the center
For Naturopathic Medicine & Functional Nutrition



Your Ultimate Guide to

GLP-1 Medications for Weight Management



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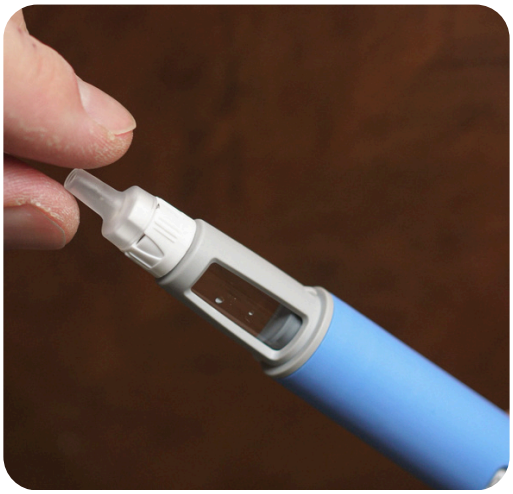
Disclaimer: The content provided in this e-book only applies to FDA-approved injectable Semaglutide and Tirzepatide medications (Wegovy, Ozempic, Zepbound, and Mounjaro). It does not apply to other weight loss medications or compounded versions of Semaglutide or Tirzepatide. Consult with your physician for medication management."

What are GLP-1 Medications

GLP-1 medications, also called GLP-1 receptor agonists, are a class of medications that work by mimicking a natural hormone in the body called GLP-1. The most effective and popular GLP-1 medications for weight management are Semaglutide and Tirzepatide injectable medications. Although other GLP-1 medications do exist, these are typically the ones people are referring to when discussing today's popular weight management medications.

These medications have been approved by the Food and Drug Administration (FDA) for type 2 diabetes management and weight management. Ozempic (injectable Semaglutide) and Mounjaro (injectable Tirzepatide) are approved for type 2 diabetes management but are commonly prescribed off-label for weight management. Wegovy (which is injectable Semaglutide) and Zepbound (which is injectable Tirzepatide) are approved for weight management for those with obesity or those overweight with weight-related medical problems.

There are also compounded versions of injectable Semaglutide and Tirzepatide on the market. However, these are not FDA-approved, meaning the FDA does not review them for safety, quality, or effectiveness before they are marketed. This e-book will only focus on FDA-approved injectable Semaglutide and Tirzepatide medications for weight management.



What is GLP-1?

GLP-1 (glucagon-like peptide-1) is a natural hormone that is produced in the intestines and released into the bloodstream when you eat. GLP-1 works in a few different ways:

- It helps to control blood sugar levels by directing the pancreas to release insulin.
- It makes you feel full and satisfied by traveling to the hypothalamus and activating receptors in the brain that reduce feelings of hunger.
- It slows down the movement of food through the stomach, which means food stays in your stomach longer and makes you feel full for a longer time.

When your natural GLP-1 isn't working well, injectable Semaglutide and Tirzepatide can step in to help keep blood sugar, hunger, and fullness well-regulated.

How Do They Work?

Injectable Semaglutide and Tirzepatide medications can help with appetite control, slow digestion, and reduce food noise. They do this by mimicking the GLP-1 hormone in your body and activating GLP-1 hormone receptors to increase its effects.

- **Appetite control**: By replicating the natural GLP-1 hormone, injectable Semaglutide and Tirzepatide activate specific receptors in the brain that reduce feelings of hunger. This signaling makes you feel full and satisfied, which leads to eating less.
- **Slows digestion**: By mimicking the natural GLP-1 hormone, injectable Semaglutide and Tirzepatide signal the stomach to hold onto food longer, slowing down the process of moving food into the small intestine. Doing so increases the time food stays in the stomach, which prolongs the feeling of fullness after eating, helping to control hunger and prevent overeating.
- **Reduction in food noise**: Injectable Semaglutide and Tirzepatide seem to quiet thoughts about food. Although more research is needed to fully understand the mechanism behind it, people on these medications often report that food noise, described as persistent or intrusive thoughts about food, is greatly reduced.

