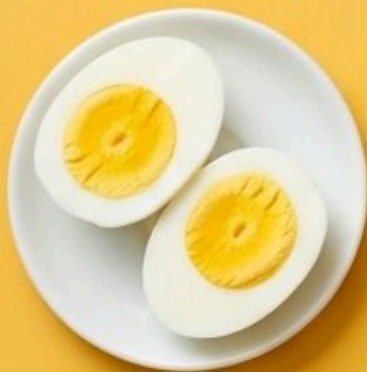


FREE GUIDE · GLP-1

GLP-1 FOOD LIST

What to eat first on a small appetite, and what to ease off in the first weeks.



PROTEIN PER PORTION FROM USDA DATA

41

FOODS BY PROTEIN

6

FOOD GROUPS

1

LIMIT LIST

7

DAYS OF FLUIDS



PRINT IT, STICK IT ON THE FRIDGE

GLP-1 *Food List*

The foods to reach for first when your appetite is small, with the protein in a normal portion from USDA data, and the foods the 2025 joint nutrition advisory suggests easing off in the first weeks. Food only: your prescriber handles the medicine.

RULE 1

Protein first

Eat the protein part of the meal first.

RULE 2

Small and often

A small meal every 3 to 4 hours.

RULE 3

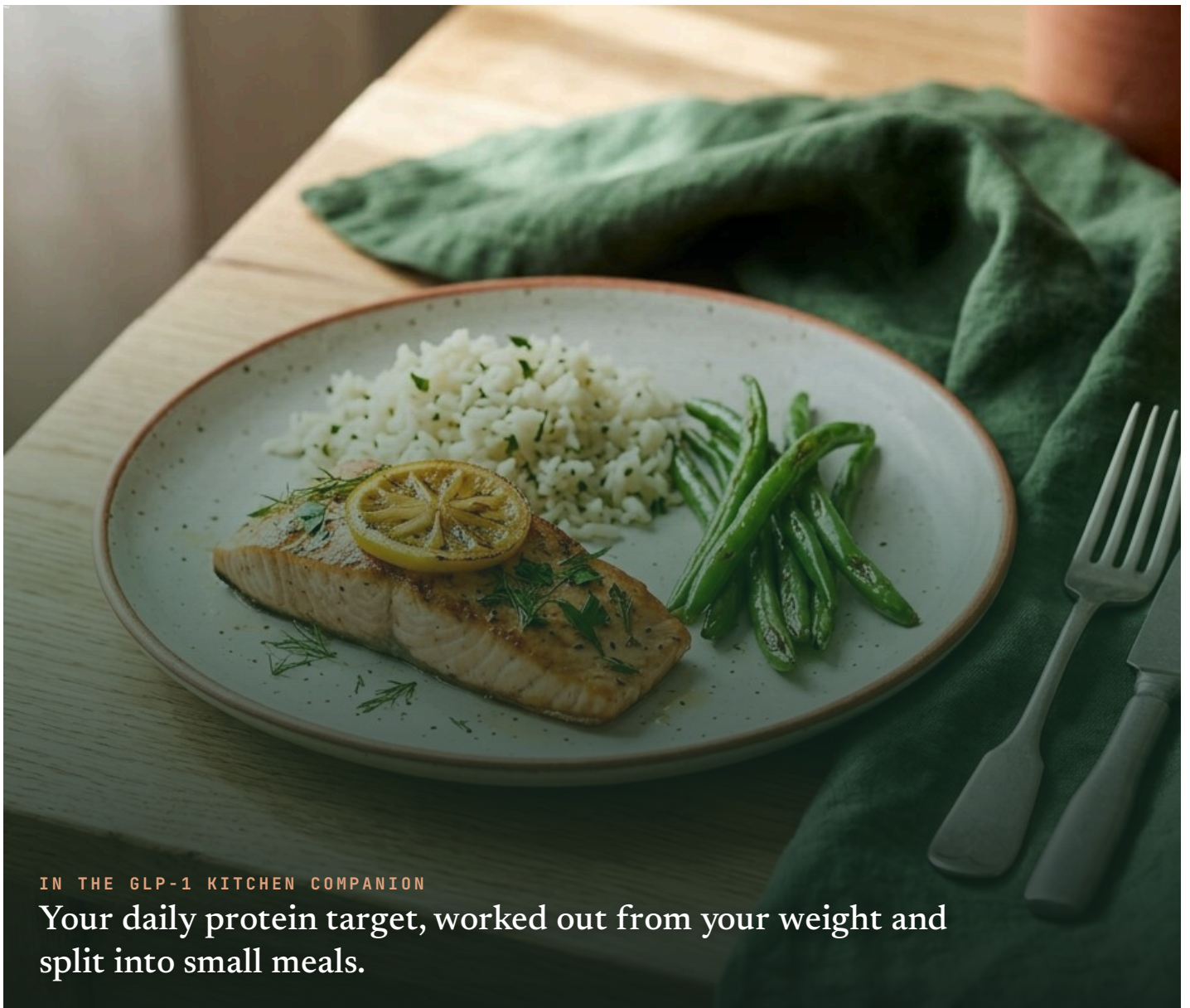
Sip all day

Fluids between meals.

RULE 4

Fiber, slowly

Add it back a little at a time.



IN THE GLP-1 KITCHEN COMPANION

Your daily protein target, worked out from your weight and split into small meals.



