

30g Protein Per Meal | Nausea-Friendly | Printable

The GLP-1 Friendly Grocery List

For Ozempic, Wegovy, and Mounjaro Users



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Why this list is different

GLP-1 medications shrink your appetite, so every bite matters more. This list is built around three GLP-1 rules: hit 30g of protein per meal, lean on nausea-friendly foods on dose-up days, and add fiber to fight medication-induced constipation. Every item below earns its spot.

30g

Protein / meal

1.2-1.6

g/kg daily protein

25g+

Fiber / day

[TIP] How to shop this list

Print and take it to the store. Items marked [DOSE-UP] are the ones you reach for in the 3-4 days after a new dose, when nausea peaks. Everything else works any day of the week.

Proteins (your 30g anchors)

- Chicken breast or thighs - 2 lbs
- Ground turkey (93/7) - 1 lb
- Eggs - 18-count
- Greek yogurt, plain non-fat, 32oz [DOSE-UP]
- Cottage cheese, low-fat, 16oz [DOSE-UP]
- Canned tuna or salmon in water - 4 cans
- Extra-firm tofu - 1 block
- Whey or plant protein powder [DOSE-UP]

Fiber and slow carbs (for constipation)

- Oats, old-fashioned, 42oz
- Chia seeds, 12oz
- Ground flaxseed, 12oz
- Canned black beans - 3 cans
- Canned chickpeas - 2 cans
- Sweet potatoes, 3 lb bag
- Frozen broccoli, 2 bags
- Baby spinach, 16oz

Nausea-friendly picks (dose-up days)

- Bone broth or low-sodium chicken broth
- White rice or plain potatoes
- Bananas, applesauce
- Saltines or plain crackers
- Ginger tea bags or fresh ginger
- Peppermint tea bags
- Low-fat kefir
- Electrolyte packets (sugar-free)

Skip or minimize (common GLP-1 triggers)

- Greasy fried foods (slow gastric emptying)
- Heavy red meat on dose-up days
- Raw onions, raw garlic (sulfur burps)
- Carbonated drinks on bad-nausea days
- Very sugary desserts (dumping-style symptoms)
- Alcohol on dose-up week

One sample GLP-1 day

Meal	Foods	Protein
Breakfast	Greek yogurt + oats + chia + berries	30g
Lunch	4oz chicken + rice + broccoli	32g
Snack	Cottage cheese + pineapple	20g
Dinner	Baked salmon + sweet potato + spinach	34g

[NOTE] On a tough nausea day

Swap the solid meal for 1 scoop whey + 1 cup Greek yogurt + 1 cup kefir blended with a banana. That is about 45g of protein in one cold, easy-to-sip glass.

Ready for the complete system?

This free guide is a starting point.

The paid guide gives you the complete step-by-step system.

The GLP-1 Meal Prep Plan - \$19

grabguides.com/products/glp-1-meal-prep-plan

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