Key Differences and Benefits of GLP-1s

- Injectable Semaglutide and Tirzepatide are both FDA-approved and used in type 2 diabetes management and weight management.
- Injectable Semaglutide and Tirzepatide both activate the GLP-1 hormone receptors in the body.
- While injectable Semaglutide is only a GLP-1 receptor agonist, injectable Tirzepatide is a dual GLP-1 and GIP receptor agonist. This means that injectable Tirzepatide also activates GIP hormone receptors in the body. Similar to GLP-1, GIP (glucose-dependent insulinotropic polypeptide) is released in the gastrointestinal tract after you eat and stimulates the pancreas to release insulin, helping with blood sugar regulation.
- Research so far indicates that injectable Tirzepatide may lead to higher rates of weight loss than injectable Semaglutide.



Balanced nutrition is an important part of the journey when taking an injectable medication such as Semaglutide or Tirzepatide. Not only can it help these medications work better by reducing hunger and controlling blood sugar, but it also can also aid in preventing nutrient deficiencies (which can result from lower food intake) and help manage side effects.

Practical Tips to Prevent Malnutrition

Malnutrition happens when your body doesn't get enough nutrients like protein, vitamins, and minerals. Injectable Semaglutide and Tirzepatide can reduce appetite, leading to lower food intake.

- **Choose nutrient-dense foods:** Foods that are high in nutrients but lower in calories.
  - Examples**:** Greek yogurt, nuts, seeds, lean meats, eggs, and legumes.
- **Eat small, frequent meals**: Eat smaller portions more often to ensure steady nutrient intake.
  - Aim for 4-6 small meals daily, rather than 2-3 large meals.
- **Prioritize protein:** Protein helps maintain muscle mass and supports your metabolism and should be consumed with every meal and snack**.**
  - Examples: Greek yogurt, eggs, chicken, tofu, turkey, and beef.
- **Incorporate healthy fats:** Healthy fats provide essential fatty acids and help absorb fat-soluble vitamins.
  - Examples: Avocados, olive oil, nuts, and seeds.

The Importance of Protein

Protein keeps you feeling full, helps your body build and repair muscles, and supports your energy needs.

- People taking injectable Semaglutide or Tirzepatide medications have higher than average protein needs at 1.2 - 2 grams protein per kilogram of body weight (0.55-0.9 grams of protein per pound of body weight) per day. This is 120–200 grams of protein per day for a 100-kilogram (approximately 220-pound) person.
- Increased protein intake helps support muscle maintenance and prevents muscle loss during weight loss.
- Protein increases fullness which helps to manage hunger.
- Protein supports a healthy metabolism and aids in fat loss while protecting muscle.
- Examples of protein-rich foods include beef, chicken, fish, eggs, and beans.

What to Eat While Taking GLP-1 Medications

How to Focus on Protein Intake

- **Include protein in every meal:** Aim for 20-30 grams of protein per meal.
- **Start your day with protein:** A high-protein breakfast can curb cravings later in the day and is a great start to getting enough protein throughout the day.
- **Snack smart:** Keep protein-rich snacks (hard-boiled eggs, cottage cheese, nuts, protein bar) handy to meet your daily protein needs.



- **Incorporate protein shakes:** A post-workout protein shake helps with muscle recovery and maintaining lean mass.
- **Spread protein intake throughout the day:** Your body absorbs and utilizes protein more efficiently when consumed evenly across meals.

What Does 125g of Protein Look LIke?