Foods to choose, protein first

USDA

EGGS, YOGURT AND CHEESE

Greek yogurt, plain, nonfat	3/4 cup	17 g
Greek yogurt, plain, low-fat	3/4 cup	17 g
Cottage cheese, low-fat (2%)	1/2 cup	12 g
Milk, 1%	1 cup	8 g
Ricotta, part-skim	1/4 cup	7 g
Cheddar, sharp	1 oz	7 g
String cheese (part-skim mozzarella)	1 stick	7 g
Egg, hard-boiled	1 large	6 g
Feta	1 oz	4 g
Parmesan, grated	2 tbsp	3 g

FISH AND SEAFOOD

Tuna, canned light in water	3 oz	22 g
Shrimp, cooked	3 oz	20 g
Salmon, canned	3 oz	20 g
Cod, cooked	3 oz	19 g
Salmon, cooked	3 oz	19 g

GRAINS AND STARCHES

Rollled oats, dry	1/2 cup dry	5 g
Quinoa, cooked	1/2 cup	4 g
Whole-wheat bread	1 slice	4 g
Potato, baked	1 small	4 g
Brown rice, cooked	1/2 cup	3 g
White rice, cooked	1/2 cup	2 g

POULTRY AND MEAT

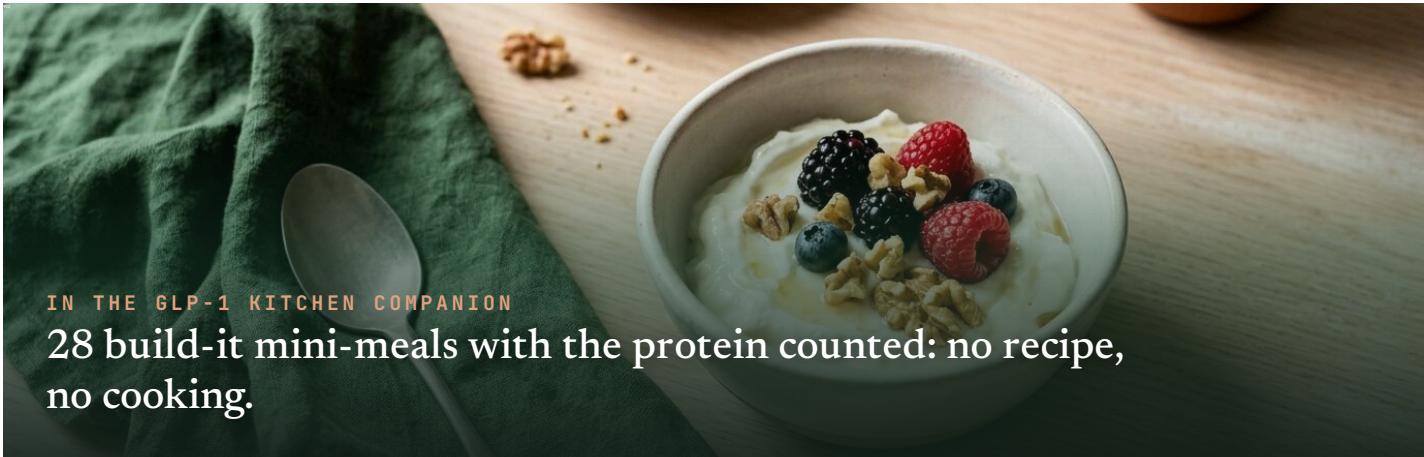
Chicken breast, roasted	3 oz	26 g
Turkey breast, roasted	3 oz	26 g
Ground turkey 93% lean, cooked	3 oz	23 g
Pork tenderloin, roasted	3 oz	22 g
Chicken thigh, roasted	3 oz	21 g

