

WHAT TO EAT ON A GLP-1

**A Guide To What Matters Most
When You're Eating Less**





When *your appetite changes*, your habits need something to hold onto.

That's what *anchors* are: the small habits you return to when motivation, appetite, or life make eating feel impossible.

These are the four nutrition anchors we start with for our GLP-1 clients.





THE FOUR NUTRITION ANCHORS

Hydration



Protein



Fiber



First Fuel

They're listed in the order we recommend prioritizing them. Hydration, protein, and fiber are your nutrition priorities – and First Fuel is the habit that helps make them easier to practice consistently.



1 HYDRATION

Keep sipping throughout the day.

Why this matters:

- GLP-1 medications can make it easier to fall behind on fluids.
- Eating less also means getting less fluid from food, so your usual drinking habits may not be enough.
- Staying hydrated helps support energy, digestion, and regular bowel movements.

Ways to hydrate:

- Water
- Sparkling water
- Herbal tea
- Milk or milk alternatives
- Broth or miso soup
- Electrolyte drinks, as needed



Ask yourself:

- Are you reaching for something to drink throughout the day?





2 PROTEIN

Whenever you eat,
think protein first.

Why this matters:

- When you're eating less overall, it can be harder to get enough protein.
- Protein, along with resistance training, helps support strength and preserve muscle as you lose weight.
- When you can only eat a small amount, prioritizing protein helps make those bites count.

Protein Ideas:

- Greek yogurt
- Hard-boiled egg
- Rotisserie chicken
- Protein shake
- Tuna packets
- Edamame
- String cheese



Ask yourself:

- Did protein show up most times you ate today?



3 FIBER



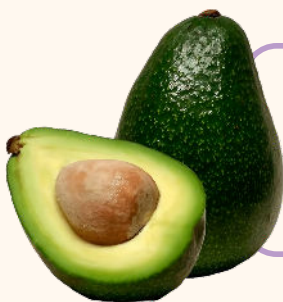
Look for small ways to add fiber to what you're already eating.

Why this matters:

- GLP-1 medications slow digestion, increasing the risk of constipation.
- When your intake drops and what you're eating has very little fiber, things slow down even more.
- Getting enough fiber, along with fluids, helps to keep things moving.

Fiber Options:

- Berries
- Kiwi
- Avocado
- Brussels sprouts
- Chia or flax seeds
- Beans or lentils
- Green peas
- Roasted broccoli



Ask yourself:

- Did you find places to add fiber today?

4 FIRST FUEL



Don't let the whole morning pass before eating something. Just start with a few bites.

Why this matters:

- Waiting until later to start eating leaves fewer opportunities to meet your nutrition needs for the day.
- It doesn't have to be a big breakfast—or breakfast food at all.
- Starting earlier gives you another chance to work in protein, fiber, and fluids.

First Fuel can be:

- Half a sandwich
- Toast + peanut butter
- A smoothie
- Leftovers
- Crackers + cheese
- Greek yogurt + fruit
- *Anything* that sounds good



Ask yourself:

- Did you have anything besides coffee this morning?



WHEN EVEN ONE ANCHOR FEELS HARD

Some days, eating anything is the win.

You don't need a perfect meal.

You just need a place to start.



Choose what sounds most doable today.

- Cheese + dry roasted edamame
- Apple + nut butter
- Protein shake or protein bar
- Greek yogurt
- Bone broth
- Avocado toast



These aren't perfect.
They are enough.

YOUR 60-SECOND END-OF-DAY CHECK

Instead of counting calories or obsessing over what you didn't do, ask yourself:

- ☒ Which anchor felt easiest today?
- ☒ Which anchor needs more attention tomorrow?



That's it.
Tomorrow, come back to your anchors.





WHEN ANCHORS AREN'T ENOUGH

If you're constantly missing your anchors—or
you're hitting them and still don't feel your
best—it's time to stop guessing.

That's exactly what we're here for.

If you're ready for personalized support,
we'd love to help.

**SCAN OR CLICK TO BOOK
YOUR APPOINTMENT**