Breakfast = 34g

1 cup Greek Yogurt = 20g





2 Eggs = 12g



1 Tbsp Chia Seeds = 2g

Lunch = 30g



3 oz Grilled Chicken Breast = 26g

1/2 cup cooked quinoa =4g



Snack 1 = 13g



1 oz Almonds = 6g

1 oz Coby Cheese = 7g



Dinner = 31g



3 oz Baked Salmon = 22g

1/2 cup Cooked Lentils = 9g



Snack 2 = 17g



1/2 cup Cottage Cheese = 12g

1.5 Tbsp Hemp Hearts = 5g



What to Eat

GLP-1 Medications

The Importance of Fiber

Fiber enhances the feeling of fullness, helps with digestive regularity, and prevents constipation, a common side effect of injectable Semaglutide and Tirzepatide.

- Aim to follow the basic guidelines (25 grams per day for women, 38 grams per day for men), getting a mix of soluble fiber and insoluble fiber, unless your practitioner recommends a different amount.

Soluble Fiber

- **How it works**: Dissolves in water to form a gel-like substance.
- **Benefits**: Slows digestion, helps control blood sugar levels, and reduces cholesterol.
- **Sources**: Oats, beans, lentils, apples, carrots, and flaxseeds.



Insoluble Fiber

- **How it works:** Does not dissolve in water; adds bulk to stool.
- **Benefits:** Helps food move through the digestive system, prevents constipation, and promotes regularity.
- **Sources:** Whole grains, nuts, seeds, brown rice, and vegetables like cauliflower and broccoli.



The Importance of Micronutrients

Semaglutide and Tirzepatide ingestible medications slow down how quickly food leaves your stomach, meaning that food stays in the stomach longer before moving into the intestines. While this is beneficial for feeling full longer and reducing calorie intake, it can also affect how the body absorbs certain essential micronutrients like calcium, iron, and vitamin D.

How to Get Enough Calcium, Iron, & Vitamin D

- Include calcium-rich foods like dairy, leafy greens, and fortified alternatives in your meals and snacks.
- Vitamin C enhances iron absorption so pair iron-rich foods such as lentils, chickpeas, red meat, and spinach with foods rich in vitamin C like oranges and bell peppers.
- Avoid pairing iron-rich meals with calcium-rich foods, caffeine, tea, or coffee, as these can interfere with iron absorption.
- Eat foods rich in vitamin D like fatty fish and egg yolks alongside healthy fats like avocados or olive oil to aid absorption.

Why are these Microutrients Important?



- **Bone Health**: Maintaining adequate levels of calcium and vitamin D helps support long-term bone health. This is especially important for those losing weight rapidly, as they may be at higher risk for losing bone mass.
- **Energy Levels**: Sufficient iron intake helps prevent fatigue and low energy, ensuring you can stay active, which is critical for sustaining weight loss and maintaining muscle mass.
- **Immune Function**: Vitamin D and iron both play roles in immune health, helping you avoid illness and stay consistent with your health goals.

The Importance of Hydration

- **Supports digestion:** Water helps food move through the digestive system and prevents constipation, which is a common side effect of injectable Semaglutide and Tirzepatide because they slow digestion.
- **Aids in nutrient absorption:** Water helps break down food, allowing your body to absorb essential nutrients like vitamins and minerals.
- **Maintains energy:** Staying hydrated supports healthy digestion and helps keep your body energized throughout the day.

Aim for 8 glasses (64 fl oz) of water per day, or more if you're active. If you experience any side effects from Semaglutize or Tirzepatide injectable medications, like nausea or constipation, it may help to increase your water intake. If your appetite is very low, you might include electrolyte beverages to help replace lost minerals.



How to Maintain Muscle on GLP-1 Medications

Those taking injectable Semaglutide or Tirzepatide for weight management may be at risk of losing muscle mass. Fortunately, this can be minimized by incorporating strength training and prioritizing protein.

Why is Protein Intake Important for Muscle?

Protein builds and preserves muscle which is essential for maintaining muscle mass, especially during weight loss with injectable Semaglutide or Tirzepatide.



Why is there a risk for losing muscle mass when taking injectable Semaglutide or Tirzepatide?