BEANS, SOY, NUTS AND SEEDS

Tofu, firm	1/2 cup	22 g
Edamame, shelled, cooked	1/2 cup	9 g
Lentils, cooked	1/2 cup	9 g
Pumpkin seeds	1 oz	9 g
Black beans, cooked	1/2 cup	8 g
Peanut butter	2 tbsp	7 g
Almonds	1 oz (23 nuts)	6 g
Chickpeas, canned, drained	1/2 cup	6 g
Hummus	1/4 cup	5 g

FRUIT AND VEGETABLES

Green peas, cooked	1/2 cup	4 g
Spinach, cooked	1/2 cup	3 g
Broccoli, cooked	1/2 cup	2 g
Peaches	1 medium	1 g
Banana	1 medium	1 g
Berries (blueberries)	1/2 cup	1 g



IN THE GLP-1 KITCHEN COMPANION

28 build-it mini-meals with the protein counted: no recipe, no cooking.

Foods to limit, and gentle swaps

FIRST WEEKS

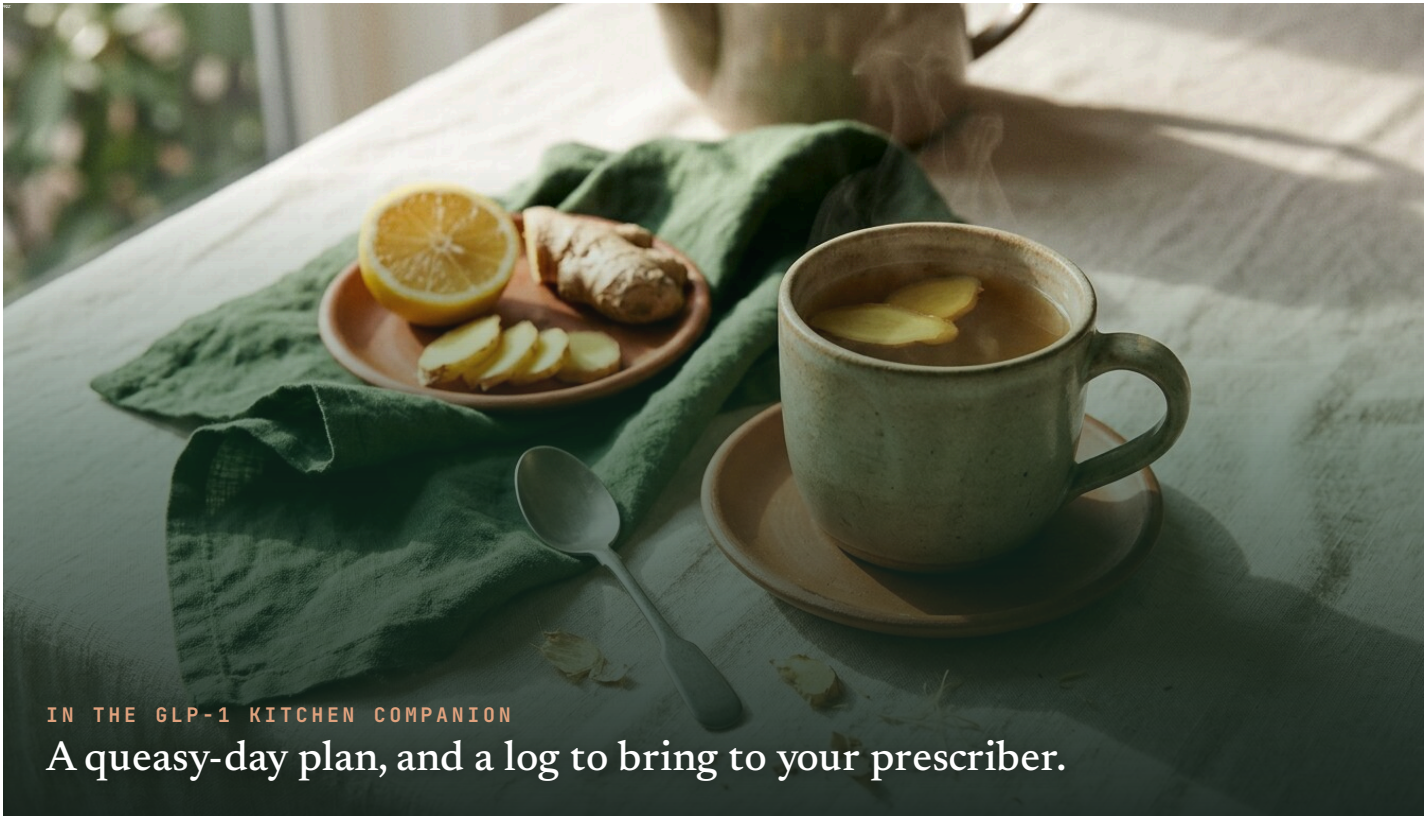
EASE OFF	WHY, FROM THE ADVISORY
Fatty or fried meals, rich sauces	The advisory suggests avoiding fatty foods in the first days of treatment, and large or high-fat meals if you have diarrhea.
High-fiber foods in big amounts at first	Avoiding high-fiber foods in the first few days can help with <u>nausea</u> ; bring fiber back slowly afterwards, with fluids.
Large portions	Vomiting is more likely with large meals: eat small meals every 3 to 4 hours instead.
Sugary drinks and sweets	They fill a small appetite with little protein. Keep them for small treats.
Alcohol	Little room for nutrition on a small appetite; ask your prescriber what is right for you.

ON QUEASY DAYS, TRY

- Plain crackers or toast
- Clear broth or chicken soup
- Banana, applesauce, canned peaches
- Plain yogurt or cottage cheese
- Scrambled or boiled eggs
- Ginger or peppermint tea

CALL YOUR PRESCRIBER IF

- You vomit more than once, or can't keep fluids down
- Severe or lasting pain in your belly
- Dizziness or very dark, scant urine
- Anything that worries you



IN THE GLP-1 KITCHEN COMPANION

A queasy-day plan, and a log to bring to your prescriber.

