GLP-1 Diet Plan and Food List

A one-page guide to eating well on Zepbound, Wegovy, Ozempic or Mounjaro

Slimsy

Daily targets

- **Protein:** 1.2–1.6 g per kg of body weight, or about 80–120 g a day
- **Meals:** a small breakfast, then small meals every 3–4 hours
- **Fluids:** sip through the day, even when you are not thirsty
- **Fiber:** from vegetables, fruit, beans and whole grains; increase gradually
- **Movement:** strength training 3+ times a week and 150 minutes of moderate activity

Protein by body weight

Weight	1.2 g/kg	1.6 g/kg
150 lb (68 kg)	82 g	109 g
180 lb (82 kg)	98 g	131 g
210 lb (95 kg)	114 g	152 g
240 lb (109 kg)	131 g	174 g

Food list: eat the protein first

Food	Portion	Protein
Chicken breast, cooked	3 oz	~26 g
Salmon, cooked	3 oz	~22 g
Greek yogurt, plain	6 oz	~17 g
Cottage cheese	½ cup	~12 g
Eggs	2 large	~12 g
Lentils, cooked	½ cup	~9 g
Firm tofu	3 oz	~9 g

Then add

- **Vegetables:** leafy greens, broccoli, peppers, carrots, cucumber, tomatoes
- **Fruit:** berries, apples, oranges, prunes or other dried fruit
- **Beans and whole grains:** lentils, chickpeas, oats, brown rice, whole-grain bread
- **Fluids:** water, herbal tea, broth, milk

Limit

- Large meals
- Fried and high-fat foods
- Alcohol
- Sugary drinks and sweets

Sample day (about 100 g protein)

Breakfast	Plain Greek yogurt with berries and a spoonful of chopped nuts	~20 g
Mid-morning	Two boiled eggs	~12 g
Lunch	Chicken and vegetable soup with a slice of whole-grain bread	~28 g
Afternoon	Cottage cheese with sliced cucumber or fruit	~12 g
Dinner	Baked salmon, roasted vegetables and a small portion of rice or lentils	~28 g

If you feel nauseous

- Smaller meals, eaten slowly
- Less fat for a few days after a dose increase
- Ginger or peppermint tea
- Soups, smoothies and eggs on low-appetite days

If you are constipated

- More fluids
- Fiber from food, increased gradually
- Prunes or other dried fruit
- A daily walk

Based on: Mozaffarian D, et al. Nutritional priorities to support GLP-1 therapy for obesity: a joint advisory. Obesity. 2025;33(8):1475–1503. Protein amounts in foods are approximate. This page is general information, not medical advice. Protein needs differ with kidney function and other conditions; ask your prescriber or a registered dietitian for a personal plan. Slimsy is a GLP-1 tracker app for iPhone: apps.apple.com/app/id6760379748 · © 2026 Path Coaching LLC