- **Appetite suppression**: Injectable Semaglutide and Tirzepatide can lead to lower food intake by reducing hunger and increasing fullness.
- **Calorie deficit**: When consuming fewer calories, the body may break down muscle tissue for energy, particularly during rapid weight loss.
- **Reduced protein intake**: With a reduced appetite, you might not be eating enough protein, which is essential for preserving muscle mass.

How can you protect muscle mass while taking injectable Semaglutide or Tirzepatide?

- **Incorporate resistance exercises** to keep muscles active and prevent muscle breakdown.
- **Ensure you're eating enough protein** which supports muscle repair and growth.

Maintaining Muscle GLP-1 Medications

The Importance Exercising Regularly *

- **Preserve muscle mass:** Regular exercise, particularly resistance training, helps prevent muscle loss during weight loss.
- **Boosts overall health:** Exercise improves cardiovascular health, mood, and energy levels.
- **Supports weight loss:** Exercise helps burn calories and keeps the metabolism active.

Examples of resistance training exercises



- **Bodyweight Exercises (no equipment needed):**
  - Squats: Works the legs and glutes.
  - Push-ups: Strengthens the chest, arms, and core.
  - Planks: Builds core strength and stability.



- **Resistance Bands:**
  - Banded rows: Strengthens the back and arms.
  - Banded squats: Targets the legs and glutes.



- **Free Weights or Dumbbells:**
  - Bicep curls: Strengthens the arms.
  - Shoulder presses: Builds shoulder and upper arm strength.
  - Deadlifts: Works the legs, back, and core.

How often should you do resistance training?

- **Frequency**: Aim for 2-3 times per week, with at least 48 hours between sessions for each muscle group to allow recovery.
- **Reps and Sets**: Start with 2-3 sets of 8-12 reps per exercise.
- **Progress gradually**: Increase resistance or weight as your muscles get stronger.

If cleared by your doctor, aim to include both resistance training and cardiovascular exercise in your exercise routine. Resistance training (using weights, bands, or your body weight to work muscles) builds and preserves muscle mass, which is crucial during weight loss. Cardiovascular exercise (walking, cycling, swimming, or jogging for 30-45 minutes, 3-5 times per week) helps with fat burning and overall fitness.

**Before starting any exercise program, consult with your healthcare provider to ensure it's safe for your health. For guidance on proper technique and safety, consider working with a certified personal trainer.*

How to Manage Side Effects

Some may experience side effects such as constipation and nausea due to the slowed movement of food from the stomach to the intestines caused by injectable Semaglutide and Tirzepatide, while others may experience diarrhea from rapid intestinal emptying. Fortunately, these side effects can often be managed with appropriate nutritional strategies.

Constipation

Injectable Semaglutide and Tirzepatide delay gastric emptying, meaning it slows down the movement of food through the intestines, which may lead to constipation. In addition, a reduced appetite may cause you to eat fewer fiber-rich foods, which can also contribute to constipation.

Key Strategies to Managing Constipation









- **Increase Fiber Intake:** Focus on adding soluble and insoluble fiber to your meals.
  - Both soluble and insoluble fiber help to keep stools soft and easy to pass.
    - Sources of soluble fiber: Oats, apples, beans.
    - Sources of insoluble fiber: Whole grains, leafy greens, nuts.
  - Increase fiber intake gradually to avoid bloating and discomfort.
- **Stay Hydrated:** Drink plenty of water to help move food and waste through your digestive system.
  - Water softens stools, making them easier to pass and helps prevent constipation.
  - Drink 8-10 glasses of water per day.
  - Pair fiber-rich foods with water to help the digestive process.
- **Be Active:** Regular physical activity can help stimulate digestion and prevent constipation.
  - Regular movement helps stimulate the muscles in your intestines, promoting better digestion.
  - Take daily walks for 20-30 minutes.
  - Light stretching or yoga can also support gut motility.