Fluids for one week

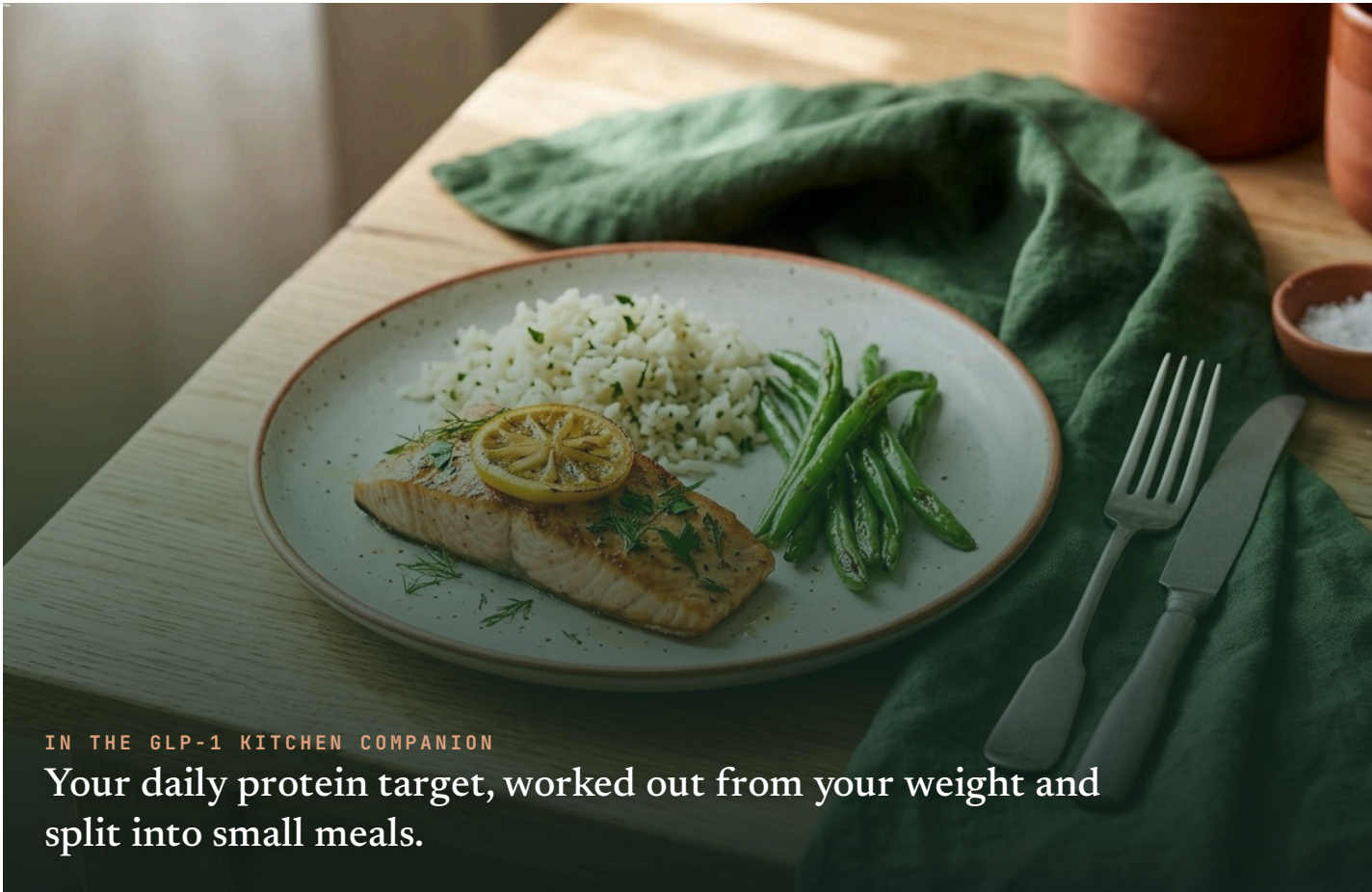
COUNTS ITSELF

Tick a glass (8 oz) each time you finish one. Sipping between meals is easier than drinking a lot at once.

DAY	1	2	3	4	5	6	7	8	GLASSES
Day 1	☐	☐	☐	☐	☐	☐	☐	☐	
Day 2	☐	☐	☐	☐	☐	☐	☐	☐	
Day 3	☐	☐	☐	☐	☐	☐	☐	☐	
Day 4	☐	☐	☐	☐	☐	☐	☐	☐	
Day 5	☐	☐	☐	☐	☐	☐	☐	☐	
Day 6	☐	☐	☐	☐	☐	☐	☐	☐	
Day 7	☐	☐	☐	☐	☐	☐	☐	☐	

ADD FIBER BACK SLOWLY

- One extra serving of fruit or vegetables a day in week 1.
- Swap one refined grain for oats or whole-wheat bread in week 2.
- Half a cup of beans or lentils a few times a week from week 3.
- Prunes or a little dried fruit if things are slow, with more fluids.



