



Nutrition Master Handout

GLP-1 support · Mediterranean-style food list · SMART goals

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This handout pulls together practical nutrition guidance for patients on a weight-loss or metabolic journey — including those using GLP-1 medications. It is meant as a calm, everyday reference: protein and fiber targets, a flexible food list, clearer fat choices, and a simple goal worksheet.

What's inside

- GLP-1 Nutrition Guide — protein, fiber, hydration, plate building, and movement.
- Dr. Z Food List — Mediterranean-style produce, proteins, dairy, grains, legumes, herbs.
- Fats: Prefer & Avoid — extra virgin olive oil daily; skip industrial seed oils.
- SMART Goals worksheet — blank fields plus examples in plain language.
- Why we avoid seed oils — a short, physician-calm note for patients who ask “why.”

How to use it

- Read the GLP-1 page once, then keep the food list and fats page as a fridge or phone reference.
- Fill in one SMART goal this week — small and specific beats ambitious and vague.
- Skip anything that doesn't fit your culture, budget, allergies, or medical limits.
- If you have kidney disease, gallbladder issues, food allergy, or eating-disorder history, check with us before big changes.

Questions about how this fits your plan or medications? Message us through the portal.

GLP-1 Nutrition Guide

GLP-1 medications can lower appetite and change how food sits. The goal is not perfection — it is steady protein, enough fiber and fluid, and meals that feel comfortable. Use these six keys as your default rhythm.

1. Prioritize protein

Aim for about 20–30 g of protein per meal and 10–15 g per snack when you can. Protein helps preserve muscle while weight changes and keeps you fuller between meals. Greek yogurt, eggs, fish, poultry, tofu, cottage cheese, beans, and a shake on busy days all count.

2. Fill up on fiber

Work toward roughly 25–30 g of fiber per day. Add it gradually (one change every few days) and drink water so your gut can keep up. Vegetables, berries, oats, beans, lentils, and whole fruit with the skin are easy wins.

3. Stay hydrated

Water supports digestion, energy, and how fiber works. Many people feel better sipping through the day rather than gulping large amounts at once. If nausea is an issue, small, cool sips often help more than big glasses.

4. Don't skip meals

Smaller, more frequent meals can make it easier to hit protein and nutrient targets when appetite is low. Skipping all day and eating one large meal often backfires — especially with GLP-1 side effects.

5. Choose cooking fats wisely

Focus on lean proteins and lighter cooking methods — baking, grilling, roasting, air-frying, steaming. When you use fat, prefer extra virgin olive oil or a little avocado oil for higher heat. Avoid deep-fried foods cooked in industrial seed oils (canola, soybean, corn, “vegetable oil,” and similar) — common in many restaurants and packaged snacks. The issue is the oil and the frying method, not every bit of fat.

6. Add regular movement

Consistency matters more than intensity. Walking after meals, short strength sessions, or any activity you will actually repeat supports muscle, mood, and how you feel on the medication.

Building a Steady Plate

Use this as a flexible template — not a rigid diagram. Adjust portions to your appetite, culture, and what your clinician has advised.

Proteins

Anchor most meals with a clear protein source: fish, poultry, eggs, Greek yogurt, cottage cheese, tofu, tempeh, beans, lentils, or leaner cuts of beef or pork when you enjoy them. Palm-sized portions are a useful visual for many adults. Ask us if you need a personal gram target.

Vegetables & fruit

Fill roughly half the plate with non-starchy vegetables when you can. Add fruit as a natural sweet finish or snack pairing. Color and variety matter more than any single “superfood.” Frozen produce counts.

Whole grains & starches

Choose oats, quinoa, brown rice, whole-grain bread or pasta, potatoes, or corn in portions that leave room for protein and vegetables. On lower-appetite days, protect protein first, then add a smaller grain portion.

Goal setting on a weight-loss journey

Weight change is a journey, not a race. Set small, incremental goals and celebrate progress that is not only on the scale — steadier energy, better lab markers, clothes fitting differently, or simply following through on protein most days. Use the SMART Goals worksheet later in this handout.

Practical note

If nausea, constipation, or early fullness are significant, message the portal. We can adjust meal timing, texture, fiber pace, or medication timing — you do not have to tough it out alone.

Dr. Z Food List

A Mediterranean-style pattern is a flexible “gold standard” for heart and metabolic health — not a rigid diet. Use this list to stock your kitchen. Items vary by season, location, and budget; frozen and canned (low sodium when possible) are fine.

