

# THE GLP-1 NUTRIENT REPLETION DIET

## For Optimal Weight Loss



# WELCOME

I welcome you to start the GLP-1 Nutrient Repletion Diet for Optimal Weight Loss. This dietary nutrition plan is designed to restore nutrient levels in the body by following a GLP-1 style of eating. This truly innovative nutrition plan breaks through all dietary barriers and harnesses the power of food to unlock the secrets for optimal weight loss and fat burning.



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# THE GLP-1 NUTRIENT REPLETION DIET: GETTING STARTED

Curating change in your life is a powerful step to feeling your best; adopting a new dietary plan can be a transformative part of that journey. Our goal is to ease the transition and give you the materials you need to get started stress-free. Each section of your dietary nutrition plan provides vital information for getting started and healing your body from within. Let's dive into what each section delivers!

## **Section 1: About The GLP-1 Nutrient Repletion Diet**

Discover how the GLP-1 Nutrient Repletion Diet goes beyond traditional eating habits to provide a powerful framework for enhancing your health and well-being. Managing your health isn't just about cutting food groups or following a fad diet; it's about fueling your body with the right kinds of nutrients for sustainable health! In this section, you'll lay the groundwork for understanding what the GLP-1 Nutrient Repletion Diet is.

## **Section 2: Foods To Eat & Avoid List**

Understanding what to eat and avoid is crucial for maintaining a nutrient-rich diet. Our comprehensive list highlights the foods that fuel your body; at the same time, it identifies foods that can undermine your progress and flare your symptoms. The foods to eat and avoid list allows you to make informed choices, empowering you to embrace a diet that supports your health and fits seamlessly into your lifestyle.

## **Section 3: Nutrients & Food Sources**

Get to know the essential nutrients that form the foundation of the GLP-1 Nutrient Repletion Diet and the whole foods that provide them. From phytonutrients and antioxidants to essential vitamins and minerals, this section breaks down 125 key nutrients your body needs for optimal performance. Explore the best natural food sources of these nutrients and learn how each nutrient affects your health. With this knowledge, you'll feel confident building a nutrient repletion diet that nourishes your body and supports your health goals.

## **Section 4: Nutritional Supplements**

While food is the cornerstone of long-lasting health, nutritional supplements can help fill in the gaps to ensure your body gets everything it needs along the way. This section provides tailored recommendations for supplements that complement the GLP-1 Nutrient Repletion Diet. You'll gain the knowledge on which professional-grade supplements to take, when to take them, and how they work alongside your diet to enhance overall wellness. With the right nutritional supplement support, you'll amplify your results and feel your best.

## **Section 5: Food Swap Brand Guide**

Making healthier choices doesn't always mean sacrificing taste or convenience. In this section, we've curated a list of better-for-you food brand swaps. If you're looking to learn how to trade processed, nutrient-poor foods for nutrient-dense options, this guide makes the process simple. Discover trusted brands that align with your health goals and make it easier than ever to stock your pantry with nourishing, nutrient-dense ingredients and foods.

## **Section 6: GLP-1 Nutrient-Dense Recipes**

Transform your kitchen into a hub of vibrant flavors and healthy eating with our curated collection of 30 nutrient-dense recipes. Packed with nutrient-dense ingredients, these recipes are designed to help you meet your health goals without sacrificing taste or enjoyment. Each recipe is easy to follow and crafted to support a balanced, delicious approach to optimal health.

## **Section 7: Nutrition Worksheets**

Eating nutrient-dense foods can have a profound impact on your overall wellness goals. Track your progress in the provided nutrition worksheets so you can visualize your health journey.

# THE GLP-1 NUTRIENT REPLETION DIET: A SIMPLE, DELICIOUS WAY TO SUPPORT YOUR WEIGHT LOSS

If you're looking for a way to support your weight loss without feeling like you're on a restrictive "diet," the GLP-1 Nutrient Repletion Diet might be exactly what you need. Picture this: instead of stressing over restrictive meal plans, you're filling your plate with vibrant, nutrient-packed foods that actually taste good—and make you feel even better. It's not a fad or a passing trend—it's a sustainable lifestyle rooted in balance, flavor, and nutrient-dense foods. Let's talk about what makes this diet so effective and how you can get started without feeling overwhelmed.

## What IS the GLP-1 Nutrient Repletion Diet?

The GLP-1 Nutrient Repletion Diet is designed to support your body's production and activity of glucagon-like peptide 1 (GLP-1) - a gut hormone that plays a key role in regulating blood sugar, appetite, and digestion. This diet focuses on nutrient-dense foods with fiber, lean proteins, and healthy fats, all which naturally stimulate the GLP-1 hormones in your body.

## Why Nutrient-Dense Foods Matter

When you're starting a diet focused on losing weight, it's not just about cutting out food groups. It's about focusing on foods that are rich in fiber, vitamins, minerals, and other essential nutrients.

Why? These foods don't just fill you up—they nourish your body in a way that supports optimal weight loss results. Specific vitamins and minerals, for instance, improve metabolism and fat burning. Healthy fats? They keep you satisfied longer. And let's not forget protein—it's the building block to a better body composition.

## How We Make It Easy

We're here to help simplify the process of getting started. Whether you're new to the diet or just looking for fresh ideas, our curated food lists, recipes, and shopping guides are designed to make it easy. No guesswork, no stress—just real, wholesome food that supports your health and fits your life.

Plus, we believe that healthy eating should feel like a joy, not a chore. That's why our resources focus on meals you'll actually want to eat.

The GLP-1 Nutrient Repletion Diet is more than a way of eating—it's a lifestyle that prioritizes fresh, flavorful food and mindful choices. It's about enjoying every meal while nourishing your body in the best way possible.



### \*\*\*Optional: Unlocking the Benefits of Intermittent Fasting\*\*\*

Intermittent fasting (IF) is an eating pattern that cycles between periods of eating and fasting. It's not a strict diet that limits what you eat, but rather when you eat. The idea is to give your digestive system a rest and allow your body to focus on other important processes, like cellular repair. If you're looking for a way to enhance your nutrient repletion dietary results, intermittent fasting could be the boost you need!

## How to Integrate Intermittent Fasting into Your GLP-1 Nutrient Repletion Diet

Incorporating intermittent fasting into your GLP-1 Nutrient Repletion Diet requires no changes to what you eat, only when you eat.

- 1 Choose a Time Period:** There are many different time periods, but a few popular ones are the 12/12, 16/8, and 18/6 options. You will know which option is right for you. Only some people can work up to the 18/6 time period option. If after 3-4 weeks you are still feeling sluggish, consider adjusting your routine
  - 12/12 Period: Fast for 12 hours and eat within a 12-hour window each day.
  - 16/8 Period: Fast for 16 hours and eat within an 8-hour window each day.
  - 18/6 Period: Fast for 18 hours and eat within a 6-hour window each day.
- 2 Listen to Your Body:** Pay attention to how you feel. If you're excessively dizzy, lightheaded, nauseous, weak, or painfully hungry, adjust your fasting schedule or eat a small, nutrient-dense snack. It's worth noting that you might feel sluggish the first few days as your body transitions to metabolic switching and burning more fat for energy. We recommend initially starting on the 12/12 time period and gradually increasing to the next time period option if you feel comfortable with it.
- 3 Less Is Not More:** Intermittent fasting typically does NOT restrict your caloric intake. In fact, it's vital to intake various nutrient-dense foods during eating windows to fuel your body properly.
- 4 Hydration & Electrolytes:** Drink plenty of water and electrolytes throughout the day, especially during fasting periods.

