt and pepper to the dip.

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 3/4 Lemon (juiced)
- 3 tbsps Fresh Dill (finely chopped)
- 3 Carrot (medium, peeled, cut into sticks)
- 3 stalks Celery (cut into sticks)

Toast with Cottage Cheese

2 ingredients · 10 minutes · 4 servings



Directions

1. Spread cottage cheese evenly on the toasted bread and enjoy!

Notes

No Whole Grain Bread

Use any type of bread or a toasted slice of sweet potato.

More Toppings

Add a drizzle of honey, maple syrup, fresh fruit, bee pollen, cucumbers, avocado, tomato slices, hemp hearts or pomegranate seeds.

Storage

Best enjoyed immediately as the bread will soften.

Ingredients

1 cup Cottage Cheese

4 slices Whole Grain Bread (toasted)

Grilled Honey Dijon Salmon with Zucchini & Quinoa

7 ingredients · 30 minutes · 2 servings



Directions

1. Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
2. Preheat the grill to medium heat.
3. Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
4. Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
5. Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 2 tbsps Dijon Mustard (grainy or regular)
- 1 tbsps Raw Honey
- 8 ozs Salmon Fillet
- 2 Zucchini (sliced in half lengthwise)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

Notes

No Grill

Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.

No Zucchini

Use asparagus or green beans instead.

Lower Carb

Omit the quinoa or serve with cauliflower rice instead.

Leftovers

Store leftovers in an airtight container in the fridge up to 2 to 3 days.

Hoisin Chicken Soba Noodle Salad

10 ingredients · 15 minutes · 2 servings



Directions

1. Cook the noodles according to the package directions. Drain, rinse under cold water, and set aside.
2. Heat a large non-stick pan over medium-high heat. Add 1/3 of the broth and chicken, breaking it up as it cooks. Cook for five to seven minutes or until the chicken is cooked through. Set aside.
3. In the same pan, heat half of the remaining broth. Sauté the ginger and garlic for 30 seconds, or until fragrant. Add the green onions, hoisin sauce, orange juice, and cooked chicken. Add the remaining broth as needed. Mix well and cook for two more minutes. Stir in the carrots.
4. In a large bowl, mix the noodles and chicken mixture with the romaine. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add cilantro, sriracha, and/or tamari.

Ingredients

- 3 1/2 ozs Buckwheat Soba Noodles
- 3 tbsps Chicken Broth (divided)
- 8 ozs Extra Lean Ground Chicken
- 1 1/2 tsps Ginger (fresh, grated)
- 2 Garlic (cloves, minced)
- 2 stalks Green Onion (thinly chopped, plus more for garnish)
- 1 1/2 tbsps Hoisin Sauce
- 1 tbsp Orange Juice
- 1/2 Carrot (large, shredded)
- 6 leaves Romaine (large, chopped)

Chicken, Rice & Broccoli

6 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper.
2. Combine the rice and water in a pot and bring to a boil. Reduce the heat to a simmer and cover with a lid. Cook for 40 minutes or until water is absorbed. Remove the lid and fluff with a fork.
3. In the prepped baking dish, coat the chicken with oil and salt. Bake for 25 to 30 minutes, or until cooked through. Set aside and cover with foil while prepping the other ingredients.
4. While the rice is cooking, place broccoli in a steaming basket and add it to the same pot of rice. Steam for 5 minutes or until tender. Set aside.
5. Slice the chicken and divide it, along with the broccoli and rice onto plates or into containers. Enjoy!

Ingredients

- 1/2 cup Brown Rice (uncooked, rinsed)
- 1 cup Water
- 8 ozs Chicken Breast (boneless, skinless)
- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 2 cups Broccoli (chopped into florets)

Notes

No Brown Rice

Use quinoa, jasmine rice, couscous, barley or cauliflower rice instead.

Less Time

Soak the rice overnight or slice the chicken in half lengthwise to reduce cooking time.

No Steaming Basket

Toss the broccoli in oil, add to a baking sheet and roast for 10 minutes.

Leftovers

Refrigerate in an airtight container up to 3 days.

Serving Size

One serving is equal to approximately 3/4 cup of cooked rice, 1 cup of broccoli and 4 ozs of chicken.

Grilled Chicken Tacos with Mango Slaw

9 ingredients · 25 minutes · 2 servings



Directions

1. Heat the oil in a skillet over medium-high heat. Season both sides of the chicken with the cumin, paprika, and half of the salt.
2. Add the chicken to the skillet and cook for seven to eight minutes per side. When fully cooked, remove the chicken from the skillet and set aside to rest for five minutes before slicing.
3. Meanwhile, in a mixing bowl combine the sliced cabbage, mango, cilantro, and the remaining salt. Mix well.
4. Fill each tortilla with the sliced chicken and mango slaw. Enjoy!

