

GLP-1 Nutrition Framework

Client Education & Nutrition Support Guide

This document is provided for educational purposes only. It is not medical advice, does not diagnose, treat, cure, or prevent any disease, and does not replace guidance from a licensed medical professional.



SEABRIDGE WELLNESS

Important Medical Disclaimer

This document is provided for educational purposes only. It is not medical advice, does not diagnose, treat, cure, or prevent any disease, and does not replace guidance from a licensed medical professional. Nutrition strategies outlined here are intended to support general health, body composition, and lifestyle habits.

All medications, including GLP-1 receptor agonists such as Semaglutide or Tirzepatide, are prescribed and managed exclusively by a licensed medical provider. Always follow your prescribing provider's instructions.



FOOD LIST

Eat Only These Foods

P – PROTEIN (PRIORITY)

Chicken Breast (Skinless)

Bison Burger

Venison

Lean Turkey Breast

Pork Tenderloin

96/4 Ground Beef

Any White Fish

Any Shellfish

Egg Whites

Whole Eggs

0% Cottage Cheese

0% Greek Yogurt

Tuna

Protein Powder

Protein is the priority at every meal. If appetite is low, liquid protein is acceptable and encouraged.



FOOD LIST

Eat Only These Foods

F – FATS (LIMITED)

Peanut Butter
Almond Butter
Coconut Oil
Grass-Fed Butter
Olive Oil
Avocado
Mixed Nuts

Fats should be limited to 1–2 servings per day.

Avoid high-fat meals early in the day or near injection days to reduce nausea.



FOOD LIST

Eat Only These Foods

C – CARBOHYDRATES (OPTIONAL)

Sweet Potato

Red Potato

Beans / Legumes

Cooked Brown Rice

Cooked White Rice

Dry Oats

Berries

Quinoa

Fruit

Ezekiel Bread

Dave's Killer Bread

Carbohydrates are optional and best used around training or later meals.
Protein always comes first.



FOOD LIST

Eat Only These Foods

V – VEGETABLES

Asparagus
Spinach
Broccoli
Green Beans
Brussels Sprouts

NOTES

- * Eat slowly and stop eating at the first sign of fullness
- * Large meals are not required
- * Smaller portions are expected on GLP-1 medications
- * Liquid meals count as meals
- * Missed meals are acceptable — missed protein is not



SUPPLEMENTS

*Pro Tip: Keep your supplements next to things you use every morning and night
(Example: toothbrush, keys)*

AM STACK

BASE
BURN
BOOSTER

WORKOUT SUPPLEMENTS

Workout Days Only

Pro Tip: Keep supplements in your car for ease of use

Pre-Workout
Take with at least 8 oz of water

Intra-Workout
Mix with ice-cold water

Post-Workout
Mix with 8 oz of cold water



GROCERY HELPER

PROTEIN

Chicken Breast (Skinless)
Bison Burger
Venison
Lean Turkey Breast
Pork Tenderloin
96/4 Ground Beef
Any White Fish
Any Shellfish
Egg Whites
Whole Eggs
0% Cottage Cheese
0% Greek Yogurt
Protein Powder
Canned Tuna

FATS

Peanut Butter
Almond Butter
Coconut Oil
Grass-Fed Butter
Olive Oil
Avocados
Mixed Nuts

VEGETABLES

Asparagus
Spinach
Broccoli
Green Beans
Brussels Sprouts

CARBOHYDRATES

Sweet Potatoes
Red Potatoes
Beans / Legumes
Brown Rice
White Rice
Oats
Frozen Berries
Quinoa
Ezekiel Bread
Dave’s Killer Bread



MEAL PLAN LAYOUT

PROTEIN ANCHORS (DAILY GOAL)

Daily Protein Target:
Minimum 120g OR 0.8–1.0g per
pound of goal bodyweight



MEAL OPTIONS

Meals may be solid or liquid depending on appetite.

Meal 1

Protein: __
Fat (optional): __
Carb (optional): __
Veggie: __

Meal 2

Protein: __

Meal 3

Protein: __
Fat (optional): __
Carb (optional): __
Veggie: __

Optional Snack

Protein: __



CONDIMENTS – 0 CALORIE / 0 SODIUM

Mustard
Lemon Juice
Balsamic Vinegar
Hot Sauces

SPICES

Dry Spices
Dry Seasonings
Salt
Pepper
Mrs. Dash

BEVERAGES

Water
Green Tea
Black Coffee

If a condiment, spice, or beverage has 0 calories and 0 sodium, it is allowed.
If it is not on this list, do not use it.



RULES (GLP-1 MODIFIED)

1. Prioritize protein within 2–3 hours of waking

- * Liquid protein is acceptable

- * Do not force solid food if appetite is low

2. Eat within 1–2 hours after training

- * Focus on protein first

- * Carbs are optional

3. Eat slowly and stop at first fullness signal

4. Hydration is mandatory

- * Minimum 80–100 oz water daily

5. Protein always comes first

- * Calories are secondary

- * Compliance beats perfection



FIT LOG

1. Every Saturday complete your weekly check-in
2. Submit through chat
 - a) Send pictures of all meals
 - b) Ask your coach any and all questions



FINAL NOTE

This plan is designed to work with GLP-1 medications, not against them. Reduced appetite is expected. Muscle preservation, protein intake, and consistency are the priority.

seabridgewellness@gmail.com

www.seabridgewellness.com

Phone: +1(805)907-1497

IG: @seabridgewellness



SEABRIDGE WELLNESS



xxxx
xxxx
xxxx
xxxx

xxxxxx
xxxxxx
xxxxxx
xxxxxx