Fruits & vegetables

Eat liberally at most meals. Many people aim for about 2–3 servings of fruit and at least 5 servings of vegetables across the day. Potatoes are fine a few times a week — pair with protein and vegetables.

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| • Apples | • Bananas | • Citrus (orange, lemon, lime, grapefruit) |
| • All berries | • Apricots | • Avocado |
| • Figs | • Grapes | • Cherries |
| • Melons | • Peaches | • Pears |
| • Pomegranate | • Potatoes (any variety) | • Onions |
| • Olives | • Leafy greens (kale, spinach, etc.) | • Carrots |
| • Zucchini | • Eggplant | • Bell peppers |
| • Tomatoes | • Peas | • Green beans |
| • Corn | • Beets | • Mushrooms |
| • Cucumber | • Broccoli | • Cauliflower |
| • Cabbage | • Asparagus | |

Breads, grains & starches

Choose whole-grain sources more often — they usually bring more fiber and nutrients than refined versions.

- | | | |
|--------------------------------------|------------------------|---------------------------------|
| • 100% whole-grain bread or crackers | • Oats | • Quinoa |
| • Barley | • Brown or white rice | • Bulgur |
| • Whole-wheat or semolina pasta | • Orzo | • Couscous |
| • Buckwheat | • Polenta | • Millet |
| • Grits | • Popcorn (air-popped) | • Gluten-free pasta (if needed) |

Nuts & seeds (as food)

Whole nuts and seeds are welcome — about a small handful (1 oz / 30 g) up to twice daily if that fits your plan. The concern in this handout is industrial seed oils, not eating nuts and seeds themselves.

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| • Almonds | • Walnuts | • Hazelnuts |
| • Pistachios | • Cashews | • Pecans |
| • Peanuts / natural peanut butter | • Pine nuts | • Sesame / tahini |
| • Chia seeds | • Flaxseeds | • Pumpkin seeds (pepitas) |
| • Sunflower seeds | | |

Dr. Z Food List (continued)

Beans & legumes

Excellent for protein and fiber. Start with ½-cup servings a few times a week if your gut is adjusting; increase as tolerated.

- Chickpeas (garbanzo)
- Cannellini
- Kidney beans
- Black-eyed peas
- Black beans
- Navy beans
- Lentils
- Fava / broad beans
- Pinto beans
- Great Northern
- Split peas
- Edamame / soybeans

Meat, poultry, fish, seafood & eggs

For telehealth weight-loss care, protein priority comes first. Fish and seafood are excellent when you enjoy them; poultry is a workhorse; eggs are convenient. Red meat (beef, lamb, pork) can fit in moderation — choose leaner cuts when practical, and balance the week with plants and fish. Remove skin from poultry when you prefer a leaner meal.

- Salmon
- Sardines
- Crab
- Turkey
- Pork (loin / chops)
- Tuna
- Trout
- Clams / mussels
- Eggs
- Lamb
- Cod
- Shrimp
- Chicken
- Lean beef
- Lean ground meats

Dairy & cheese

About two servings a day works for many people. Full-fat and lower-fat options both appear in Mediterranean-style eating — choose what you tolerate and enjoy. Butter and cream are fine in small amounts; ice cream as an occasional treat.

- Greek yogurt or skyr
- Ricotta
- Mozzarella
- Brie / soft cheeses
- Plain yogurt
- Feta
- Swiss
- Milk (dairy or fortified alternative)
- Cottage cheese
- Parmigiano-Reggiano
- Cheddar

Herbs & spices

Flavor without relying on heavy sauces. Use liberally.

- Oregano
- Dill
- Bay leaves
- Cloves
- Onion powder
- Coriander
- Parsley
- Thyme
- Smoked paprika
- Cayenne
- Sumac
- Nutmeg
- Mint
- Rosemary
- Cumin
- Turmeric
- Za'atar
- Allspice
- Basil
- Sage
- Cinnamon
- Garlic
- Crushed red pepper

Condiments & sauces (lighter defaults)

- Hummus
- Tahini
- Salsa / salsa verde
- Tzatziki
- Baba ganoush
- Tapenade
- Pesto (olive-oil based)
- Dijon mustard
- Honey or maple (small amounts)

• Balsamic or wine vinegar

• Apple cider vinegar

Alcohol, if you drink

If wine is part of your life, keep it modest and with meals — and skip it entirely if it worsens reflux, sleep, glucose, or medication side effects. Zero alcohol is always a valid choice.

