

Zepbound grocery checklist

Choose foods you enjoy and tolerate. This is a shopping aid, not a prescribed meal plan or a list of foods you must eat.

Protein options

- ☐ Eggs
- ☐ Plain Greek yogurt or a suitable alternative
- ☐ Chicken, fish or tofu
- ☐ Beans or lentils, if tolerated

Fruit and vegetables

- ☐ Bananas, berries or grapes
- ☐ Applesauce with no added sugar
- ☐ Carrots, zucchini or green beans
- ☐ Frozen vegetables for easy portions

Grains and starches

- ☐ Oats
- ☐ Rice or potatoes
- ☐ Bread or toast
- ☐ Plain crackers

Low-effort backups

- ☐ Soup or broth
- ☐ Ready-to-eat protein you tolerate
- ☐ An optional protein drink; check its label
- ☐ Water or your usual suitable drinks

Make it work for you

1. Pick a few options from each group; you do not need every item.
2. Plan smaller servings and save leftovers. Adapt to your appetite and care plan.
3. Note what you ate and how you felt, then discuss persistent difficulties with your care team.

My additions or substitutions

Meal ideas, sources and food logging: glpai.app/blog/what-to-eat-on-zepbound

Lilly: managing Zepbound side effects | Guy's and St Thomas' NHS: food and nutrition