Nutrition for GLP-1 Support

Week 1

Follow the guide below for weekly focus foods that will be used with kitchen and pantry essentials to create your meals. Change items in each category based on preferences and swap for similar foods. For example, if you don't prefer kale, replace with another leafy green like romaine. Have a nut allergy? Replace almonds with hemp seeds. Search meal plans for recipes that you're comfortable with and pull into your planner for the week.

6	5	4	3	2	1
VEGETABLES	STARCHES	FRUITS	PROTEINS	FATS	SEASONINGS
Broccoli Carrots Cauliflower Romaine Butternut squash Kale	Quinoa Brown Rice Sweet Potato Chickpeas Oats	Apples Blueberries Cantaloupe Pineapple	Turkey Salmon Chicken	Tahini Walnuts	Dressing: Lemon-Garlic Blend: BBQ

*gluten-free if necessary

Convenience items:

Instant oatmeal
Pre-chopped sweet potato
Frozen cauliflower rice

Suggested Meal Plan Recipes:

Quick BBQ Salmon
Savory Kale Chips
Lentil Stuffed Peppers
Overnight Apple Pie Oats
Kale Lime Sauté
Creamy Cauliflower Soup
Mediterranean Salmon or Shrimp Packet

Nutrition for GLP-1 Support

Week 2

Follow the guide below for weekly focus foods that will be used with kitchen and pantry essentials to create your meals. Change items in each category based on preferences and swap for similar foods. For example, if you can't find delicata squash, replace with another squash like acorn. Have a nut allergy? Replace walnuts with pumpkin seeds. Search meal plans for recipes that you're comfortable with and pull into your planner for the week.

6	5	4	3	2	1
VEGETABLES	STARCHES	FRUITS	PROTEINS	FATS	SEASONINGS
Celery Green beans Arugula Carrots Mushrooms Cucumber	Quinoa Sweet Potato White Beans Whole-grain Bread* Lentils	Avocado Raspberries Banana Strawberries	Turkey Cod Beef	Walnuts Chia seeds	Dressing: Cilantro-Lime Blend: Taco

*gluten-free if necessary

Convenience items:

Canned salmon
Frozen cauliflower rice
Almond flour crackers
Frozen green beans

Suggested Meal Plan Recipes:

Oven-roasted Green Beans
Turkey Pumpkin Chili
Avocado-Lime Salmon
Mediterranean Turkey Burgers
Mini Pumpkin Muffins
Cardamom Orange Overnight Oats
Blackberry Chard Smoothie

Nutrition for GLP-1 Support

Week 3

Follow the guide below for weekly focus foods that will be used with kitchen and pantry essentials to create your meals. Change items in each category based on preferences and swap for similar foods. For example, if you don't prefer tuna, replace with another fish like salmon. Can't find cherries? Replace with strawberries. Search meal plans for recipes that you're comfortable with and pull into your planner for the week.

6	5	4	3	2	1
VEGETABLES	STARCHES	FRUITS	PROTEINS	FATS	SEASONINGS
Kale	Quinoa	Raspberries	Beef	Almonds	Dressing: Maple-Mustard
Celery	Brown rice	Pears	Tuna	Hemp Seeds	Blend: Italian
Cremini mushrooms	Sweet potato	Blueberries	Chickpeas		
Bell pepper	Whole-grain pasta [shape of choice]*	Apples			
Brussels sprouts	Buckwheat groats				
Romaine					

*gluten-free if necessary

Convenience items:

Frozen whole-grain waffles
Canned artichoke hearts
Seed crackers

Suggested Meal Plan Recipes:

Walnut Stuffed Peppers
Sheet Pan Maple Mustard Brussels Sprouts
Extra Veggies Meatloaf with Italian Herbs
Tuna Quinoa Salad
Blueberry Quinoa Breakfast Bowl
Warm Mushroom Salad
Homemade Buckwheat Groat Granola

Nutrition for GLP-1 Support

Week 4

Follow the guide below for weekly focus foods that will be used with kitchen and pantry essentials to create your meals. Change items in each category based on preferences and swap for similar foods. For example, if you don't prefer shrimp, replace with another fish like salmon. Have a nut allergy? Replace Brazil nuts with hemp seeds. Search meal plans for recipes that you're comfortable with and pull into your planner for the week.

6	5	4	3	2	1
VEGETABLES	STARCHES	FRUITS	PROTEINS	FATS	SEASONINGS
Cucumbers	Brown rice	Kiwi	Lamb	Pecans	Dressing: Lemon-Dill
Brussels Sprouts	Oats	Strawberries	Chicken	Pine nuts	Blend: Piri Piri
Asparagus	Delicata squash	Orange	Salmon		
Spinach	Whole-grain pasta [shape of choice]*	Cantaloupe			
Spaghetti Squash	Sweet potatoes				
Tomatoes					

*gluten-free if necessary

Convenience items:

Canned hearts of palm
Frozen brown rice
Canned salmon
Pre-sliced mushrooms

Suggested Meal Plan Recipes:

Skillet Shrimp with Vegetables
Piri Piri Baked Flounder
Sheet Pan Lemon Shrimp with Asparagus
Edamame Hummus
Mediterranean Flounder Packet
Chocolate Cherry Smoothie
Overnight Strawberry Chia Oats

Nutrition for GLP-1 Support

Worksheet

Notes:

6	5	4	3	2	1
VEGETABLES	STARCHES	FRUITS	PROTEINS	FATS	SEASONINGS

*gluten-free if necessary

Convenience items:

Suggested Meal Plan Recipes: