WELLNESS WITH EMILY / FREE PRINTABLE

GLP-1 Grocery List

A flexible checklist for meals, snacks and easier days

42 food ideas • 6 categories • Pick only what you need

Protein & easy mains
Fresh, frozen or ready-to-eat

- [ ] Chicken or turkey
- [ ] Fish fillets (fresh or frozen)
- [ ] Eggs
- [ ] Canned tuna or salmon
- [ ] Tofu or tempeh
- [ ] Frozen edamame
- [ ] Ready-cooked chicken

Fruit
Soft, fresh or frozen choices

- [ ] Berries
- [ ] Bananas
- [ ] Apples or pears
- [ ] Oranges or mandarins
- [ ] Peaches or melon
- [ ] Frozen fruit for smoothies
- [ ] Unsweetened applesauce

Dairy & alternatives
Choose what suits you

- [ ] Plain Greek yogurt
- [ ] Cottage cheese
- [ ] Milk or fortified soy milk
- [ ] Plain kefir
- [ ] Lactose-free yogurt
- [ ] Fortified soy yogurt
- [ ] Cheese

Grains & legumes
Mix and match for meals

- [ ] Rolled oats
- [ ] Whole-grain bread
- [ ] Brown rice or quinoa
- [ ] Potatoes or sweet potatoes
- [ ] Whole-wheat pasta
- [ ] Canned lentils
- [ ] Beans or chickpeas

Vegetables
Fresh or frozen both count

- [ ] Spinach or salad leaves
- [ ] Carrots
- [ ] Cucumber
- [ ] Tomatoes
- [ ] Broccoli or green beans
- [ ] Zucchini or peppers
- [ ] Frozen mixed vegetables

Pantry & gentle-day picks
For convenience or occasional nausea

- [ ] Olive oil
- [ ] Nut butter
- [ ] Nuts or seeds
- [ ] Water / unsweetened drinks
- [ ] Low-sodium broth
- [ ] Plain crackers or rice cakes
- [ ] Plain rice or simple soup

My extras

Add foods, quantities or personal swaps

Swap freely: plant proteins, frozen produce and lower-prep foods can all fit.

For a sensitive stomach, bland foods may be easier briefly; ask your care team about ongoing symptoms.