



## Healthy Eating Ideas

GLP-1 medications help with weight loss by reducing appetite, slowing digestion, and enhancing fullness, but pairing them with a nutrient-dense diet can maximize results and minimize side effects like nausea or muscle loss. Since these meds often cut hunger, you'll want meals that pack protein, fiber, and healthy fats into smaller portions—keeping you satisfied and energized without overloading your system.

Based on current dietary guidance for GLP-1 users, here are 15 recipes tailored for weight loss, designed to be simple, flavorful, and supportive of your goals. These focus on whole foods, lean proteins, and low-glycemic carbs, avoiding greasy or sugary traps that could stall progress or upset your stomach.

### Breakfast Recipes

#### **Spinach and Egg Scramble with Avocado**

*Ingredients:* 2 eggs, 1 cup spinach, ¼ avocado, salt, pepper.

*Instructions:* Sauté spinach in a nonstick pan, whisk eggs, pour over spinach, cook until set (3-4 minutes), top with mashed avocado.

*Why It Works:* High protein (eggs) preserves muscle, healthy fats (avocado) boost satiety, and spinach adds fiber—all GLP-1 friendly.

#### **Greek Yogurt with Berries and Chia Seeds**

*Ingredients:* ¾ cup plain Greek yogurt (nonfat or low-fat), ½ cup mixed berries, 1 tbsp chia seeds.

*Instructions:* Mix everything in a bowl, let sit 5 minutes for chia to thicken.

*Why It Works:* Protein-rich yogurt and fiber-packed chia keep you full; berries are low-sugar and antioxidant-rich.

## **Turkey Sausage and Veggie Muffins**

*Ingredients:* 4 oz ground turkey, 1 diced bell pepper, 1 cup spinach, 4 eggs, salt, pepper.

*Instructions:* Brown turkey, mix with veggies and beaten eggs, pour into muffin tin, bake at 375°F for 20 minutes. Makes 6.

*Why It Works:* Portable, protein-heavy, and veggie-loaded—perfect for a smaller, balanced GLP-1 breakfast.

## **Lunch Recipes**

### **Grilled Chicken and Quinoa Bowl**

*Ingredients:* 4 oz chicken breast, ½ cup cooked quinoa, 1 cup roasted zucchini, 1 tbsp olive oil, lemon juice.

*Instructions:* Grill chicken (season with salt/pepper), roast zucchini in olive oil at 400°F for 15 minutes, combine with quinoa, drizzle with lemon.

*Why It Works:* Lean protein, fiber-rich quinoa, and light veggies align with GLP-1's slower digestion.

### **Tuna and White Bean Salad**

*Ingredients:* 1 can tuna (in water), ½ cup canned white beans (rinsed), 1 cup arugula, 1 tbsp olive oil, vinegar.

*Instructions:* Toss all ingredients together.

*Why It Works:* High protein and fiber combo curbs hunger; low-fat tuna avoids digestive slowdown.

### **Shrimp and Cucumber Lettuce Wraps**

*Ingredients:* 6 oz cooked shrimp, ½ cucumber (sliced thin), 2 large lettuce leaves, 1 tbsp Greek yogurt, dill.

*Instructions:* Mix shrimp with yogurt and dill, wrap in lettuce with cucumber slices.

*Why It Works:* Light, protein-packed, and hydrating—easy on the stomach for GLP-1 users.

## **Dinner Recipes**

### **Baked Salmon with Asparagus**

*Ingredients:* 4 oz salmon fillet, 1 cup asparagus, 1 tsp olive oil, garlic, lemon zest.

*Instructions:* Season salmon and asparagus, bake at 400°F for 12-15 minutes.

*Why It Works:* Omega-3s from salmon and fiber from asparagus support weight loss and heart health.

### **Turkey Zucchini Skillet**

*Ingredients:* 4 oz ground turkey, 1 zucchini (sliced), 1 cup spinach, 1 tsp olive oil, garlic powder.

*Instructions:* Cook turkey in oil, add zucchini and spinach, season, cook until tender (8-10 minutes).