Sample meals to help manage constipation:

- **Breakfast**: Oatmeal with berries and flaxseeds.
- **Lunch**: Lentil soup with a side of whole grain toast.
- **Snack**: Apple slices with peanut butter.
- **Dinner**: Grilled salmon with quinoa and steamed spinach

Nausea

The body's heightened sensitivity to feeling full while taking injectable Semaglutide or Tirzepatide can cause nausea. This is especially true early in treatment as the body adjusts to the medication. Higher doses of the medication may intensify this side effect, as the delay in gastric emptying becomes more pronounced.

What strategies can help manage nausea?

- Practicing mindful eating can help you recognize early signs of fullness, which aids in preventing overeating and may reduce nausea.
- Eating small, frequent meals reduces the chance of feeling overly full, which can worsen nausea.
- Avoid large, rich, or greasy meals, which are harder to digest and can trigger or worsen nausea.
- Staying hydrated with small sips throughout the day prevents dehydration, which can worsen nausea.
- Eat protein-rich snacks to support stable blood sugars, which can help reduce nausea.
- Cold or room-temperature foods are often more tolerable when feeling nauseous.
- Bland, easy-to-digest foods are gentle on the stomach and less likely to trigger nausea.
- Ginger (ginger tea, ginger chews, fresh ginger) is well-known for its anti-nausea properties.
- Peppermint (peppermint tea or candies) can help relax the stomach muscles and reduce nausea.

Diarrhea

Injectable Semaglutide and Tirzepatide may cause rapid emptying of the intestines in some individuals, leading to diarrhea. This is a common side effect as your body adjusts to the medication, especially during the early stages of using it.

What strategies can help manage diarrhea?

- **Stay Hydrated:** Diarrhea can cause fluid loss, so it's important to drink plenty of water.
  - Drink 8-10 glasses of water per day and add electrolyte drinks or broths to replace lost minerals like sodium and potassium.
- **Focus on Soluble Fiber:** Soluble fiber like oats, bananas, and apples firm up stool.
  - Soluble fiber absorbs water and helps bulk up stool, making it easier to pass.
- **Avoid Trigger Foods:** Limit high-fat, greasy, or spicy foods which can worsen diarrhea.
  - High-fat, greasy foods can irritate the gut and worsen diarrhea and spicy foods can cause additional irritation in the digestive tract.



Broccoli Cheddar Sous Vide Egg Bites

SERVINGS: 4 PREPPING TIME: 10 MIN COOKING TIME: 30 MIN

This recipe is both delicious and nutritious. The eggs and cottage cheese are protein-rich, the broccoli is a source of fiber, and the egg yolks are rich in vitamin D, making it a great choice for someone taking injectable Semaglutide or Tirzepatide.

Ingredients

- 1/4 cup broccoli, cooked, chopped
- 2 Tbs scallions, minced
- 6 eggs
- 1/2 cup cottage cheese
- 1/2 cup cheddar cheese, shredded
- salt, to taste
- black pepper, to taste

Instructions

Prep

1. Chop broccoli and mince scallions.
2. Add 1 cup of water to your Instant Pot and place a trivet in the bottom [unless your mold comes with one - see notes].

Make

1. Add eggs, cottage cheese, and cheddar cheese to a blender and process until smooth.
2. Pulse in broccoli and scallions.
3. Season with salt and pepper.
4. Pour mixture into egg bite mold [see notes], cover with foil [if mold does not have lid], and place in trivet in Instant Pot.
5. Set on MANUAL LOW PRESSURE for 10 minutes and seal Instant Pot.
6. Once the timer goes off, let it sit for 5 minutes then release the pressure.
7. CAREFULLY remove mold [any condensation will be very hot] and remove egg bites from the mold.
8. Egg bites can be stored in the refrigerator for up to two days or frozen and reheated.