## FOODS TO EAT & AVOID LIST



	EAT	LIMIT	AVOID
<b>MEATS &amp; POULTRY</b>			
Beef	x		
Bison	x		
Bologna		x	
Chicken	x		
Chicken Liver	x		
Chorizo		x	
Deer/Venison	x		
Duck	x		
Eggs-Chicken	x		
Eggs-Duck	x		
Eggs-Quail	x		
Elk	x		
Goat	x		
Ham		x	
Lamb	x		
Pepperoni		x	
Pork	x		
Pork Bacon		x	
Pork Sausage		x	
Prosciutto		x	
Salami		x	
Turkey	x		
Turkey Bacon		x	
Turkey Sausage		x	
Veal	x		
<b>SEAFOOD</b>			
Anchovies	x		
Bass	x		
Catfish	x		
Caviar	x		

	EAT	LIMIT	AVOID
Clams	x		
Cod	x		
Crawfish	x		
Eel	x		
Flounder	x		
Grouper	x		
Haddock	x		
Halibut	x		
Herring	x		
King Crab	x		
Lobster	x		
Mackerel	x		
Mahi Mahi	x		
Monkfish	x		
Mussels	x		
Octopus	x		
Oyster	x		
Perch	x		
Pike	x		
Salmon	x		
Sardines	x		
Scallops	x		
Sea Bass	x		
Shark	x		
Shrimp	x		
Snapper	x		
Snow Crab	x		
Softshell Crab	x		
Squid	x		
Swordfish	x		
Tilapia	x		
Trout	x		



	EAT	LIMIT	AVOID
Tuna, Canned	x		
Tuna, Fresh	x		
Whitefish	x		
Yellowtail	x		
<b>DAIRY</b>			
Butter-Grass-Fed		x	
Buttermilk		x	
Camembert		x	
Cheddar Cheese		x	
Cottage Cheese		x	
Cream Cheese		x	
Evaporated Milk		x	
Feta		x	
Goat Cheese		x	
Gorgonzola		x	
Greek Yogurt		x	
Gruyere		x	
Half & Half		x	
Heavy Whipping Cream		x	
Kefir		x	
Mozzarella		x	
Parmesan		x	
Provolone Cheese		x	
Ricotta		x	
Romano Cheese		x	
Sheep Cheese		x	
Sour Cream		x	
Swiss Cheese		x	
Whey Protein Isolate		x	
Yogurt-Unsweetened		x	

	EAT	LIMIT	AVOID
<b>BEVERAGES</b>			
Almond Milk	x		
Black Tea	x		
Cashew Milk	x		
Chai Tea	x		
Chamomile Tea	x		
Coconut Milk	x		
Coffee		x	
Cow's Milk		x	
Ginger Tea	x		
Goat's Milk		x	
Green Tea	x		
Hemp Milk	x		
Hibiscus Tea	x		
Kombucha	x		
Macadamia Milk	x		
Matcha	x		
Mushroom Coffee	x		
Oat Milk			x
Oolong Tea	x		
Pea Milk	x		
Rice Milk			x
Rooibos Tea	x		
Sheep's Milk		x	
Soy Milk	x		
White Tea	x		
Yerba Mate		x	
<b>GLUTEN-FREE GRAINS</b>			
Amaranth			x
Arborio Rice			x
Basmati Rice			x

	EAT	LIMIT	AVOID
Black Rice			x
Brown Rice			x
Buckwheat			x
Corn			x
Jasmine Rice			x
Millet			x
Muesli			x
Oats			x
Quinoa			x
Sorghum			x
Teff			x
White Rice			x
Wild Rice			x

### GLUTEN-CONTAINING GRAINS

Barley			x
Bulgur			x
Einkorn Whole Wheat			x
Farro/Emmer			x
Kamut			x
Rye			x
Semolina			x
Spelt			x
Whole Wheat			x

### FLOURS & STARCHES

Almond Flour	x		
Almond Meal	x		
Arrowroot Starch	x		
Buckwheat Flour			x
Cassava Flour	x		
Chickpea Flour/Besan	x		
Coconut Flour	x		

	EAT	LIMIT	AVOID
Cornmeal			x
Cornstarch			x
Oat Flour			x
Potato Starch			x
Rice Flour			x
Soy Flour	x		
Tapioca Starch	x		
Whole Wheat Flour			x

### LEGUMES

Bean Sprouts	x		
Black Beans	x		
Black-Eyed Peas	x		
Chickpeas/Garbanzo Beans	x		
Chili Beans	x		
Fava Beans	x		
Great Northern Beans	x		
Green Peas		x	
Kidney Beans	x		
Lentils	x		
Lima Beans	x		
Mung Beans	x		
Navy Beans	x		
Peanuts	x	x	
Pinto Beans	x		
Soybeans	x		
Split Peas		x	

### NUTS

Almonds	x		
Brazil Nuts	x		
Cashews	x		
Chestnuts	x		



	EAT	LIMIT	AVOID
Hazelnuts	x		
Macadamia Nuts	x		
Pecans	x		
Pili Nuts	x		
Pine Nuts	x		
Pistachios	x		
Tiger Nuts	x		
Walnuts	x		

## SEEDS

Cacao	x		
Chia Seeds	x		
Flax Seeds	x		
Hemp Seeds	x		
Poppy Seeds	x		
Pumpkin Seeds	x		
Sesame Seeds	x		
Sunflower Seeds	x		

## FRUITS

Acai	x		
Apples		x	
Apricot		x	
Avocado	x		
Banana		x	
Blackberry	x		
Blackcurrant	x		
Blueberry		x	
Boysenberry		x	
Cantaloupe			x
Cherry	x		
Coconut	x		
Cranberry	x		
Currant	x		

	EAT	LIMIT	AVOID
Date			x
Dragon Fruit		x	
Elderberry		x	
Fig			x
Goji Berry	x		
Grapefruit	x		
Grapes		x	
Guava	x		
Honeydew Melon			x
Jackfruit		x	
Kiwi		x	
Kumquat		x	
Lemon	x		
Lime	x		
Lychee		x	
Mandarin Orange		x	
Mango		x	
Nectarine		x	
Orange		x	
Papaya			x
Passionfruit		x	
Peach		x	
Pear		x	
Persimmon		x	
Pineapple			x
Plantain		x	
Plum		x	
Pomegranate		x	
Raisin			x
Raspberry	x		
Strawberry		x	
Tangerine		x	
Watermelon			x

	EAT	LIMIT	AVOID
<b>VEGETABLES</b>			
Artichoke	x		
Arugula	x		
Asparagus	x		
Banana Peppers	x		
Beets			x
Bell Peppers	x		
Black Olives	x		
Bok Choy	x		
Broccoli	x		
Broccolini	x		
Brussels Sprouts	x		
Butternut Squash		x	
Cabbage	x		
Carrots			x
Cauliflower	x		
Celery	x		
Chard	x		
Collard Greens	x		
Cucumber	x		
Dandelion Greens	x		
Delicata Squash	x		
Edamame	x		
Eggplant	x		
Endive	x		
French Beans	x		
Garlic	x		
Gold Potatoes			x
Green Beans	x		
Green Olives	x		
Green Onions	x		
Habanero Peppers	x		

	EAT	LIMIT	AVOID
Horseradish	x		
Iceberg Lettuce	x		
Jalapenos	x		
Jicama	x		
Kale	x		
Kelp	x		
Leeks	x		
Lemongrass	x		
Mushrooms-Button	x		
Mushrooms-Cremeni	x		
Mushrooms-Maitake	x		
Mushrooms-Porcini	x		
Mushrooms-Portobello	x		
Mushrooms-Shiitake	x		
Mustard Greens	x		
New Potatoes			x
Okra	x		
Onions	x		
Parsnip			x
Poblano Peppers	x		
Pumpkin			x
Radish	x		
Rhubarb	x		
Romaine Lettuce	x		
Rutabaga		x	
Sauerkraut	x		
Serrano Peppers	x		
Shallots	x		
Snow Peas		x	
Spinach	x		
Sugar Snap Peas		x	
Sweet Potatoes			x
Tomatillo	x		

	EAT	LIMIT	AVOID
Tomato	x		
Turnip	x		
Wasabi	x		
Water Chestnut	x		
Watercress	x		
Whole Wheatgrass			x
White Potatoes			x
Winter Squash		x	
Yam			x
Yellow Squash		x	
Zucchini	x		

### SPICES & SEASONINGS

Allspice	x		
Anise	x		
Black Pepper	x		
Cardamom	x		
Carob Powder	x		
Cayenne Pepper	x		
Celery Salt	x		
Celery Seed	x		
Chili Powder	x		
Cinnamon	x		
Cloves	x		
Cocoa Nibs	x		
Cocoa Powder	x		
Coriander	x		
Crushed Red Pepper	x		
Cumin	x		
Curry Powder	x		
Dill Seed	x		
Fenugreek Seeds	x		
Garam Masala	x		

	EAT	LIMIT	AVOID
Garlic Powder	x		
Garlic Salt	x		
Ginger	x		
Mustard Powder	x		
Mustard Seeds	x		
Nutmeg	x		
Onion Powder	x		
Paprika	x		
Saffron	x		
Sumac	x		
Turmeric	x		
Vanilla	x		
Wasabi Powder	x		
White Pepper	x		
Zaatar Spice	x		

