

GLP-1 eating plan

One page. Print it, put it on the fridge.

THE WHOLE THING IN THREE LINES

1. Eat about half of what you used to, at any one sitting.
 2. Protein first, then vegetables, then everything else.
 3. Stop while you could still eat more. Fullness arrives late now.
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PROTEIN, BY HOW MUCH ROOM IT TAKES

Your limit is stomach volume, not calories. Spend it deliberately.

Greek yoghurt, plain 0%	170 g pot	17 g
Cottage cheese	150 g	17 g
Chicken breast	100 g	31 g
Tinned tuna	1 small tin	25 g
Eggs	2 large	13 g
Whey protein	1 scoop	24 g
Prawns	100 g	24 g
Lentils, cooked	150 g	13 g
Tofu, firm	100 g	17 g
Edamame	100 g	11 g

A DAY THAT WORKS

On waking	Water. Thirst goes quiet along with hunger.
Breakfast	Greek yoghurt, or two eggs. Small.
Midday	Protein first. Half your old portion.
Afternoon	Cottage cheese, edamame, or a shake if solids are hard.
Evening	Lean protein and vegetables. Stop while you could eat more.

MOST LIKELY TO RUIN AN EVENING

Big portions · fried or high-fat meals · alcohol · fizzy drinks · sweet things on an empty stomach

DAYS WHEN NOTHING APPEALS

Greek yoghurt · a cold protein shake · scrambled eggs · clear soup · cottage cheese and crackers
Cold and bland beats hot and fragrant. Much of the nausea is smell.