Nutrition Facts

Calories per serving 180

Amount/serving	% Daily Value*
Total Fat 11.6g	17%
Saturated Fat 5.1g	25%
Trans Fat 0.0g	
Cholesterol 296mg	98%
Sodium 268mg	11%

Amount/serving	% Daily Value*
Total Carbohydrates 3g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Protein 16g	

Vitamin D 2mcg 15% · Calcium 117mg 11% · Iron 1mg 7% · Potassium 132mg 2%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Note: This egg bite mold makes making these bites a breeze! If you do not have an Instant Pot you can prepare this recipe the same way and add batter to generously greased muffin tins - bake at 350° F for about 8 minutes until mixture is set.



Mixed Berry Chia Seed Jam Parfait

SERVINGS: 3 PREPPING TIME: 15 MIN COOKING TIME: 20 MIN

This yummy recipe packs in protein, calcium, and fiber. The Greek yogurt is rich in protein and calcium, while the raspberries, blueberries, and chia seeds are a source of fiber.

Ingredients

- 1 cup raspberries, frozen or fresh
- 1 cup blueberries, wild, frozen
- 1 lemon, juiced (2 tablespoons)
- 2 Tbs maple syrup
- 2 Tbs chia seeds
- 3 cups yogurt, Greek plain

Instructions

Prep

1. Wash raspberries if using fresh.

Make

1. Add both berries to the saucepan with lemon juice and simmer over medium heat until the fruit breaks down. Mash with a fork to break apart and create a smoother jam.
2. Remove from heat and stir in maple syrup and chia seeds.
3. Let stand for 10 minutes to thicken. If you want a thicker consistency, stir in more seeds a teaspoon at a time.
4. Once cool, layer jam and yogurt to create parfaits.
5. You can transfer any extra jam to a jar and refrigerate for up to two weeks.

Nutrition Facts

Calories per serving **253**

Amount/serving	% Daily Value*
Total Fat 6.6g	10%
Saturated Fat 2.8g	14%
Trans Fat 0.0g	
Cholesterol 20mg	6%
Sodium 60mg	2%

Amount/serving	% Daily Value*
Total Carbohydrates 31g	10%
Dietary Fiber 8g	33%
Total Sugars 16g	
Protein 19g	

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 0mcg 0% · Calcium 290mg 28% · Iron 1mg 7% · Potassium 444mg 9%



Chickpea Salad

SERVINGS: 2 PREPPING TIME: 5 MIN COOKING TIME: 10 MIN

This recipe is delicious and nutritious. The chickpeas are a source of fiber, protein, and iron, the olives and sunflower seeds add a great source of healthy fats, while the onions add an additional fiber boost.

Ingredients

- 1 15 ounce Chickpeas, canned, Drained and Rinsed
- 1/2 lemon, juiced and zested (for 1 tsp zest)
- 1 Tbs olive oil
- 2 Tbs olives, kalamata, pitted and chopped
- 1/2 cup celery, chopped
- 1/4 onion, red, chopped
- 1 Tbs parsley, fresh, chopped
- salt, to taste
- pepper, to taste
- 3 Tbs sunflower seeds, raw

Instructions

Prep

1. Chop olives, celery, onion, and parsley. Zest and juice lemon.
2. Drain and rinse chickpeas.

Prep

1. Add chickpea, lemon juice, 1 teaspoon of zest, and olive oil to a bowl. Using a potato masher or fork, mash chickpeas to a coarse paste.
2. Mix in the chopped ingredients, sunflower seeds, and season to taste.
3. Enjoy on a bed of greens or as a filling for your favorite sandwich [we LOVE using romaine lettuce leaves as a vehicle.]

