TRILLIUM
MEDICAL GROUP
Compassionate Care. Better Outcomes.

WHAT SHOULD I EAT?

GLP-1 QUICK GUIDE

YOUR DAILY TARGETS

PROTEIN	FIBER	FLUIDS
1.2-1.6 g/kg	25-38 g	8-12 cups

WHAT SHOULD I EAT?

PRIORITIZE

PROTEIN FIRST

- Chicken, turkey, fish, shrimp
- Greek yogurt, cottage cheese
- Eggs, beans and lentils

FIBER + PRODUCE

- Oats, quinoa, brown rice
- Berries and leafy greens
- Broccoli and vegetables

HEALTHY FATS

Olive oil, avocado, chia, walnuts, almonds

LIMIT / AVOID

HIGH-FAT FOODS

- Fried foods and meats
- Heavy cream sauces
- Greasy fast food or pizza

REFINED CARBS

- White bread and pastries
- Simple sugars
- Heavy refined carbs

DRINKS

Alcohol, soda/carbonated drinks, sugary juices

4 SIMPLE HABITS

1. Eat 4-5 small, slow meals or nutrient-dense snacks.
2. Stop eating when you feel satisfied.
3. High-fat or spicy meals may worsen GI symptoms.
4. Pair nutrition with resistance training 3x/week.

REMEMBER

Your needs are individual. Discuss supplements, labs, symptoms and exercise with your Trillium clinician.

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