

GLP-1 for Weight Loss Meal Plan Bundle

Includes
Grocery List

10
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HEALTHY GLP-1 LUNCH IDEAS



Grocery List For GLP-1



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 colorful 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.

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

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