Nutrition Facts

Calories per serving **353**

Amount/serving	% Daily Value*
Total Fat 14.6g	22%
Saturated Fat 1.6g	8%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 661mg	28%

Amount/serving	% Daily Value*
Total Carbohydrates 44g	14%
Dietary Fiber 13g	53%
Total Sugars 5g	
Protein 13g	

Vitamin D 0mcg 0% · Calcium 123mg 12% · Iron 4mg 22% · Potassium 708mg 15%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Pineapple Beef Stir-Fry

SERVINGS: 4 PREPPING TIME: 20 MIN COOKING TIME: 30 MIN

This nutritious recipe packs in protein, fiber, and iron. The beef is protein-rich and provides iron and the pineapple and veggies add fiber.

Ingredients

- 1 1/2 lb beef tenderloin, sliced into strips
- 1 20-ounce can pineapple chunks, in natural juice
- 1 Tbs ginger root, fresh, grated
- 1 Tbs soy sauce (coconut aminos)
- 1/4 cup cilantro, fresh, chopped
- 1/2 onion, sweet, slivered
- 2 cloves garlic, minced or pressed
- 2 bell peppers (any color)
- 6 scallions, chopped
- 1 Tbs avocado oil

Instructions

Prep

1. Slice tenderloin into strips.
2. Drain pineapple, reserving juice.
3. Grate ginger.
4. Prepare vegetables according to directions.

Make

1. Whisk together 1/4 cup of reserved pineapple juice with ginger, soy sauce, and 1/2 of the cilantro. Let marinate for at least 15 minutes. Drain meat from marinade.
2. Add oil to a wok or large sauté pan. Over medium heat sauté meat strips until almost cooked through, about 10 minutes of stir-frying. You made need to do this in batches depending on the size of your pan. Remove from pan.
3. Add onion, garlic, and peppers, and stir fry until vegetables are al dente [just softened], approximately 5 minutes. Return meat to pan and stir to coat.
4. Stir in 1 cup of pineapple chunks, scallions, and reserved cilantro.
5. Serve over brown rice or cauliflower rice.

Nutrition Facts

Calories 396 per serving

Amount/serving	% Daily Value*
Total Fat 13.3g	20%
Saturated Fat 3.3g	16%
Trans Fat 0.4g	
Cholesterol 105mg	35%
Sodium 102mg	4%

Amount/serving	% Daily Value*
Total Carbohydrates 32g	10%
Dietary Fiber 3g	11%
Total Sugars 22g	
Protein 40g	

Vitamin D 0mcg 1% · Calcium 73mg 7% · Iron 5mg 30% · Potassium 985mg 20%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Avocado Lime Salmon

SERVINGS: 4 PREPPING TIME: 15 MIN COOKING TIME: 30 MIN

This recipe is packed with heart-healthy omega-3 fatty acids. The avocado topping adds fiber, healthy fats, and antioxidants, making this meal both nourishing and satisfying.

Ingredients

- 1 1/2 lb salmon, skinless
- 1 Clove garlic, minced
- 1 tsp olive oil
- salt, to taste
- pepper, to taste
- 2 tsp paprika
- 1 avocado, chopped
- 1 red onion, chopped
- 4 Tbs cilantro, fresh, chopped
- 4 Tbs olive oil
- 4 Tbs lime juice

Instructions

Make

1. Preheat oven to 400˚F.
2. On a baking sheet, season salmon with garlic, 1 teaspoon olive oil, salt, pepper, and paprika.
3. Bake for 10–12 minutes.
4. In a small bowl, mix avocado topping ingredients until fully incorporated. Don't overmix or you'll break down your avocado.
5. Spoon avocado topping over the salmon.
6. Enjoy!

Nutrition Facts

Calories per serving **559**

Amount/serving	% Daily Value*
Total Fat 42.9g	65%
Saturated Fat 8.0g	39%
Trans Fat 0.0g	
Cholesterol 94mg	31%
Sodium 106mg	4%

Amount/serving	% Daily Value*
Total Carbohydrates 8g	2%
Dietary Fiber 3g	13%
Total Sugars 2g	
Protein 36g	

Vitamin D 19mcg 187% · Calcium 33mg 3% · Iron 1mg 6% · Potassium 882mg 18%

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