IN THE GLP-1 KITCHEN COMPANION

Your daily protein target, worked out from your weight and split into small meals.

From a list to a plan

This list tells you what to reach for. **The GLP-1 Kitchen Companion** turns it into a plan: your protein target worked out from your weight, 28 build-it mini-meals, two sample weeks, a queasy-day plan, six strength moves and logs for your prescriber. **The GLP-1 High-Protein Recipe Book** adds 40 small-portion recipes with the numbers per serving.

THE GLP-1 KITCHEN COMPANION

- Protein target calculator
- 55 foods by protein per portion
- 28 mini-meals and two sample weeks
- Weekly planner and grocery list
- Six strength moves and a 12-week log
- Daily log and questions for your prescriber

SEE THE COMPANION →

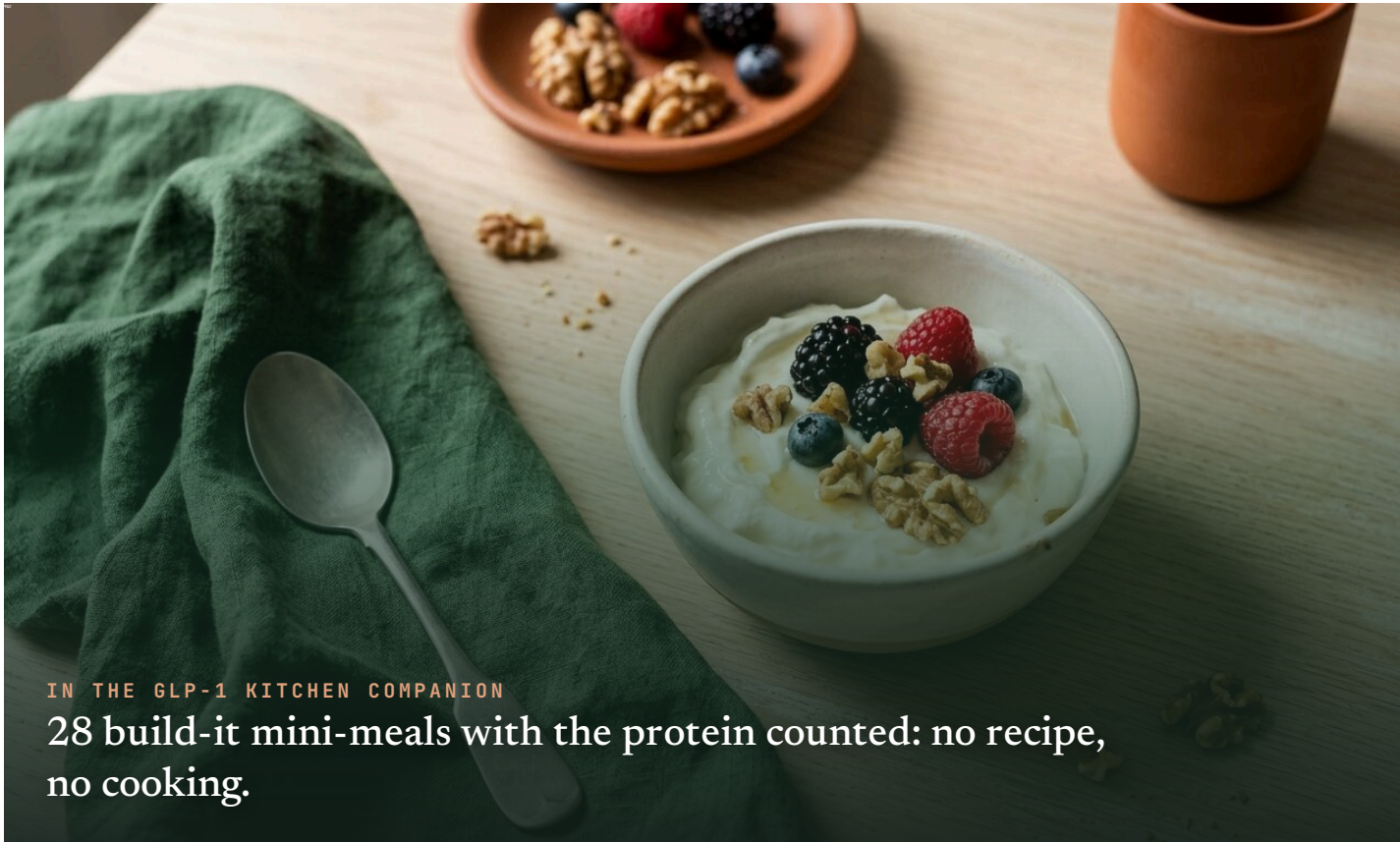
THE GLP-1 HIGH-PROTEIN RECIPE BOOK

- 40 recipes, each serves 2
- 20 g+ protein a meal serving
- Gentle, freezer, vegetarian and no-cook picks
- Numbers per serving from USDA

SEE THE RECIPE BOOK →

SOURCES • FACT-CHECKED BY THE HEALTH SECRETS EDITORIAL TEAM

Mozaffarian D, et al. Nutritional priorities to support GLP-1 therapy for obesity: a joint Advisory (ACLM, ASN, OMA, TOS). Obesity 2025;33(8):1475–1503	Protein first, small meals, fluids, fatty and high-fiber foods in the first days
U.S. Department of Agriculture. FoodData Central, SR Legacy (April 2018)	Protein and <u>calories</u> per portion



IN THE GLP-1 KITCHEN COMPANION

28 build-it mini-meals with the protein counted: no recipe, no cooking.

YOUR FIRST WEEK

Protein first. *Small and often.*

01 • PRINT

Keep the list on the fridge.

02 • SHOP

Pick five foods from page 2.

03 • GO FURTHER

The Companion plans every meal.

Keep reading on healthsecrets.com

FREE • FACT-CHECKED GUIDES

PROTEIN

Protein and Immune Function: How Much Do You Really Need?

Discover how protein powers your immune system — from antibodies to T cells.

healthsecrets.com/immune-system/protein-immune-function →

