

GLP-1

THIS PLAN IS DESIGNED
FOR OVER 200LBS

Proteins Portion Size: 4oz Times per day: 4

Chicken Breast	Lean Ground Beef	White Fish	Shrimp	Scallops
Ground Chicken	Filet Mignon	Grouper	Lobster	Cod
Ground Turkey	Turkey Bacon	Haddock	Crab	Cornish Hen
Turkey	Turkey Sausage	Tilapia	Mahi	Veal
Lean Pork	Eggs	Flounder	Yellow Fin Tuna	Vension
Lean Steak	Egg Whites	Orange Roughy	Snapper	Ham
Salmon	Chicken Sausage	Beef Roast	Deli Meat	Chicken Thighs

Carbohydrates Selections per day: 4

Jasmine Rice (4oz)	Yellow or white Corn Tortillas	Yellow Hard Corn Taco Shell (2 shells)	Butternut Squash (4oz)	Carb Balance Tortilla 6 Inch (1 tortilla)
Sweet potatoes (4oz)	English Muffin (100 calorie ones) 1	Black Beans (4oz) In moderation due to gas	Whole Wheat Pita (1 Pita)	Banana (1)
Red Skin Potatoes (4oz)	Ezekiel Sprouted Grain Bread (1 Slice)	Chickpeas (4oz)	Potato Roll Bread (1 roll)	Potatoes any kind (4oz)
Quinoa (4oz)	Oats (1/2 cup cooked)	Carrots (4oz)	Whole wheat bread (1 slice)	Barley (4oz)

Vegetables Portion Size: 4oz Times per day: 4 times ** Consume in moderation due to potential for gas

Cucumber	Asparagus	Broccoli **	Squash Spaghetti	Bell peppers any kind
Kale **	Lettuce any kind	Artichoke	Mushrooms any kind	Egg plant
Celery	Peppers	Squash Yellow	Green Beans	Spinach
Cabbage **	Zucchini	Bok Choy**	Onions**	Cauliflower **
Beets	Tomatoes	Brussel Sprouts**	Arugula	
Parsnips				

Fruits (2 per day max)

Apple	Orange	Blueberries ¼ cup	Strawberries ¼ cup	Kiwi
Pear	Grapefruit	Peach	Plum	Grapes ¼ cup

Drinks

Diet Soda	Water	Green Tea unsweet	Tea unsweet	Herbal Teas unsweet
Coffee in moderation	Seltzer water	Low calorie beverages		

Seasonings and fats

Salt	Pepper	Herbs	Lemon	Vinegar
Artificial sweeteners	Coconut oil	Olive oil	Low fat mayo	Any spice without sugar
Low carb ketchup	Mustard	Walden Farms Dress	Balsamic Vinegar	Rice Vinegar
Garlic	Onion powder	BBQ Sauce Low sugar		