

# 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.



# 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.

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