

# **Vegetarian GLP-1 Appetite Control Guide**

***A Natural, Hormone-Supportive Weight Loss Plan for Women***

Support your appetite • Nourish your hormones • Lose weight naturally

## **Why GLP-1 Matters**

GLP-1 is a natural gut hormone that helps you feel full sooner, stay satisfied longer, and reduce cravings. Vegetarian foods rich in protein, fibre, and healthy fats naturally support this process and encourage sustainable weight loss.

## **Vegetarian GLP-1 Power Foods**

- 1 Greek yoghurt, Skyr, cottage cheese
- 2 Eggs, tofu, tempeh, edamame
- 3 Lentils, chickpeas, beans
- 4 Oats, chia seeds, flaxseed
- 5 Olive oil, avocado, nuts & seeds

# 7-Day Appetite Control Plan

## Day 1

### Meals

- Breakfast: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Dinner: \_\_\_\_\_
- Snack: \_\_\_\_\_

### Emotional Wellness

- 1 ■ I ate slowly and mindfully
- 2 ■ I noticed hunger/fullness cues
- 3 ■ I ate without guilt
- 4 ■ I felt calm around food

### Journaling Space

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **Day 2**

### Meals

■ Breakfast: \_\_\_\_\_

■ Lunch: \_\_\_\_\_

■ Dinner: \_\_\_\_\_

■ Snack: \_\_\_\_\_

### Emotional Wellness

- 1 ■ I ate slowly and mindfully
- 2 ■ I noticed hunger/fullness cues
- 3 ■ I ate without guilt
- 4 ■ I felt calm around food

### Journaling Space

---

---

---

---

## **Day 3**

### Meals

■ Breakfast: \_\_\_\_\_

■ Lunch: \_\_\_\_\_

■ Dinner: \_\_\_\_\_

■ Snack: \_\_\_\_\_

### Emotional Wellness

- 1 ■ I ate slowly and mindfully
- 2 ■ I noticed hunger/fullness cues
- 3 ■ I ate without guilt
- 4 ■ I felt calm around food

### Journaling Space

---

---

---

---

## **Day 4**

### Meals

■ Breakfast: \_\_\_\_\_

■ Lunch: \_\_\_\_\_

■ Dinner: \_\_\_\_\_

■ Snack: \_\_\_\_\_

### Emotional Wellness

- 1 ■ I ate slowly and mindfully
- 2 ■ I noticed hunger/fullness cues
- 3 ■ I ate without guilt
- 4 ■ I felt calm around food

### Journaling Space

---

---

---

---

## **Day 5**

### Meals

■ Breakfast: \_\_\_\_\_

■ Lunch: \_\_\_\_\_

■ Dinner: \_\_\_\_\_

■ Snack: \_\_\_\_\_

### Emotional Wellness

- 1 ■ I ate slowly and mindfully
- 2 ■ I noticed hunger/fullness cues
- 3 ■ I ate without guilt
- 4 ■ I felt calm around food

### Journaling Space

---

---

---

---

## **Day 6**

### Meals

■ Breakfast: \_\_\_\_\_

■ Lunch: \_\_\_\_\_

■ Dinner: \_\_\_\_\_

■ Snack: \_\_\_\_\_

### Emotional Wellness

- 1 ■ I ate slowly and mindfully
- 2 ■ I noticed hunger/fullness cues
- 3 ■ I ate without guilt
- 4 ■ I felt calm around food

### Journaling Space

---

---

---

---



## **Day 7**

### Meals

■ Breakfast: \_\_\_\_\_

■ Lunch: \_\_\_\_\_

■ Dinner: \_\_\_\_\_

■ Snack: \_\_\_\_\_

### Emotional Wellness

- 1 ■ I ate slowly and mindfully
- 2 ■ I noticed hunger/fullness cues
- 3 ■ I ate without guilt
- 4 ■ I felt calm around food

### Journaling Space

---

---

---

---