



TAKE TO THE STORE

GLP-1 food list

Foods that give you protein, fiber and fluids in a portion you can finish when appetite is small. Where a food has its own page, the grade is the GLP-1 Meal Score GLP AI returned for a plain version of it. The score runs 0–100: protein and fiber raise it, sugar, sodium, saturated fat and heavy processing lower it. No GLP-1 label bans a food.

Lean protein

The first thing on the plate: 20–40 g of protein per meal is what the plan is built around.

- Chicken breast 87 · A+
- Turkey breast
- Salmon 82 · A
- White fish (cod, tilapia, pollock)
- Shrimp 81 · A
- Canned tuna in water 81 · A
- Lean steak, trimmed 82 · A — Lean cuts; fatty cuts sit longer.
- Eggs and egg whites 70 · A
- Tofu and tempeh
- Lentils, chickpeas and beans — Protein and fiber together; start with half a cup.

Dairy and alternatives

Smooth, cold and easy on days a hot meal is too much.

- Plain Greek yogurt 87 · A+
- Cottage cheese 71 · A
- Skyr
- Plain low-fat yogurt 82 · A
- Milk or soy milk 68 · B
- Protein shakes 71 · A — For the days you cannot face a meal, not instead of every meal.

Vegetables

Fiber and volume with few calories; cooked vegetables are gentler than raw for many people.

- Broccoli 100 · A+
- Green beans 100 · A+
- Spinach, kale and salad greens 77 · A
- Zucchini and cucumber
- Cauliflower
- Bell peppers and tomatoes
- Carrots
- Sweet potato 80 · A
- Potatoes, baked or boiled 79 · A

Fruit

Fiber and fluid; pair with a protein so a snack is not sugar alone.

- Berries 89 · A+
- Apples and pears, with the skin 84 · A
- Bananas 78 · A
- Oranges and citrus
- Avocado 87 · A+
- Watermelon and melon 62 · B

Whole grains and fiber

Small portions, after the protein; oats and chia carry fiber without much volume.

- Oats 85 · A+
- Chia and flax seeds 93 · A+
- Quinoa
- Brown or white rice, small portions 65 · B
- Whole-grain bread and crispbread 55 · B
- Whole-grain pasta, small portions 65 · B

Fats, in small amounts

Flavor and fullness; a tablespoon, not a ladle, because fat slows an already slow stomach.

- Olive oil
- Nuts and nut butters 57 · B
- Olives
- Hummus

Drinks

Fluids matter more when you eat less; the labels warn that vomiting or diarrhea can lead to dehydration.

- Water, still or sparkling
- Herbal tea
- Coffee, plain 69 · B
- Broth and clear soups
- Electrolyte drinks on sick days, unsweetened

Go easy on

- **Fried and greasy foods** — High fat, slow to digest; the most-named nausea trigger.
- **Rich, creamy and cheesy dishes** — Lilly's side-effect guidance names butter and cheese as fatty foods to avoid when nauseous.
- **Fatty and processed meats** — Saturated fat and salt; lean cuts and poultry sit better.
- **Sugary drinks, sweets and desserts** — Calories without protein or fiber that crowd out a meal you need.
- **Very spicy or acidic food** — Can worsen heartburn and an upset stomach.
- **Alcohol** — Adds calories and makes stomach symptoms and low appetite harder to manage.
- **Carbonated drinks, if they bloat you** — Bubbles bother some people and not others.
- **Large portions of anything** — A full stomach empties slowly on these medicines.

Sources: Obesity Action Coalition: How to eat well and feel your best on GLP-1 medications · Ohio State Wexner Medical Center: GLP-1 foods to limit · Lilly: Zepbound side effects and nausea guidance · Dietary Guidelines for Americans 2020–2025

The week laid out with recipes: <https://glpai.app/glp-1-diet/7-day-meal-plan> · Score your own version of any food in the GLP AI app. Get the app: [get.glpai.app](https://glpai.app)