

Your 7-Day GLP-1 Food Review

Seven days of quiet observation — not a diet, not a tracking app, and not a test you can fail. Short phrases are enough.

The seven daily questions

1. Regularity

Did eating happen at roughly dependable times today?

2. Protein

Did most meals include something with protein — eaten first?

3. Fiber

Did vegetables, fruit, beans, or whole grains sit comfortably?

4. Fluids

Did you drink through the day on purpose?

5. Tolerance

Did anything sit badly? Size, speed, richness, texture, or timing?

6. Energy & strength

How did the stairs and the workday feel vs last month?

7. The relationship

Any eating driven by rules, fear, or pride in how little you needed?

Daily notes — once a day, at whatever hour suits you

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

The week as one story — my two or three patterns worth acting on

Bring it to your care team — four questions to consider

- ☐ Is my current intake enough for my health conditions and medications?
- ☐ Does my week suggest my protein, fiber, or fluids need individual attention?
- ☐ Should anything I noticed change how we monitor my treatment?
- ☐ Would working with a dietitian be useful for someone with my week?