## HERBS

Basil	x		
Bay Leaves	x		
Chives	x		
Cilantro	x		
Dill	x		
Fennel	x		
Fenugreek	x		
Lemongrass	x		
Marjoram	x		
Mint	x		
Oregano	x		
Parsley	x		
Rosemary	x		
Sage	x		
Tarragon	x		
Thyme	x		

	EAT	LIMIT	AVOID
<b>SUGARS &amp; SWEETENERS</b>			
Agave			x
Allulose		x	
Beet Sugar			x
Brown Sugar			x
Coconut Sugar		x	
Date Sugar			x
Erythritol		x	
Honey		x	
Maltitol		x	
Mannitol		x	
Maple Syrup		x	
Molasses		x	
Monk Fruit Extract	x		
Powdered Sugar			x
Raw Cane Sugar			x
Sorbitol		x	
Stevia	x		
Sucrose (White Sugar)			x
Xylitol		x	
<b>OILS &amp; FATS</b>			
Almond Oil	x		
Avocado Oil	x		
Beef Tallow		x	
Butter-Grass-Fed		x	
Canola Oil			x
Coconut Oil	x		
Corn Oil			x
Duck Fat		x	
Flaxseed Oil	x		
Ghee	x		

	EAT	LIMIT	AVOID
Grapeseed Oil		x	
Lard, Pork		x	
MCT Oil	x		
Olive Oil	x		
Palm Kernel Oil	x		
Palm Oil		x	
Peanut Oil		x	
Pecan Oil	x		
Rice Bran Oil			x
Safflower Oil		x	
Sesame Oil	x		
Soybean Oil		x	
Sunflower Oil		x	
Vegetable Oil			x
Walnut Oil	x		

### CONDIMENTS & OTHER

Almond Extract	x		
Apple Cider Vinegar	x		
Balsamic Vinegar	x		
Brewer's Yeast	x		
Coconut Aminos		x	
Gluten Free Soy Sauce/Tamari		x	
Nutritional Yeast	x		
Red Wine Vinegar	x		
Rice Vinegar			x
Seaweed	x		
Vanilla Extract	x		
White Wine Vinegar	x		



# NUTRIENTS & FOOD SOURCES FOR OPTIMAL WEIGHT LOSS



# NUTRIENT REPLETION FOR OPTIMAL WEIGHT LOSS

Focusing on nutrient-dense foods that nourish your body is the most powerful step in achieving sustainable weight loss. An uncontrollable appetite, chronic fatigue, and unwanted weight gain can all be signs of an imbalance in the body.

The GLP-1 Nutrient Repletion Diet focuses on 125 key nutrients, from phytonutrients and antioxidants to essential vitamins and minerals. By incorporating these nutrients and the whole food sources of these nutrients into your dietary plan, you give your body the resources it needs for optimal weight loss.

## ***What are the benefits of nutrient repletion for optimal weight loss?***

- Less appetite & cravings
- Stronger metabolism
- Increased weight loss
- Better body composition

## ***How do targeted nutrients impact weight loss?***

- Increases thermogenesis
- Increases GLP-1 hormone production
- Improves thyroid hormone metabolism
- Improves blood sugar metabolism
- Improves carbohydrate, fat, & protein metabolism

# VITAMINS

NUTRIENTS	BENEFITS	GLP-1 DIET APPROVED FOOD SOURCES
Vitamin A	Regulates Fat Cells	Chicken, Spinach, Parsley, Cilantro
Vitamin B1	Converts Food into Energy	Pork, Salmon, Lentils, Garlic, Asparagus
Vitamin B2	Converts Food into Energy	Salmon, Tuna, Almonds, Avocado, Broccoli
Vitamin B3	Reduces Intra-Abdominal Fat	Chicken, Salmon, Chia Seeds, Avocado, Tomatoes
Vitamin B5	Converts Food into Energy	Chicken, Salmon, Eggs, Lentils, Cauliflower
Vitamin B6	Reduces Appetite & Cravings	Chicken, Pork, Salmon, Avocado, Banana
Vitamin B12	Increases Metabolism	Beef, Tuna, Salmon, Eggs, Nutritional Yeast
Biotin	Improves Blood Sugar Metabolism	Salmon, Eggs, Almonds, Sunflower Seeds, Spinach
Folate	Reduces Abdominal Fat	Lentils, Chickpeas, Asparagus, Spinach, Broccoli, Cilantro
Inositol	Improves Insulin Sensitivity	Almonds, Walnuts, Kidney Beans, Oranges
Vitamin C	Improves Fat Burning	Bell Peppers, Brussels Sprouts, Guava, Kiwi, Strawberries



NUTRIENTS	BENEFITS	GLP-1 DIET APPROVED FOOD SOURCES
Vitamin D	Reduces Fat Cell Formation	Salmon, Tuna, Mackerel, Eggs, Crimini Mushrooms
Vitamin E	Prevents Fat Accumulation	Shrimp, Almonds, Sunflower Seeds, Avocado, Spinach
Vitamin K1	Reduces Total Body Fat	Kale, Broccoli, Brussels Sprouts, Cabbage, Parsley, Cilantro
Vitamin K2	Reduces Visceral Fat & Body Weight	Eggs, Soybeans, Spinach, Kale, Kiwi, Paprika



# MINERALS

NUTRIENTS	BENEFITS	GLP-1 DIET APPROVED FOOD SOURCES
Boron	Increases Thermogenesis	Avocado, Peaches, Pears, Grapes, Apples
Calcium	Increases Fat Excretion	Tofu, Milk, Yogurt, Parmesan Cheese, Spinach, Okra, Acorn Squash
Chloride	Improves Electrolyte Status	Chickpeas, Olives, Celery, Tomatoes, Seaweed
Chromium	Improves Insulin Sensitivity	Turkey, Brazil Nuts, Broccoli, Tomatoes, Green Beans, Black Pepper
Copper	Improves Fat Metabolism	Salmon, Lobster, Shiitake Mushrooms, Chickpeas, Sesame Seeds
Iodine	Improves Thyroid Hormone Metabolism	Cod, Shrimp, Tuna, Navy Beans, Seaweed
Iron	Improves Cellular Metabolism	Beef, White Beans, Apricot, Spinach, Pumpkin Seeds
Lithium	Minimal Benefit	Hazelnuts, Lentils, Green Cabbage, Tomatoes, Cumin
Magnesium	Reduces Appetite & Cravings	Tuna, Lima Beans, Pumpkin Seeds, Almonds, Spinach, Avocado, Bananas
Manganese	Improves Thyroid Hormone Metabolism	Mussels, Pine Nuts, Chickpeas, Lima Beans
Molybdenum	Improves Carbohydrate Metabolism	Eggs, Black-Eyed Peas, Lima Beans, Banana

NUTRIENTS	BENEFITS	GLP-1 DIET APPROVED FOOD SOURCES
Phosphorus	Increases Thermogenesis	Chicken, Tuna, Scallops, Soybeans
Potassium	Reduces Water Retention	Salmon, White Beans, Avocado, Beet Greens, Tomatoes
Selenium	Improves Thyroid Hormone Metabolism	Pork Chops, Tuna, Brazil Nuts, Chia Seeds, Shiitake Mushrooms
Silicon	Minimal Benefit	Asparagus, Cauliflower, Tomatoes
Sodium	Minimal Benefit	Clams, Pickled Cucumber, Sunflower Seeds
Strontium	Minimal Benefit	Brazil Nuts, Garlic
Vanadium	Improves Blood Sugar Metabolism	Lobster, Eggs, Garlic, Black Pepper
Zinc	Metabolizes Carbs, Fats, & Protein	Oysters, Chicken, Lentils, Spinach, Avocado





