the center
For Naturopathic Medicine & Functional Nutrition

Build a GLP-1 Kitchen: Grocery List

When taking a Semaglutide or Tirzepatide injectable medication (sometimes referred to as GLP-1 medications)*, eating enough protein and fiber is especially important.

Protein - found in foods such as fish, chicken, beans, and eggs - helps your body build and repair muscles, keeps you feeling full, and supports your energy needs.



Fiber - found in fruits, vegetables, whole grains, and legumes - enhances feeling of fullness, helps with digestive regularity, and prevents constipation, a common side effect of injectable Semaglutide and Tirzepatide.



Micronutrient rich - It's also important to incorporate foods with micronutrients like vitamin D (fatty fish, egg yolks, and fortified foods), calcium (dairy, leafy greens, and fortified alternatives), and iron (red meat, chickpeas, and spinach) because Semaglutide and Tirzepatide injectable medications slow down how quickly food leaves your stomach, which can affect how the body absorbs these micronutrients.



In general, choose a variety of whole foods, like the ones featured in this kitchen and pantry essentials list, to ensure you're getting enough nutrients (like protein, vitamins, and minerals) to fuel your body, especially if you have a reduced appetite and aren't eating as much.



Build a GLP-1 Kitchen: Grocery List

This grocery list is full of foods that will help you meet your nutritional needs while on a Semaglutide or Tirzepatide injectable medication.

Use this list as inspiration - you certainly don't have to follow it to a tee. The key is to build balanced meals - including fruit and vegetables, a source of protein, whole grains, healthy fats, and dairy or fortified dairy alternatives - to ensure you're fueling your body with what it needs most



*Brand names include Wegovy and Ozempic (injectable Semaglutide) and Zepbound and Mounjaro (injectable Tirzepatide). Other GLP-1 medications exist, but these are the most effective and popular for weight management.

Tips:

- Read nutrition labels to ensure quality ingredients
- Look for fruit canned in natural juices
- Dried lentils cook quicker than other dried beans and are a pantry "must-have"
- Look for protein powders and shakes that are low in added sugar and have at least 20 g of protein per serving

Disclaimer: The medication-related educational content in this handout 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.

the center
For Naturopathic Medicine & Functional Nutrition

Build a GLP-1 Kitchen: Grocery List

Produce

Vegetables

- [ ] Arugula
- [ ] Spinach
- [ ] Spring Mix
- [ ] Broccoli
- [ ] Carrots
- [ ] Cauliflower
- [ ] Cucumber
- [ ] Garlic
- [ ] Chard
- [ ] Kale
- [ ] Romaine
- [ ] Onions
- [ ] Potatoes
- [ ] Shallots
- [ ] Sweet Potatoes

Fruits

- [ ] Apples
- [ ] Avocado
- [ ] Bananas
- [ ] Grapes
- [ ] Lemons
- [ ] Limes
- [ ] Oranges





Protein

Fish/Shellfish

- [ ] Cod
- [ ] Flounder
- [ ] Shrimp
- [ ] Salmon

Meat/Poultry

- [ ] Chicken
- [ ] Beef
- [ ] Pork
- [ ] Turkey

Bread

- [ ] Whole grain or GF Bread
- [ ] Whole grain or GF Pita

Other

- [ ] Protein Powder***
- [ ] Protein Shakes***

Canned Goods

Beans

- [ ] Black Beans
- [ ] Cannellini
- [ ] Pinto
- [ ] Chickpeas

Vegetables

- [ ] Artichokes
- [ ] Pumpkin Puree
- [ ] Mushrooms
- [ ] Tomatoes

Fish/Meats

- [ ] Tuna
- [ ] Salmon
- [ ] Chickpea
- [ ] Sardines

Fruit*

- [ ] Peaches
- [ ] Pears
- [ ] Cherries
- [ ] Pineapples

Condiments/Spices

Condiments

- [ ] Hot sauce
- [ ] Mayonnaise
- [ ] Mustard
- [ ] Pickles
- [ ] Tamari or soy sauce

Spices/Herbs

- [ ] Chili Flakes
- [ ] Cinnamon
- [ ] Cumin
- [ ] Garlic
- [ ] Ginger
- [ ] Oregano
- [ ] Salt/pepper
- [ ] Vanilla

Dairy

- [ ] Eggs
- [ ] Milk
- [ ] Cheese
- [ ] Yogurt



the center
For Naturopathic Medicine & Functional Nutrition

Build a GLP-1 Kitchen: Grocery List

Whole Grains, Legumes, Nuts/Seeds

Whole Grains

- [ ] Brown rice
- [ ] Buckwheat
- [ ] Oats
- [ ] Quinoa (seed eaten as grain)
- [ ] Wheat berries
- [ ] Whole grain pasta/noodles
- [ ] Wild rice

Nuts/Seeds

- [ ] Almonds
- [ ] Cashews
- [ ] Chia seeds
- [ ] Ground flax
- [ ] Hemp seeds
- [ ] Pistachios
- [ ] Pumpkin seeds
- [ ] Sunflower seeds
- [ ] Walnuts

Dried Legumes

- [ ] Lentils (green, black, red)**
- [ ] Chickpeas
- [ ] Black
- [ ] Cannellini
- [ ] Kidney

Nut Butters

- [ ] Almond
- [ ] Peanut
- [ ] Seed
- [ ] Tahini







Oils, Vinegars, Broths

Oils

- [ ] Avocado
- [ ] Coconut
- [ ] Grape seed
- [ ] Oil spray
- [ ] Olive
- [ ] Sesame



Vinegars

- [ ] Apple cider
- [ ] Balsamic
- [ ] Red wine
- [ ] Rice

Broths

- [ ] Chicken
- [ ] Mushroom
- [ ] Vegetable

Frozen Food

Vegetables

- [ ] Butternut Squash
- [ ] Edamame
- [ ] Veggie Medley

Fruits

- [ ] Berries
- [ ] Mango
- [ ] Pineapple

Other

- [ ] Garlic Cubes
- [ ] Ginger Cubes
- [ ] Grains
- [ ] Herb Cubes
- [ ] Grain/Bean Blends

Tips

- Read nutrition labels to ensure quality ingredients
- GF = Gluten-Free
- *Look for fruit canned in natural juices
- **Dried lentils cook quicker than other dried beans and are a pantry “must-have”
- **Look for protein powders and shakes that are low in added sugar and have at least 20 g of protein per serving