Fats: Prefer & Avoid

Fat is not the enemy — the type and processing matter. At Dr. Z Health we emphasize traditional cooking fats and whole-food sources, and we ask patients to avoid most industrial seed oils. Canola oil is not on our recommended list.

Prefer

- Extra virgin olive oil (EVOO) — daily default for dressings, finishing, and most stovetop cooking at moderate heat.
- Avocado oil — useful when you need a higher smoke point.
- Butter or ghee — fine in moderation for flavor and cooking.
- Coconut oil — sparingly, if you like it.
- Whole nuts, seeds, avocado, olives — eat these as food; they are not the same as refined industrial oils.
- Vinegars — balsamic, red/white wine, apple cider — great with EVOO.

Avoid — processed / industrial seed oils

Check ingredient labels on dressings, mayo, chips, crackers, baked goods, and “heart-healthy” sprays. If the first fat listed is one of the oils below, swap when you can.

- Canola oil
- Soybean oil
- Corn oil
- Sunflower oil (refined industrial)
- Safflower oil
- Grapeseed oil
- Cottonseed oil
- Generic “vegetable oil”
- Margarine and shortening
- Deep-fry oils used in most restaurants and fast-food kitchens

Restaurant & packaged-food shortcuts

- Ask how food is cooked. Grilled, baked, or steamed is usually safer than deep-fried.
- Request olive oil and vinegar for salads when possible; dressings are often seed-oil based.
- At home, cook with EVOO or avocado oil and bring your own dressing when traveling helps.
- Whole nuts and seeds remain fine; the issue is the refined oils pressed from industrial crops.

Remember

This is a practical clinical preference for our patients — not a conspiracy story. You do not need perfection at every meal. Default to olive oil at home, skip deep-fried seed-oil foods most of the time, and move on.

SMART Goals Worksheet

Setting goals is one of the most useful habits on a weight-loss or metabolic journey — but vague intentions rarely stick. SMART goals give your plan structure so you can follow through and celebrate wins. Fill in the fields below for one goal this week.

S

Specific — What
do I want to do?

M

Measurable —
How will I know?
How much / how
many?

A

Achievable —
How realistic is
this for me right
now?

R

Relevant — Why
does this matter
to me?

T

Time-bound —
By when will I do
this?

SMART Goal Examples

These are written in Dr. Z Health voice — adapt them to your schedule and preferences. One clear goal beats five fuzzy ones.

Nutrition

To support better nutrition this week, I will eat a serving of vegetables at lunch and at dinner every day, starting tonight.

Protein on GLP-1

For the next 14 days, I will include a protein source at breakfast (eggs, Greek yogurt, or a shake) at least 5 mornings a week.

Movement

Beginning Monday, I will walk for 15 minutes after lunch at least three days a week to build toward roughly 150 minutes of moderate activity weekly.

Fats / cooking

This month I will cook at home with extra virgin olive oil as my default and skip deep-fried restaurant foods on weekdays.

Stress / recovery

Over the next two weeks, I will set aside at least five quiet minutes daily (breathing, stretch, or prayer) to help manage stress.

Capture your personal SMART goals

Write them down. Accountability and celebrating small victories matter.

1. _____

2. _____

3. _____

Why We Avoid Seed Oils

A short note for patients who ask “why not canola or vegetable oil?” — in plain language, without scare tactics.

They are highly processed

Most supermarket “vegetable,” canola, soybean, corn, and similar oils are refined, bleached, and deodorized industrial products. That is a different food from pressing olives or eating an avocado.

Easy to overdo — and easy to oxidize

These oils show up in deep fryers, chips, crackers, dressings, and many packaged foods. High-heat frying can damage fragile fats. We would rather you cook simply with olive oil or avocado oil than rely on fryer oil most days.

Whole foods vs. extracted oils

Walnuts, sunflower seeds, and soybeans as foods are not the same as bottles of refined oil extracted from those crops. We encourage nuts and seeds; we discourage the industrial oils as your kitchen default.

What we recommend instead

Extra virgin olive oil as your everyday fat, avocado oil when you need higher heat, butter or ghee in moderation, and coconut oil sparingly. Read labels. Skip margarine and shortening when you have a choice.

Bottom line

This is a calm clinical preference grounded in food quality and practical cooking — not a claim that one meal will make or break your health. Default to better oils at home, limit deep-fried seed-oil foods, and keep the rest of your plate focused on protein, plants, and fiber.

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