## AMINO ACIDS & METABOLITES

NUTRIENTS	BENEFITS	GLP-1 DIET APPROVED FOOD SOURCES
Alanine	Improves Body Composition	Chicken, Salmon, Avocado, Hemp Seeds, Chia Seeds
Arginine	Reduces Waist Circumference	Turkey, Tuna, Almonds, Chickpeas, Soybeans
Asparagine	Increases Thermogenesis	Chicken, Eggs, Shrimp, Soybeans, Asparagus
Aspartic Acid	Increases Testosterone Hormone Production	Beef, Tuna, White Beans, Nectarines
Carnosine	Improves Brown Fat Energy Burning	Beef, Pork, Chicken, Turkey
Carnitine	Reduces Body Mass & Weight	Beef, Chicken, Cod, Asparagus
Citrulline	Reduces Appetite & Cravings	Squash, Cucumbers
Cysteine	Improves Blood Sugar Metabolism	Pork, Tuna, Lentils, Sunflower Seeds
Glutamic Acid	Minimal Benefit	Chicken, Goat Cheese, Almonds, Tomatoes
Glutamine	Reduces Appetite & Cravings	Chicken, Eggs, Red Cabbage, Bone Broth
Glutathione	Reduces Weight & Body Fat	Avocado, Asparagus, Spinach, Green Beans, Cucumber

NUTRIENTS	BENEFITS	GLP-1 DIET APPROVED FOOD SOURCES
Glycine	Reduces Appetite & Cravings	Chicken, Tuna, Navy Beans, Hemp Seeds, Almonds
Histidine	Reduces Body Fat	Pork, Tuna, Eggs, Navy Beans
Isoleucine	Improves Body Composition	Chicken, Tuna, Lentils, Green Peas, Spinach
Leucine	Improves Body Composition	Chicken, Tuna, Eggs, Soybeans, Navy Beans
Lysine	Converts Fatty Acids into Energy	Chicken, Tuna, Crab, Ricotta Cheese, Soybeans
Methionine	Minimal Benefit	Turkey, Tuna, Brazil Nuts, White Beans
Phenylalanine	Reduces Appetite & Cravings	Pork, Tuna, Pinto Beans, Pumpkin Seeds
Proline	Minimal Benefit	Turkey, Soybeans, Black Beans, Almonds, Apricot
Serine	Increases Thermogenesis	Lamb, Lima Beans, Spirulina, Kiwi
Taurine	Inhibits Adipogenesis	Cod, Shrimp, Tuna, Eggs, Seaweed
Threonine	Reduces Fat Accumulation	Beef, Tuna, Eggs, Soybeans, Green Peas
Tryptophan	Reduces Appetite & Cravings	Turkey, Salmon, Eggs, Soybeans



NUTRIENTS	BENEFITS	GLP-1 DIET APPROVED FOOD SOURCES
Tyrosine	Reduces Body Fat	Chicken, Salmon, White Beans, Soybeans
Valine	Improves Body Composition	Beef, Tuna, Pinto Beans, Green Beans





## FATTY ACIDS & OTHER NUTRIENTS

NUTRIENTS	BENEFITS	GLP-1 DIET APPROVED FOOD SOURCES
Alpha Lipoic Acid	Reduces Body Weight	Beef, Tomatoes, Brussels Sprouts
Choline	Improves Fat Metabolism	Salmon, Shrimp, Eggs, Broccoli
CoQ10	Reduces Weight & Waist Circumference	Beef, Pork, Sardines, Olive Oil, Sesame Seeds
MCT Oil	Increases GLP-1 Hormone Secretion	Coconut Oil, Coconut, Walnuts, Chia Seeds, Flax Seeds
Omega 3	Improves Lean Muscle Mass	Salmon, Tuna, Ghee, Flax Seeds, Chia Seeds, Walnuts
Omega 6	Minimal Benefit	Walnuts, Pumpkin Seeds, Sunflower Seeds, Hemp Seeds
Omega 9	Improves Insulin Sensitivity	Ghee, Olive Oil, Avocado Oil, Almonds, Cashews, Avocado



## PHYTONUTRIENTS

NUTRIENTS	BENEFITS	GLP-1 DIET APPROVED FOOD SOURCES
a-Carotene	Increases Thermogenesis	Oranges, Tangerines
Allicin	Reduces Weight & Fat Accumulation	Garlic
Apigenin	Reduces Body Weight	Celery, Artichokes, Parsley, Chamomile, Oregano
Astaxanthin	Reduces Body Weight	Salmon, Shrimp, Crab, Lobster
B-Carotene	Increases Fatty Acid Oxidation	Kale, Swiss Chard, Grape Leaves
Beta-Glucan	Improves Blood Sugar Metabolism	Shiitake Mushrooms, Nutritional Yeast
Betacyanin	Improves Insulin Sensitivity	Swiss Chard
Caffeic Acid	Reduces Weight & Fat Accumulation	Artichokes, Olive Oil, Basil, Oregano, Red Pepper, Rosemary
Capsaicin	Increases Thermogenesis	Chili Peppers, Cayenne Pepper, Red Pepper
Carnosol	Reduces Weight & Fat Accumulation	Rosemary, Sage, Basil, Thyme
Carvacrol	Inhibits Adipogenesis	Oregano, Thyme

NUTRIENTS	BENEFITS	GLP-1 DIET APPROVED FOOD SOURCES
Catechins	Reduces Fat Accumulation	Almonds, Grapes, Blackberries, Tea, Nutmeg, Rosemary, Oregano
Chlorogenic Acid	Reduces Abdominal Fat	Strawberries, Blueberries, Coffee, Cinnamon
Chlorophyllin	Reduces Appetite & Cravings	Kiwi, Spinach, Kale, Chlorella, Spirulina
Chrysin	Reduces Body Weight & Adiposity	Honey, Mushrooms, Mint
Cinnamic Acid	Improves Insulin Sensitivity	Cinnamon
Crocin	Reduces Appetite & Cravings	Saffron
Curcumin	Reduces Fat Accumulation	Turmeric
Cyanidin	Reduces Fat Accumulation	Apples, Pears, Cranberries, Blackberries, Cherries
DIM	Increases Thermogenesis	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Ellagitannins	Reduces Abdominal Fat	Strawberries, Blueberries, Raspberries, Green Tea, Black Tea
Ferulic Acid	Reduces Weight & Fat Accumulation	Red Apples, Oranges, Artichoke, Spinach
Fisetin	Reduces Body Weight	Strawberries, Apples, Kale, Onions, Persimmon

NUTRIENTS	BENEFITS	GLP-1 DIET APPROVED FOOD SOURCES
Gallic Acid	Reduces Fat Cell Size	Strawberries, Rhubarb, Green Tea, Cloves, Allspice
Genistein	Reduces Weight & Improves Metabolism	Soybeans, Chickpeas, Lentils, Alfalfa Sprouts
Gingerol	Improves Insulin Sensitivity	Ginger
Hesperidin	Reduces Appetite & Cravings	Oranges, Lemon, Lime
Indole-3-Carbinol	Reduces Body Weight	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Inulin	Reduces Appetite & Cravings	Banana, Asparagus, Onion, Leeks, Garlic
Kaempferol	Improves Insulin Sensitivity	Tomatoes, Black Tea, Capers, Cumin, Cardamom, Cloves
Lignans	Improves Blood Sugar Metabolism	Flax Seeds, Sesame Seeds, Asparagus
Limonene	Activates AMPK Enzymes	Cherries, Garlic, Celery, Rosemary, Dill, Basil
Lutein	Preserves Lean Muscle Mass	Spinach, Romaine Lettuce
Luteolin	Increases Thermogenesis	Celery, Thyme, Parsley, Rosemary, Cardamom, Chamomile
Lycopene	Reduces Weight & Fat Accumulation	Apricots, Olives, Tomatoes

NUTRIENTS	BENEFITS	GLP-1 DIET APPROVED FOOD SOURCES
Malic Acid	Minimal Benefit	Apples, Apple Cider Vinegar
Matairesinol	Reduces Weight & Fat Accumulation	Flax Seeds, Sesame Seeds, Strawberries, Broccoli
Menthol	Increases Thermogenesis	Peppermint, Spearmint, Mint
Myricetin	Reduces Weight & Fat Cell Size	Cranberries, Goji Berries, Fennel, Parsley, Carob
Oleanolic Acid	Reduces Body Weight	Garlic, Cloves
Oleuropein	Reduces Weight & Fat Accumulation	Olive Oil
Pectins	Increases GLP-1 Hormone Production	Green Peas, Tomatoes, Apple Skin
Phytic Acid	Minimal Benefit	Almonds, Cashews, Pecans, Soybean
Phytosterols	Reduces Weight & BMI	Flax Seeds, Almonds, Walnuts, Olive Oil
Piperine	Reduces Fat Accumulation	Black Pepper
Proanthocyanidins	Increases Thermogenesis	Almonds, Grapes, Blackberries, Green Tea, Cocoa
Pterostilbene	Reduces Body Weight	Almonds, Blueberries, Grapes