*Why It Works:* Lean protein and low-carb veggies keep it light yet filling.

### **Lentil and Veggie Soup**

*Ingredients:* ½ cup dry lentils, 1 cup diced carrots, 1 cup kale, 2 cups low-sodium broth, spices (cumin, pepper).

*Instructions:* Simmer all in a pot for 25-30 minutes.

*Why It Works:* Fiber-rich lentils and veggies promote fullness without heavy calories.

## **Snack Recipes**

### **Cottage Cheese with Almonds**

*Ingredients:* ½ cup low-fat cottage cheese, 10 almonds.

*Instructions:* Combine and eat.

*Why It Works:* Protein and healthy fats in a small portion—ideal for GLP-1's reduced appetite.

### **Edamame with Sea Salt**

*Ingredients:* 1 cup shelled edamame, pinch of sea salt.

*Instructions:* Steam edamame (5 minutes), sprinkle with salt.

*Why It Works:* Plant-based protein and fiber in a low-calorie package.

### **Celery with Hummus**

*Ingredients:* 2 celery stalks, 2 tbsp hummus.

*Instructions:* Dip and enjoy.

*Why It Works:* Crunchy, hydrating celery pairs with fiber-rich hummus for a satisfying bite.

## **Bonus Meal Ideas**

### **Eggplant and Chicken Stir-Fry**

*Ingredients:* 4 oz chicken breast, 1 cup cubed eggplant, 1 tbsp olive oil, soy sauce (low-sodium).

*Instructions:* Stir-fry chicken and eggplant in oil, add a splash of soy sauce, cook 10 minutes.

*Why It Works:* Low-carb eggplant and protein keep it GLP-1-friendly.

### **Cod with Roasted Broccoli**

*Ingredients:* 4 oz cod fillet, 1 cup broccoli, 1 tsp olive oil, lemon, paprika.

*Instructions:* Season cod, roast with broccoli at 400°F for 15 minutes.

*Why It Works:* Lean fish and fibrous broccoli support weight loss without heaviness.

### **Chickpea and Spinach Sauté**

*Ingredients:* ½ cup canned chickpeas (rinsed), 1 cup spinach, 1 tsp olive oil, garlic.

*Instructions:* Sauté chickpeas and spinach in oil with garlic for 5-7 minutes.

*Why It Works:* Plant protein and fiber in a light, digestible form.

## Tips for Success

- **Protein First:** Prioritize your protein source at each meal—eat it before other components to ensure you're getting enough (aim for 60-100g daily, depending on your weight and goals). This helps preserve muscle mass, which can sometimes be lost during GLP-1-induced weight loss. For example, start with your chicken or lentils before digging into veggies or grains.
- **Small Portions:** GLP-1 meds slow digestion, so keep meals modest (e.g., 300-400 calories) to avoid bloating, nausea, or discomfort. Eat slowly, chew thoroughly, and stop when you feel satisfied, not overly full.
- **Fiber Focus:** Include fiber-rich foods like veggies, legumes, or seeds in every meal to prevent constipation, a common side effect of GLP-1 meds. Think roasted broccoli, a handful of chickpeas, or a sprinkle of chia seeds to keep things moving.
- **Limit These:** Steer clear of fried foods, sugary drinks, and heavy carbs (like white bread or pasta), which can spike blood sugar, worsen side effects like nausea, or stall fat-burning. Instead, opt for lighter swaps like grilled veggies or whole grains such as quinoa.
- **Stay Flexible:** If nausea strikes, switch to bland, easy-to-digest options like plain rice, broth, or crackers until it subsides. Once you're feeling better, ease back into your regular meals.
- **Hydration:** Drink water with meals—slowed digestion can dehydrate you. Aim for 8-10 cups daily, sipping between bites to aid digestion and keep side effects at bay.
- **Sustainability Is Key:** This plan assumes no specific dietary restrictions (e.g., vegetarianism, allergies), so adjust as needed. Check with your doctor or a dietitian to personalize further, especially if you have conditions like diabetes or hypertension. The goal is to create a sustainable eating pattern that makes you feel good while the meds support your weight loss journey.