



YOUR GLP-1 JOURNEY FOOD CHEAT SHEET

TIPS FROM OUR NUTRITIONIST



Juliana Shalek, MS RD CDN



PROTEIN

Turkey, Lean Beef
Tofu/ Tempeh,
Eggs, Cottage Cheese,
Low Fat Greek Yogurt
Chicken, Fish, Shellfish

**Try to include
protein in every meal
you have.**

**Aim for a serving the
size of your palm.**



FIBER

**Aim to consume 25-
35 grams per day.**

**Try to include fruits
and veggies with
meals and snacks.**

**Choose 1-2 snacks
between meals.**



CARBS

Whole Grains, Quinoa,
Lentils, Beans, Barley
Sweet Potatoes

Limit Refined Carbs

Look at Net Carbs

These impact blood sugar.

*Total carbs- grams of fiber =
Total grams of net carbs*