

GLP-1 for Weight Loss Meal Plan Bundle

Includes
Grocery List

10
PAGES

HEALTHY GLP-1 LUNCH IDEAS



1. Grilled chicken salad with avocado and tomatoes

2. Turkey and cheese sandwich on whole grain bread

3. Grilled salmon with roasted vegetables

4. Chickpea salad with cucumber and lemon dressing

5. Grilled shrimp with zucchini and cherry tomatoes

6. Turkey and avocado wrap

7. Grilled steak with asparagus

8. Grilled chicken with quinoa and vegetables

9. Grilled salmon with sweet potato and green beans

10. Grilled chicken with cauliflower rice and vegetables

11. Grilled salmon with quinoa and vegetables

12. Grilled chicken with quinoa and vegetables

Grocery List For GLP-1



Vegetables

- Spinach
- Cucumber
- Tomatoes
- Avocado
- Broccoli
- Asparagus
- Green beans
- Carrots
- Onions
- Garlic
- Leeks
- Shallots
- Herbs (cilantro, basil, parsley)

Fruits

- Strawberries
- Raspberries
- Blueberries
- Blackberries
- Apples
- Oranges
- Lemons
- Limes
- Avocado

Proteins

- Chicken breast
- Salmon
- Shrimp
- Eggs
- Turkey
- Beef
- Pork
- Plant-based protein

Grains

- Whole grain bread
- Quinoa
- Rice
- Pasta
- Whole grain flour

Beverages

- Water
- Tea
- Coffee
- Almond milk
- Coconut milk

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**

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