

Methodology

GLP-1 NUTRITION

The GLP-1 Diet Plan

A 7-Day Protein-First Guide

For eating well on Ozempic, Wegovy, and Zepbound when
your appetite is small.

YOUR DAILY PROTEIN TARGET

100 to 140 g

1.2 to 2.0 g of protein per kg of body weight, per day

A companion to our GLP-1 nutrition guides at gomethodology.com/journal

STEP 1

Your daily protein target

A GLP-1 diet plan is a protein-first way of eating built for a smaller appetite. During weight loss, 1.2 to 2.0 grams of protein per kilogram of body weight per day is associated with preserving lean muscle. For most adults, that lands between 100 and 140 grams a day, and 100 grams is a practical floor, not a ceiling.

Your body weight	Daily protein (1.2 to 2.0 g/kg)	Across 3 to 4 meals
150 lb (68 kg)	82 to 136 g	~25 to 35 g each
180 lb (82 kg)	98 to 163 g	~30 to 45 g each
200 lb (91 kg)	109 to 181 g	~35 to 50 g each
250 lb (113 kg)	136 to 227 g	~45 to 60 g each

How to hit your protein target when appetite shrinks

- **Eat protein first.** Consume your protein before anything else on the plate, because you may fill up after a few bites.
- **Spread it out.** Anchor 25 to 30 grams of protein at each of three or four eating occasions. Even distribution supports muscle better than one big dose.
- **Front-load breakfast.** A solid dose of protein early gives you a head start and is easier on your appetite than cramming it in at night.
- **Keep every bite dense.** A smaller appetite squeezes micronutrients too. Build the plate around nutrient-dense vegetables, fruit, and legumes so a small portion still counts.

If you have kidney disease, talk to your physician before increasing protein.

STEP 2

Your 7-day meal plan

Each day anchors protein at breakfast, lunch, and dinner with a protein-rich snack. You can scale portions depending on your target: a larger or more active person eats toward the top of the protein range, so add an ounce or two of protein at each meal or a second snack.

	Breakfast	Lunch	Snack	Dinner
Mon	Nonfat Greek yogurt with berries + 2 eggs	Grilled chicken breast over greens + vegetables	1/2 cup cottage cheese	Seared salmon + broccolini + small potato
Tue	Egg-white scramble + smoked salmon	White fish (cod or tilapia) + roasted vegetables	Nonfat Greek yogurt parfait	Shrimp stir-fry + edamame + rice
Wed	Cottage cheese + berries + chia	Turkey breast + kale salad + lentils	Protein shake	Grass-fed flank steak + potatoes + greens
Thu	Nonfat Greek yogurt + 2 eggs	Chicken breast + quinoa + roasted vegetables	Skyr with cacao nibs	Mahi-mahi + succotash + brown rice
Fri	Bone-broth congee with poached chicken	Steak salad + baby potatoes	1/2 cup cottage cheese	Slow-braised chicken stew + rice and quinoa
Sat	Sweet potato and kale egg skillet + chicken sausage	Pan-seared sea bass + arugula and kale + almonds	Overnight oats + almond butter	Grass-fed beef meatloaf + mashed potatoes
Sun	Shakshuka with poached eggs	Jerk chicken with kale + plantains	1 oz mixed nuts	Blackened cod + coconut rice + black beans

STEP 3

Build around / limit

The best GLP-1 foods are protein-dense, nutrient-rich, and easy on a slower stomach. Nothing is strictly off-limits, but this is where each food earns its spot.

BUILD AROUND

- Shrimp, white fish (cod, tilapia)
- Egg whites and eggs
- Chicken or turkey breast
- Nonfat Greek yogurt, cottage cheese, skyr
- Salmon and 95% lean ground beef
- Tofu, lentils, edamame, beans
- Vegetables and leafy greens
- Fruit for fiber and micronutrients
- Nuts and seeds in small amounts
- Nausea days: broth soups, rice, potatoes, oats

LIMIT

- Fried and greasy foods
(the most reliable nausea trigger)
- Very sugary foods and drinks
- Large portions
- Alcohol
- Carbonated drinks
- Ultra-processed convenience food
that is low in protein and fiber
for its calories

When nausea hits

Keep meals lighter in fat, eat slowly, and stop at the first sign of fullness. When cooking smells are the trigger, precooked meals that only need a few minutes to heat give off far less aroma than cooking from scratch, so less time over the stove and less smell filling the kitchen. A warm, simple broth-based soup is one of the most tolerated meals there is.

STEP 4

Simple grocery list

A week's worth of the staples in this plan. Buy the proteins you can currently stand; aversions rotate, so keep a few options on hand.

PROTEINS

- ☐ Shrimp
- ☐ White fish (cod / tilapia)
- ☐ Salmon
- ☐ Chicken and turkey breast
- ☐ Eggs and egg whites
- ☐ 95% lean ground beef
- ☐ Nonfat Greek yogurt
- ☐ Cottage cheese
- ☐ Skyr
- ☐ Firm tofu
- ☐ Protein powder / shakes

PRODUCE

- ☐ Leafy greens (kale, arugula, spinach)
- ☐ Broccolini / broccoli
- ☐ Mixed vegetables
- ☐ Berries
- ☐ Lemons and fresh herbs
- ☐ Onions and garlic

LEGUMES AND GRAINS

- ☐ Lentils
- ☐ Black beans
- ☐ Edamame
- ☐ Brown rice
- ☐ Quinoa
- ☐ Oats

PANTRY AND EXTRAS

- ☐ Potatoes and sweet potatoes
- ☐ Chia seeds
- ☐ Almonds and mixed nuts
- ☐ Almond butter
- ☐ Low-sodium broth
- ☐ Olive oil

SKIP THE MATH

Meals built to these exact targets

35 to 50 g protein per meal, 100 to 140 g per day with no refined sugar, emulsifiers, or seed oils. The vast majority of the menu is also dairy-free.

gomethodology.com/glp-1-meal-delivery