

Your GLP-1 Food List

Include · Combine · Adapt — a flexible framework for a smaller appetite, not a prescription. It works on any cuisine.

Include — before a meal, ask what it includes

Something with protein

Meat · fish · eggs · dairy · yogurt · cheese
Beans · lentils · tofu · canned tuna or salmon

Something fiber-rich

Vegetables · fruit · whole grains · legumes
Frozen vegetables and canned beans count fully

Something that carries energy

The rice · the plantain · the tortilla · bread
Potatoes · the sauce · the oil

A drink that sits well

Water · milk · broth
Whatever sits comfortably today

Not every meal needs all four. A meal that includes neither of the first two is worth a second look.

Combine — small meals succeed by pairing, not by menus

- Eggs folded into yesterday’s rice
- Beans and cheese in a warmed tortilla
- Yogurt with fruit and peanut butter
- Lentil soup with bread
- Rotisserie chicken added to the family meal
- A frozen meal plus fruit and milk

Adapt — the framework has no nationality and no price point

- Jollof rice with chicken
- Pounded yam with egusi and fish
- Caldo de pollo with tortillas
- Rice and dal
- A deli sandwich with milk
- A frozen meal, warmed, with fruit

Frozen vegetables, canned beans, canned fish, and eggs are among the least expensive foods in the store — and they carry this framework on a hard week. Convenience food is not a moral failure.

When the appetite is very small

Start with the protein-containing part of the meal while your appetite is at its best, and let the rest follow. Several small, unhurried eating occasions usually serve people better than one large meal.

No amounts or targets here — on purpose.

How much you need is an individual question that belongs with your own care team.