NUTRIENTS	BENEFITS	GLP-1 DIET APPROVED FOOD SOURCES
Quercetin	Reduces Visceral Fat	Apples, Cranberries, Onion, Green Tea, Black Tea, Cardamom
Resveratrol	Reduces Weight & Fat Accumulation	Grapes, Blueberries, Raspberries
Rutin	Reduces Weight & Fat Accumulation	Lemon, Limes, Olives, Asparagus, Tomatoes, Parsley
Salicylic Acid	Improves Insulin Sensitivity	Cumin, Curry, Dill, Oregano, Paprika, Thyme, Rosemary
Saponins	Reduces Appetite & Cravings	Chickpeas, Kidney Beans, Spinach, Garlic, Onion
Silymarin	Reduces Weight & Fat Accumulation	Artichokes
Sulforaphane	Reverses Leptin Resistance	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Tannic Acid	Reduces Body Weight	Chickpeas, Almonds, Pomegranate, Blackberries, Raspberries
Thymol	Reduces Appetite & Cravings	Basil, Oregano, Cloves, Thyme
Ursolic Acid	Reduces Weight & Fat Accumulation	Cranberries, Prunes, Basil, Oregano, Lavender, Peppermint
Vanillic Acid	Activates AMPK Enzymes	Vanilla Beans, Cloves
Zeaxanthin	Reduces Fat Mass	Kale, Spinach, Swiss Chard, Collards, Mustard Greens



# BODY COMPOSITION SUPPORT NUTRITIONAL SUPPLEMENTS





SUPPLEMENT	BRAND	DOSAGE
Multi w/o Iron	Select Formulations	AM Packet - 2 capsules
D3 5000	Select Formulations	AM Packet - 1 softgel
Omega Oil Mono 650	Select Formulations	AM Packet - 1 softgel
Glucose Support	Select Formulations	AM Packet - 1 capsule
Fiber Lean	Select Formulations	AM Packet - 1 capsule PM Packet - 1 capsule
HMB PRO	Select Formulations	AM Packet - 2 capsules PM Packet - 2 capsules
Magnesium Chelate	Select Formulations	PM Packet - 1 capsule
Berberine ES-5	Select Formulations	PM Packet - 1 capsule



**Our daily supplement packets make taking your supplements easier than ever. You will receive 30 daily AM & PM supplement packets - no more organizing multiple supplement bottles each day.**

**\*Disclaimer:** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Talk to your physician before starting any nutritional supplement protocols.

# FOOD SWAP BRAND GUIDE



## What is the Food Swap Brand Guide?

The Food Swap Brand Guide is your go-to resource for discovering 700+ brands that offer nutrient-dense foods and ingredients; it's designed to help you make healthier choices without sacrificing the foods you love. The brands in this guide prioritize quality ingredients and superior nutrition profiles, making it easier than ever to swap out nutrient-poor foods for nutrient-dense foods. From protein bars to bread, pasta, chips, and more, you'll find options with better-for-you ingredients that don't compromise taste. These brands aren't exclusive to specialty grocery stores either; we chose options that range from Whole Foods and Trader Joe's to Target, Aldi, Walmart, Thrive Market, Amazon, Kroger, and more!

The Food Swap Brand Guide caters to any diet, so you can feel good about the choices you make. As you explore these brands, you'll discover exciting products that transform everyday meals and snacks to fuel your body.

**NOTE: We always encourage you to read the nutrition label before purchasing any product to ensure your food allergies and intolerances are addressed.**

## How to Use the Food Swap Brand Guide

If you're new to branching outside of nutrient-poor commercial food brands, it's normal to feel overwhelmed. Grocery stores and online services are spilling with new brands and products to explore. That's why we made this guide! Finding foods that you enjoy and fuel your body should be easy.

Let's start with an example. What if chocolatey cookies are your downfall? They're something you can't see yourself living without forever. We get it - everyone has certain foods they aren't willing to go without. Enhancing your health shouldn't mean restricting all of the things you enjoy.

To find a more nutrient-dense cookie option, locate the "Cookies" section in your Food Swap Brand Guide. Here, you will find a list of brands that offer better-for-you cookie options!

Now that you've located the "Cookies" section of the Food Swap Brand Guide, what next? You're left with a list of brands, but how do you find the right brand and product for you? This is where the process can be fun! We suggest reading reviews on the product—try looking for pictures on their website as well! Many reviewers will be open about the texture, taste, and quality of the product.

## SNACKS & SIDES

### Bars

88 Acres	KIND
365 by Whole Foods	Larabar
Aloha	Once Upon a Farm
Annie's	Paleovalley
Bearded Brothers	Pamela's
BelliWelli	Papa Steve's
Blake's Seed Based	Rise Bars
Bob's Red Mill	RX Bar
Bobo's	Sans Bars
Cerebelly	Simple Mills
Dave's Killer Bread	Skout Organic
Deliciously Ella	Taos Bakes
Elemental Superfood	That's It
EPIC	Thunderbird Bars
Fody Foods	Tosi
Go Macro	Trubar
Good & Gather	Unreal
IQ Bar	Urban Remedy
Jones Bar	Yes Bar
Kate's Real Food	Wild Zora

### Cereal

365 by Whole Foods	Lovebird
Amara	Magic Spoon
Annie's	Nature's Path
Bob's Red Mill	Nuco
Cataline Crunch	Olyra Foods
Else Nutrition	One Degree Organic Foods
Good & Gather	Purely Elizabeth
Heavenly Hunks	Seven Sundays
Holle	Simple Mills
Living Intentions	Three Wishes

**Cereal**

Thrive Market	Wildway
Trader Joe's	Wild Zora
Wella	

**Chips & Crunchies**

365 by Whole Foods	Late July
Annie's	Lesser Evil
Artisan Tropic	Popchips
Bare Snacks	Siete Foods
Biena	Simple Truth
Boulder Canyon	Simply 7
From the Ground Up	Terra Chips
Good & Gather	The Good Crisp Company
Hippeas	Thrive Market
Jackson's	Trader Joe's
Kettle Brand	Zack's Mighty
Kibo Foods	

**Chocolate**

Alter Eco	Navitas Organics
Choc Zero	Thea Chocolate
Endangered Species Chocolate	Thrive Market
Enjoy Life	Trader Joe's
Hu	Unreal
JoJo's	

**Cookies**

34 Degrass	Good Bites
365 by Whole Foods	Heavenly Hunks
Annie's	Jack's Paleo Kitchen
Bakeology	Jovial
BelliWelli	Karma Nuts
Cappello's	King Arther Baking Company
Eat G.A.N.G.S.T.E.R	Made Good
Emmy's Organics	Mavericks

**Cookies**

Miss Jones Baking	Simple Mills
Ona	Simple Truth
Olyra	The Greater Goods
Ott's Naturals	Toto Foods
Partake Foods	Urban Remedy

**Crackers**

34 Degrees	From the Ground UP
Absolutely!	Good & Gather
Annie's	Hippie Snacks
Artisan Tropic	Jovial
Better with Buckwheat	Julian Bakery
Casabi Crackers	Must Love
Craize	Patagonia
Crunchmaster	Mary's Gone Crackers
Every Body Eat	Simple Mills
Fair & Square	Sunnie
Fit Joy	The Greater Goods
Foods Alive	The Humble Seed
Flackers	

**Dips**

365 by Whole Foods	Mt. Vikos
Brami	Primal Kitchen
Cocojune	Primal Palate
Good & Gather	Thrive Market
Kite Hill	Trader Joe's

**Fruits & Veggies**

365 by Whole Foods	Blue Stripes
Amara	Brad's Plant Based
Anthony's	Calbee Harvest Snacks
Bare	Fresh Bellies
Barnana	Frooze Balls
Biena	GimMe



**Fruits & Veggies**

Good & Gather	Poshi
Hippie Snacks	Rind
Iwon	Sambazon
Made in Nature	Serenity Kids
Mavuno Harvest	Simple Truth
Natierra	Soley
Nora	Thrive Market
Once Upon a Farm	Trader Joe's
Patience	

**Granola**

365 by Whole Foods	Paleo Tiger
Alter Eco	Paleonola
Go Raw	Purely Elizabeth
Good & Gather	Seven Sundays
KIND	Three Wishes
Lark Ellen Farm	Thrive Market
Lil Bucks	Trader Joe's
Nature's Path	Wildway
Natureul	

