

# Nourish to Flourish

## GLP-1 Daily Food Checklist

*Your first step to steady energy & appetite control—by giving your body what it's missing!*



### 1. Protein Power (15–30g/meal)

Helps with satiety, blood sugar, and muscle preservation.

- Eggs, Greek yogurt, cottage cheese, cheese
- Fish, chicken, turkey, or lean beef or pork
- Beans/lentils, edamame, tofu or tempeh

### 2. Veg it Up! (3–5 cups/day)

Provides often missing vitamins, minerals and fiber keeping you full longer.

- Leafy greens (spinach, arugula, kale, romaine)
- Carrots, broccoli, Brussels sprouts, cauliflower, radishes, celery, peppers, cucumbers, squash, peas, etc.



### 3. Smart Starches (3-6 servings/day)

Fuel your energy, and gut microbiome without spiking blood sugar.

- Sweet potatoes, quinoa, oats, farro, brown rice & corn
- Whole-grain bread and pasta &/or legume pasta
- Beans, lentils (include 3 times/week at least)

### 4. Healthy Fats (1 serving/meal)

Essential for hormones, vitamin absorption, and satiety.

- Avocado, guacamole or nuts (1/4 cup = 1 serving)
- Extra virgin olive oil, avocado oil or flax oil (1 T = 1 serving)
- Nut butter or seeds like chia, flax, hemp, sesame (2 T = 1 serving)
- Fatty fish like salmon or sardines (3 ounces, 2–3 times/week)



### 5. Fruit (2-4 servings/day)

Nature's dessert—curbs sweet cravings like a boss.

- Berries, apples, pears, peaches, citrus, kiwi, banana, melons, mango, pineapple, grapes, cherries or plums
- No-sugar-added dried fruits like raisins, dates & figs

Whether you take a GLP-1 med or not, get the full picture of what your body needs from Registered Dietitian Nutritionist Zonya Foco, starting with a quick YouTube video:

- The nutrient deficiencies that silently sabotage
- 18 strategies to naturally support your own GLP-1
- When supplements can help
- Over 1,400 GLP-1 smart recipes at your fingertips
- Weeks of menus so you can see "how it's done"
- Take control when dining out
- Simple exercise secrets to maintain and build muscle



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