Notes

Leftovers

Store the taco components separately. The chicken will keep well in the refrigerator for three to four days. The mango slaw is best enjoyed within one to two days.

Serving Size

One serving size is equal to two tacos.

No Chicken Thighs

Substitute chicken breast or ground chicken.

Save Time

Use bagged coleslaw mix and frozen mango chunks.

More Flavor

Top with red onions and additional cilantro.

Make It Spicy

Add sliced jalapenos.

Ingredients

- 1 tsp Coconut Oil
- 10 ozs Chicken Thighs (boneless, skinless)
- 1/2 tsp Cumin
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt (divided)
- 2 cups Green Cabbage (finely sliced)
- 1/2 Mango (diced)
- 1 tbsp Cilantro (minced)
- 4 Corn Tortilla (medium)

Shrimp, Hummus & Couscous Bowl

8 ingredients · 25 minutes · 2 servings



Directions

1. In a bowl, whisk together the oil, shawarma spice blend, and half of the salt. Add the shrimp and toss to combine.
2. Heat a pan over medium heat. Add the shrimp and cook for three to four minutes per side or until cooked through.
3. Meanwhile, cook the couscous according to the package directions. Once cooked, add the bell pepper and the remaining salt. Fluff the couscous with a fork and mix well.
4. Divide the hummus, couscous, and shrimp between serving plates. Top with parsley, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 2/3 cups.

Additional Toppings

Lemon juice and tahini sauce.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 1/2 tsps Shawarma Spice Blend
- 1/2 tsp Sea Salt (divided)
- 10 ozs Shrimp (peeled, deveined)
- 1/2 cup Couscous (uncooked)
- 1/2 Red Bell Pepper (medium, diced)
- 1/4 cup Hummus
- 1 tbsp Parsley (chopped)

Cumin Roasted Turkey & Broccoli

7 ingredients · 30 minutes · 2 servings

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Directions

1. Preheat the oven to 350°F (175°C). Line a large baking sheet with parchment paper. Cook the basmati rice according to package directions.
2. Meanwhile, coarsely grind the cumin and fennel seeds in a spice grinder or with a mortar and pestle. Add the salt and set aside.
3. In a bowl, coat the broccoli in half the coconut oil and half the spices. Transfer to one side of the baking sheet.
4. In the same bowl, coat the turkey in the remaining coconut oil and spices. Transfer to the baking sheet and bake for 20 minutes or until cooked through.
5. Divide the rice, turkey, and broccoli onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately four ounces of turkey, 3/4 cup of rice, and one cup of broccoli.

More Flavor

Add fresh herbs.

Additional Toppings

Serve with sauerkraut or other pickled vegetables.

Ingredients

- 1/2 cup Brown Basmati Rice (uncooked)
- 1 1/2 tbsps Cumin Seed
- 1 1/2 tsps Fennel Seed
- 1/2 tsp Sea Salt
- 2 cups Broccoli (chopped into florets)
- 2 1/4 tsps Coconut Oil (melted, divided)
- 8 ozs Turkey Breast (cut into one-inch cubes)

Grilled Pork Vermicelli Bowl

14 ingredients · 1 hour 20 minutes · 1 serving



Directions

1. Place the sliced pork inside of a large baking dish or large zipper-lock bag. In a small bowl, combine half of the coconut sugar, 1/3 of the fish sauce, tamari, oil, and garlic, and whisk well. Pour over the pork and toss well to mix everything. Let it marinate for one hour.
2. Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
3. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the pork on the baking sheet and cook for 15 minutes, or until just about cooked through. Turn the oven to broil and place the pork back in the oven to broil about four to five minutes, flipping halfway through, until charred and cooked through.
4. Meanwhile, combine the remaining coconut sugar, fish sauce, water, rice vinegar, and lime juice in a medium-sized bowl and whisk to combine until the sugar is dissolved.
5. Divide the noodles into bowls along with the cucumber, carrot, cilantro, and green onion. Top with the sliced pork. Serve with the dipping sauce and spoon it over top of each bowl. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add chili flakes or Thai chilis to the pork and/or dipping sauce.

Additional Toppings

Top with crushed peanuts and/or fresh mint.

Ingredients

- 5 1/3 ozs Pork Shoulder, Boneless (thinly sliced)
- 1 tbsp Coconut Sugar (divided)
- 2 1/4 tsps Fish Sauce (divided)
- 3/4 tsp Tamari
- 1 1/2 tsps Avocado Oil
- 1/4 Garlic (clove, chopped)
- 1 3/4 ozs Rice Vermicelli Noodles
- 2 tsps Water
- 2 1/4 tsps Rice Vinegar
- 1 1/2 tsps Lime Juice
- 1/4 Cucumber (sliced)
- 1/2 Carrot (shredded)
- 2 tsps Cilantro (roughly torn)
- 1/2 stalk Green Onion (sliced)