**Legumes & Lentils**

Biena	Kibo Foods
Brami	Lebby Snacks
Callbee Harvest Snaps	Lentiful
Crunchsters	Thrive Market
Enjoy Life	Trader Joe's
Hippeas	

**Meat Snacks & Jerky**

Chomps	Paleovalley
Country Archer	The New Primal
EPIC	Thrive Market
Grazly	Think Jerky
Mission Meats	Wild Zora

**Nuts & Seeds**

88 Acres	Karma Nuts
365 by Whole Foods	Lake Ellen Farm
Anthony's	Lebby Snacks
Artisana Organics	Mama Chia
Aurora Natural	Manitoba Harvest
Back to Nature	Mission MightyMe
Barney Butter	Navitas Organics
Bhu Foods	Nuttzo
Blake's Seed Based	Paleo Tiger
Bob's Red Mill	Philosopher Foods
Chia Smash	Perfect Balance Trail Mix
Chinook Seedery	Rind Remix
Chosen Foods	Rind Snacks
Country House	Sahale Snacks
Daily Crunch	Santa Cruz Organic
Dastony Organic Butter	Simple Mills
Deliciously Ella	Simple Truth
Elavi	SkinnyDipped
Fix & Fogg	Soom
Go Raw	South 40 Snacks
Good & Gather	SunButter
GoodSam	Thrive Market
Grandy Organics	Trader Joe's
Justin's	Wonderful Pistachios

**Soups**

365 by Whole Foods	Power Provisions
Amy's Kitchen	Proper Good
Health Valley	Sprague
Imagine Foods	Trader Joe's
Kettle & Fire	True Primal
Kevin's Natural Foods	Wild Zora
Pacific Foods	



**Spreads & Jams**

Artisana Organics	Natureul
Chia Smash	Nutiva
Chosen Foods	Oat Haus
Crofters	PickerFresh
Daiya	Primal Kitchen
Divina	Roots
Eden Foods	Simple Truth
Justin's	Soom
Kitchen & Love	Thrive Market
Miyoko's Creamery	Trader Joe's
Mt. Vikos	Violife



## GLUTEN-FREE GRAINS

### Baking Mixes

365 by Whole Foods	Legit Bread Company
Birch Benders	Miss Jones
Bob's Red Mill	Otto's Naturals
Eat G.A.N.G.S.T.E.R	Pamela's Products
GoNanas	Simple Mills
Julie's Real	Thrive Market
King Arthur Baking Company	Trader Joe's
Kodiak	Truly AIP
Lakanto	

### Bread & Bread Mixes

Against the Grain	Julian's Bakery
Banza	King Arthur Baking Company
Base Culture	Legit Bread Company
Bob's Red Mill	Schar
Canyon Gluten Free Bakehouse	Silver Hills Bakery
Cappello's	Simple Mills
Carbonaut	Sunflour
Casabi Artisan Flatbread	Pacha
Cook's Gluten Free	Paleolicious
Dave's Killer Bread	Truly AIP
Food for Life	

### Flour Alternatives

365 by Whole Foods	Hearthy Foods
Anthony's	King Arthur Baking Company
Arrowhead Mills	Navitas Organics
Beth Blends	Otto's Natural
Blue Diamond Almonds	Simple Truth
Bob's Red Mill	Thrive Market
Carrington Farms	Tiger Nuts USA



## Pasta Noodle Alternatives

365 by Whole Foods	liveGfree
Ancient Harvest	Manini's
Andean Dream	Miracle Noodle
Banza	Natural Heaven
Barilla	Shinny Pasta
Big Green Organic Food	Solely
Bionaturae	Simple Truth
Cappello's	Thrive Market
Good & Gather	Tolerant
Heaven & Earth	Trader Joe's
Jovial	VeggieCraft Farms

## Tortilla Wraps & Taco Shells

365 by Whole Foods	Nuco
Against the Grain	Siete Foods
Egglife	Thrive Market
NewGem	Wrawp



## DAIRY ALTERNATIVES

### Non-Dairy Butter

Melt Organic	WayFare
Miyoki's Creamery	Wildbrine
Violife	

### Non-Dairy Cheese

Daiya	Miyoko's Creamery
Follow Your Heart	Trader Joe's
Kite Hill	Violife

### Non-Dairy Coffee Creamer

Califia Farms	Ripple
Elmhurst	Silk
Laird Superfoods	So Delicious
Nutpods	Trader Joe's

### Non-Dairy Ice Cream & Popsicles

DeeBee's Organics	Jolly Llama
Dream Pops	Oatly
GoodPop	So Delicious

### Non-Dairy Milk

365 by Whole Foods	Milkadamia
Blue Diamond	Oatly
Califia Farms	Orgain
Chobani	Pacific Foods
Elmhurst	Ripple
Good & Gather	Silk
Good Karma	Thrive Market
Kiki Milk	Trader Joe's

### Non-Dairy Yogurt

365 by Whole Foods	Once Upon a Farm
Chobani	Oui by Yoplait
Cocojune	Siggi's
Forager	Silk
Kite Hill	So Delicious
Lavva	

## MEAT & MEAT ALTERNATIVES

### Bacon

365 by Whole Foods	North Country Smokehouse
Applegate Organics	Pederson Natural Farms
EPIC	Trader Joe's
Good & Gather	True Story
Nature's Rancher	Wellshire Farms
Niman Ranch	

### Deli Meats

365 by Whole Foods	Niman Ranch
Applegate Organics	North Country Smokehouse
Diestel Family Ranch	Trader Joe's
Garrett Valley Farms	True Story
Good & Gather	

### Packaged Seafood

365 by Whole Foods	Trader Joe's
Freshe	Wild Planet
Safe Catch	Whole Catch
Thrive Market	

### Ready-Made Meals

365 by Whole Foods	Red's
Amy's Organics	Saffron Road
Daily Harvest	Tattooed Chef
Deep Indian Kitchen	Trader Joe's
Evol	Wicked Kitchen
Kevin's Natural Foods	Wild Zora
Purple Carrot	

### Non-Meat Alternatives

365 by Whole Foods	Thrive Market
Amy's Organics	Trader Joe's
Daily Harvest	Wicked Kitchen
Nasoya	Wildwood Organic
Purple Carrot	

## SAUCES, DRESSINGS, & PANTRY

### Broth

365 by Whole Foods	Kettle & Fire
Bare Bones	Pacific Foods
Bonafide	PlantStrong
Brite Start	Power Provisions
EPIC	Simple Truth
FOND	The Honest Kitchen
Good & Gather	Thrive Market
Imagine Foods	Trader Joe's

### Condiments

365 by Whole Foods	Primal Kitchen
Bragg	Simple Truth
Chosen Foods	Sir Kensington's
Coconut Secret	Thrive Market
Good & Gather	Trader Joe's
KC Natural	True Made Foods
Mike's Hot Honey	

### Cooking Oils & Fats

365 by Whole Foods	Good & Gather
California Olive Ranch	Napa Valley
Chosen Foods	Nutiva
EPIC	Primal Kitchen
Fatworks Foods	Simple Truth
Fody Foods	Thrive Market
Fourth & Heart	Trader Joe's

### Salad Dressings & Marinades

365 by Whole Foods	KC Natural
Bragg	Primal Kitchen
Drench	SideDish
Fody Foods	Thrive Market
Follow Your Health	Trader Joe's
Good & Gather	



**Sauces**

365 by Whole Foods	Primal Kitchen
A Dozen Cousins	Rao's Homemade
Bachan's	Saffron Road
Carbone	Sauce Ventures
Daiya	Siete Foods
Fody Foods	The New Primal
Good & Gather	Thrive Market
KC Natural	Tia Lupita
Kevin's Natural Foods	Trader Joe's
Maya Kaimal	True Made Foods

**Seasonings & Pantry**

365 by Whole Foods	Simply Organic
Bragg	The New Primal
Good & Gather	The Spice Hunter
Kinder's	Thrive Market
Primal Palate	Trader Joe's
Siete Foods	

**Sugars & Sweeteners**

365 by Whole Foods	RxSugar
Anthony's	Sweetleaf
Big Tree Farms	Thrive Market
Lakanto	Trader Joe's