QUEASY DAYS

Natural Remedies for Nausea | Quick Relief Methods

Discover evidence-based natural nausea remedies: ginger, P6 acupressure, peppermint aromatherapy, vitamin B6.

healthsecrets.com/gut-health/natural-remedies-for-nausea-quick-relief →

FIBER AND FLUIDS

Constipation Relief: Best High-Fiber Foods & Remedies

Discover the best high-fiber foods for constipation and evidence-based natural remedies that work fast.

healthsecrets.com/gut-health/constipation-relief-natural-remedies →

FLUIDS

Hydration and Immune Health: The Water-Immunity Connection

Discover how hydration supports immune function through lymphatic flow, mucous membranes, and cellular immunity.

healthsecrets.com/immune-system/hydration-immune-health →

FREE TOOL

Macro Calculator

Macronutrients — protein, carbohydrates, and fats — are the three categories of nutrients that provide calories and serve...

healthsecrets.com/tools/macro-calculator →

FREE TOOL

Water Intake Calculator

Water is the most essential nutrient — you can survive weeks without food but only days without water. It serves as a solve...

healthsecrets.com/tools/water-intake-calculator →

FREE QUIZ

Protein & Muscle: How Much Do You Really Know?

From daily requirements to timing myths — test your protein knowledge.

healthsecrets.com/quizzes/protein-muscle-science-quiz →

FREE QUIZ

Weight Loss: Science vs. Diet Culture

Separate weight loss facts from fad diet myths. The science might surprise you.

healthsecrets.com/quizzes/weight-loss-science-quiz →

Health Secrets publishes food-first, fact-checked guides and practical planners. Every guide above is free to read at healthsecrets.com.



[See The GLP-1 Kitchen Companion](#) →

[See The GLP-1 High-Protein Recipe Book](#) →

[Try the macro calculator](#) →

[Try the water intake calculator](#) →

[Take the protein and muscle quiz](#) →

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