

GLP-1 for Weight Loss Meal Plan Bundle

Includes
Grocery List

10
PAGES

HEALTHY GLP-1 LUNCH IDEAS



1. Grilled Chicken Salad with Avocado
2. Turkey and Cheese Sandwich with Tomato
3. Grilled Salmon with Roasted Vegetables
4. Chickpea Salad with Lemon Dressing
5. Turkey and Avocado Wrap
6. Grilled Chicken with Quinoa and Vegetables
7. Tuna Salad with Cucumber and Tomato
8. Grilled Steak with Sweet Potato and Broccoli
9. Lentil Soup with Bread
10. Grilled Chicken with Cauliflower Rice
11. Turkey and Cheese Sandwich with Tomato
12. Grilled Salmon with Roasted Vegetables

Grocery List For GLP-1



Vegetables: Spinach, Broccoli, Cauliflower, Zucchini, Bell Peppers, Onions, Garlic, Avocado, Tomatoes, Cucumbers, Carrots, Potatoes, Sweet Potatoes, Beans, Lentils, Chickpeas, Quinoa, Oats, Rice, Eggs, Chicken, Turkey, Salmon, Steak, Tuna, Canned Tuna, Canned Beans, Canned Lentils, Canned Chickpeas, Canned Quinoa, Canned Oats, Canned Rice, Eggs, Chicken, Turkey, Salmon, Steak, Tuna, Canned Tuna, Canned Beans, Canned Lentils, Canned Chickpeas, Canned Quinoa, Canned Oats, Canned Rice.

HEALTHY GLP-1 MEAL TIPS FOR WEIGHT LOSS



1. Build your meals around lean protein sources like grilled chicken, fish and eggs. This can help keep you feeling full and satisfied.
2. Add lots of healthy vegetables to your meals such as leafy greens, bell peppers or broccoli to boost fiber and nutrient intake.
3. Choose fruits with antioxidants, which are high in antioxidants.
4. Opt for healthy fats such as olive oil, nuts or avocados to help slow down digestion.
5. Choose whole grain options like quinoa, oats, brown rice or whole grain bread instead of processed foods like white bread, pasta or grains.
6. Experiment with different meal options like salad bowls with grilled chicken and lots of colorful vegetables, smoothies made with whole grain bread and sparkling flavored water.

EVOLVING NUTRITION

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***Bonus Tips For Meal Prep, Foods to Avoid
and Side Effect Management**

Weight Loss Plan Prices Store Hours

Shasha Hu



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