## DRINKS

### Coffee

365 by Whole Foods	Pop & Bottle
Alex's Low-Acid Organic Coffee	Purity Coffee
Califia Farms	Trader Joe's
Four Sigmatic	VitaCup
Java Planet	Volcanica

### Coffee Alternatives

Anthony's	RYZE Mushroom Coffee
Clevr Blends	Teeccino
Four Sigmatic	VitaCup
Om Mushroom	

### Electrolytes

Ath Lytes	Nuun
Cure Hydration	Trace Minerals
Goodonya	Ultima Replenisher
LMNT	Wellmade

### Non-Alcoholic Beverages

Athletic Brewing Co.	Hoptonic
Ghia	Odyssey Elixir
Gruvi	Surely

### Seltzer, Soda, & Health Drinks

365 by Whole Foods	Jiant
Agua Bucha	Juneshine
Aura Bora	OCA
Boochcraft	Olipop
CLEAN Cause	Pop & Bottle
Culture Pop Soda	Poppi
Flying Embers	Reed's
GoodPop	Riot Energy
Good & Gather	Ruby
GIT's Synergy Kombucha	Sambazon
Hop WTR	Sanzo
Humm Kombucha	Simple Truth



**Seltzer, Soda, & Health Drinks**

Sun Sip Soda	Waterloo Sparkling Water
Swoon	WildWonder
Thrive Market	Zevia
Trader Joe's	

**Tea**

365 by Whole Foods	Taika
AutoimmuniTea	Taylor's of Harrogate
Celestial Seasonings	Teeccino
Four Sigmatic	The Republic of Tea
Got Matcha	Thrive Market
Mighty Leaf	Trader Joe's
Navitas Organics	Traditional Medicinals
Numi Tea	Yogi Tea
Organic India	Zevia
Rishi Tea	



# GLP-1 NUTRIENT-DENSE RECIPES



## GROUND CHICKEN CHIPS

### Ingredients:

- 1 lb ground chicken
- 1/2 cup almond flour
- 1/4 cup grated Parmesan cheese
- 1 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- Olive oil, for greasing

### Instructions:

1. Preheat the oven to 375°F and line a baking sheet with parchment paper.
2. In a bowl, mix ground chicken, almond flour, Parmesan cheese, garlic powder, smoked paprika, salt, and pepper.
3. Scoop small portions of the mixture and flatten into thin rounds on the prepared baking sheet.
4. Bake for 10–12 minutes, flipping halfway through, until golden and crispy.

## PESTO DIP

### Ingredients:

- 1 cup fresh basil leaves
- 1/4 cup olive oil
- 1/4 cup unsweetened coconut yogurt
- 2 tbsp pine nuts (or sunflower seeds)
- 1 clove garlic
- 1 tbsp fresh lemon juice
- 1/4 tsp salt
- 1/4 tsp ground black pepper

### Instructions:

1. In a blender or food processor, combine basil, olive oil, coconut yogurt, pine nuts, garlic, lemon juice, salt, and black pepper.
2. Blend until smooth, scraping down the sides as needed.
3. Transfer to a bowl and serve with fresh veggies.



## GARLIC CAULIFLOWER TATER TOTS

### Ingredients:

- 2 cups cauliflower rice (cooked and squeezed to remove excess moisture)
- 1/4 cup almond flour
- 1/4 cup tapioca starch
- 1 clove garlic, minced
- 1 tsp dried parsley
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 egg, beaten
- 1 tbsp olive oil

### Instructions:

1. Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a bowl, combine cauliflower rice, almond flour, tapioca starch, garlic, parsley, salt, black pepper, and beaten egg. Mix well.
3. Scoop about 1 tbsp of the mixture and shape into small tater tot shapes. Place on the baking sheet.
4. Drizzle with olive oil and bake for 20–25 minutes, flipping halfway through, until golden and crispy.

## BANANA COCONUT LIME SMOOTHIE

### Ingredients:

- 1 banana
- 1 cup coconut milk (unsweetened)
- 1/4 tsp ground turmeric
- 1/4 tsp ground ginger
- 1 tsp chia seeds
- Juice of 1 lime
- Ice cubes

### Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

## CHOCOLATE RASPBERRY SMOOTHIE

### Ingredients:

- 1/2 cup fresh or frozen raspberries
- 1 cup coconut or almond milk (unsweetened)
- 2 tbsp raw cacao powder
- 1/4 tsp vanilla extract
- 1/4 cup ice cubes

### Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.



## BERRY FLAXSEED POWER SMOOTHIE

### Ingredients:

- 1/2 cup mixed berries (blueberries, raspberries, and strawberries)
- 1 tbsp ground flaxseeds
- 1/2 tsp vanilla extract
- 1 cup unsweetened almond or coconut milk
- 1 tbsp almond butter
- 1/4 tsp ground ginger
- Ice cubes

### Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

## SHAKSHUKA (EGGS IN SPICY TOMATO SAUCE)

### Ingredients:

- 2 tbsp olive oil
- 1/2 onion, chopped
- 1 red bell pepper, chopped
- 2 garlic cloves, minced
- 1 can (14 oz) diced tomatoes (no added sugar)
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper (optional, for heat)
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 4 large eggs
- 1/4 cup fresh parsley, chopped (for garnish)
- 1/4 avocado, sliced (optional, for topping)

### Instructions:

1. Heat olive oil in a large skillet over medium heat. Add the chopped onion and red bell pepper and cook for 5-6 minutes, until softened.
2. Add the minced garlic and cook for another 1 minute until fragrant.
3. Stir in the diced tomatoes, ground cumin, smoked paprika, cayenne pepper (if using), salt, and pepper. Simmer for 10-12 minutes, stirring occasionally, until the sauce thickens.
4. Create small wells in the sauce and crack the eggs into each well. Cover the skillet and cook for 6-8 minutes, or until the egg whites are set but the yolks are still runny (or cook longer for firmer yolks).
5. Garnish with fresh parsley and top with avocado slices if desired.

## SPICED TURKEY SAUSAGE PATTIES

### Ingredients:

- 1 lb ground turkey
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper (optional, for heat)
- 1/2 tsp dried sage
- 1/4 tsp ground thyme
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tbsp olive oil (for cooking)

### Instructions:

1. In a mixing bowl, combine the ground turkey, garlic powder, onion powder, smoked paprika, cayenne pepper, sage, thyme, salt, and black pepper. Use your hands or a spoon to mix everything evenly.
2. Divide the mixture into 6-8 equal portions and shape them into round patties.
3. Heat the olive oil in a skillet over medium heat.
4. Cook the sausage patties for 4-5 minutes per side, or until golden brown and cooked through (internal temperature should reach 165°F or 74°C).

## GROUND CHICKEN AND VEGGIE SCRAMBLE

### Ingredients:

- 1 lb ground chicken
- 2 tbsp olive oil
- 1/2 onion, chopped
- 1 bell pepper, chopped
- 1/2 zucchini, chopped
- 2 garlic cloves, minced
- 1/4 tsp paprika
- 1/4 tsp ground cumin
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- Fresh parsley, chopped (for garnish)

### Instructions:

1. Heat olive oil in a large skillet over medium heat. Add the ground chicken and cook, breaking it apart with a spoon, until browned and fully cooked, about 5-7 minutes.
2. Add the chopped onion, bell pepper, zucchini, and garlic. Cook for another 4-5 minutes until the vegetables are softened.
3. Stir in paprika, cumin, salt, and pepper, and cook for another minute to incorporate the spices.
4. Remove from heat and garnish with fresh parsley.

## SAVORY COCONUT FLOUR CREPES

### Ingredients:

- 1/4 cup coconut flour
- 4 large eggs
- 1/4 cup coconut milk (unsweetened)
- 1 tbsp coconut oil, melted
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp garlic powder

### Instructions:

1. In a mixing bowl, whisk together the coconut flour, eggs, coconut milk, salt, pepper, and garlic powder until smooth.
2. Heat a non-stick skillet or crepe pan over medium heat and lightly grease with coconut oil.
3. Pour a small amount of batter (about 2-3 tbsp) into the skillet, swirling the pan to spread the batter evenly into a thin layer.
4. Cook the crepe for 1-2 minutes, until the edges begin to lift, then flip and cook for another 1-2 minutes on the other side.
5. Repeat the process with the remaining batter, greasing the pan as needed.
6. Serve the crepes warm with your choice of savory berry or banana filling.

## APPLE ALMOND CRISP

### Ingredients:

- 2 large apples, sliced thinly
- 1/2 tsp cinnamon
- 1 tsp lemon juice

Topping:

- 1/4 cup almond flour
- 1/4 cup chopped almonds
- 2 tbsp shredded unsweetened coconut
- 1 tbsp melted coconut oil
- 1 tsp honey

### Instructions:

1. Preheat the oven to 375°F (190°C) and grease a small baking dish.
2. Toss apples slices with cinnamon and lemon juice. Spread evenly in the dish.
3. In a bowl, mix almond flour, chopped almonds, shredded coconut, melted coconut oil, and honey until crumbly.
4. Sprinkle the topping over the apples.
5. Bake for 15-20 minutes until golden.
6. Serve warm or at room temperature.

## CHOCOLATE TAHINI FUDGE

### Ingredients:

- 1/2 cup tahini
- 1/4 cup unsweetened cocoa powder
- 1/4 cup melted coconut oil
- 1 tbsp honey
- 1/2 tsp vanilla extract

### Instructions:

1. In a bowl, whisk together tahini, cocoa powder, coconut oil, honey, and vanilla extract until smooth.
2. Pour the mixture into a parchment-lined loaf pan.
3. Chill in the fridge for 1 hour until firm.
4. Slice into squares and store in the fridge.



## ROASTED BROCCOLINI WITH LEMON ZEST

### Ingredients:

- 2 bunches broccolini, trimmed
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1/2 tsp garlic powder
- Zest of 1 lemon
- 1 tbsp fresh lemon juice
- Fresh parsley for garnish (optional)

### Instructions:

1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Toss the broccolini with olive oil, salt, pepper, and garlic powder. Spread it out in a single layer on the baking sheet.
3. Roast in the oven for 15-20 minutes, or until the broccolini is tender and slightly crispy at the edges.
4. Remove from the oven and sprinkle with fresh lemon zest and lemon juice.
5. Garnish with fresh parsley if desired and serve warm.

## SPANISH CAULIFLOWER RICE

### Ingredients:

- 1 medium head cauliflower, grated into rice-sized pieces
- 2 tbsp olive oil
- 1/2 onion, chopped
- 2 garlic cloves, minced
- 1/2 bell pepper, chopped
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1/2 cup diced tomatoes
- 1/4 cup fresh parsley, chopped (for garnish)
- 1 tbsp fresh lime juice

### Instructions:

1. Heat olive oil in a large skillet over medium heat. Add the chopped onion and garlic, cooking for 3-4 minutes until softened.
2. Add the bell pepper and cook for another 2 minutes.
3. Stir in the ground cumin, smoked paprika, salt, and pepper, cooking for 1 minute to release the spices' aroma.
4. Add the cauliflower rice to the skillet, along with the diced tomatoes. Stir to combine and cook for 5-7 minutes, until the cauliflower rice is tender.
5. Garnish with fresh parsley and drizzle with lime juice.

## SAUTÉED KALE WITH BACON AND HEMP SEEDS

### Ingredients:

- 1 bunch kale, stems removed and leaves chopped
- 4 slices bacon, chopped
- 1 tbsp olive oil (for sautéing)
- 2 cloves garlic, minced
- 1 tbsp hemp seeds
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1 tbsp apple cider vinegar

### Instructions:

1. Heat a large skillet over medium heat. Add the chopped bacon and cook until crispy, about 5-7 minutes. Remove the bacon and set it aside, leaving some bacon drippings in the pan.
2. Add olive oil to the skillet with the bacon drippings and heat over medium-high heat.
3. Add the minced garlic to the skillet and sauté for 1 minute until fragrant.
4. Add the chopped kale to the skillet and cook for 5-7 minutes, stirring occasionally, until the kale is wilted and tender.
5. Stir in the hemp seeds, cooked bacon, salt, pepper, and apple cider vinegar. Cook for another 1-2 minutes to allow the flavors to combine.

## PIZZA WITH GROUND CHICKEN CRUST

### Ingredients:

- 1 lb ground chicken
- 1 egg
- 1/4 cup almond flour
- 1 tsp dried oregano
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp ground black pepper

Toppings:

- 1/2 cup tomato sauce
- 1/2 cup cooked sausage
- 1/4 cup red onion, thinly sliced
- 1/4 cup fresh basil, chopped
- 1/2 cup mozzarella cheese

### Instructions:

1. Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a bowl, combine ground chicken, egg, almond flour, oregano, garlic powder, salt, and pepper. Mix until fully combined.
3. Spread the chicken mixture into a round shape on the prepared baking sheet to form the pizza crust, about 1/2-inch thick.
4. Bake the crust for 15-18 minutes, or until it is golden brown and cooked through.
5. Remove the crust from the oven and spread tomato sauce over the top.
6. Add sausage, red onion, mozzarella, and any other desired toppings.
7. Bake for an additional 5-7 minutes, or until the cheese is melted and bubbly.
8. Garnish with fresh basil and serve immediately.

## COCONUT CHICKEN TENDERS

### Ingredients:

- 1 lb chicken tenders
- 1/3 cup coconut flour
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp salt
- 2 eggs, beaten
- 1 cup unsweetened shredded coconut
- 1/4 cup coconut or almond flour
- 2 tbsp olive oil (for cooking)

### Instructions:

1. Preheat oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a shallow bowl, mix coconut flour, garlic powder, onion powder, and salt.
3. In another bowl, place the beaten eggs. In a third bowl, mix shredded coconut and almond flour.
4. Dredge each chicken tender in the coconut flour mixture, then dip into the egg, and finally coat with the coconut and almond flour mixture.
5. Heat olive oil in a skillet over medium heat. Sear the tenders for 2 minutes per side until golden brown.
6. Transfer the tenders to the baking sheet and bake for 10–12 minutes, or until the chicken reaches an internal temperature of 165°F (74°C).

## MEATBALLS WITH TZATZIKI

### Ingredients:

- 1 lb ground lamb (or beef)
- 1/4 cup almond flour
- 1/4 cup fresh parsley, chopped
- 1/4 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1 egg

### Tzatziki Sauce:

- 1/2 cucumber, finely grated and excess water squeezed out
- 1/2 cup coconut yogurt (unsweetened)
- 1 tbsp fresh dill, chopped
- 1 tbsp lemon juice
- 1 garlic clove, minced
- 1/4 tsp salt
- 1/4 tsp ground black pepper

### Instructions:

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the ground lamb, almond flour, parsley, garlic powder, onion powder, oregano, salt, pepper, and egg. Mix until everything is well combined.
3. Shape the mixture into small meatballs, about 1-2 inches in diameter, and place them on the prepared baking sheet.
4. Bake for 15-20 minutes, or until the meatballs are browned and cooked through.
5. While the meatballs are baking, prepare the tzatziki sauce by mixing the grated cucumber, coconut yogurt, dill, lemon juice, garlic, salt, and pepper in a small bowl.
6. Once the meatballs are done, serve them with the tzatziki sauce on the side for dipping or drizzling.



## SMOTHERED CHICKEN

### Ingredients:

- 4 boneless, skinless chicken thighs
- 1 tbsp olive oil
- 1/2 onion, chopped
- 2 garlic cloves, minced
- 1/2 cup coconut milk (unsweetened)
- 1/4 cup coconut aminos
- 1 tbsp fresh lemon juice
- 1/2 tsp dried rosemary
- 1/4 tsp cayenne pepper
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- Fresh parsley, chopped (for garnish)

### Instructions:

1. Heat olive oil in a large skillet over medium-high heat. Season the chicken thighs with salt and pepper, then cook them in the skillet for 5-7 minutes per side until browned and cooked through. Remove the chicken and set aside.
2. In the same skillet, add the chopped onion and garlic. Cook for 3-4 minutes until softened.
3. Stir in the coconut milk, coconut aminos, lemon juice, rosemary, cayenne pepper, salt, and pepper. Simmer for 5 minutes until the sauce thickens slightly.
4. Return the chicken to the skillet, spooning the sauce over the top. Cook for an additional 2-3 minutes to heat the chicken through.
5. Garnish with fresh parsley and serve warm.

## ITALIAN PORK CHOPS

### Ingredients:

- 4 bone-in pork chops
- 2 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried oregano
- 1/4 tsp dried basil
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1/2 cup fresh tomatoes, diced
- 1/4 cup fresh basil, chopped
- 1/4 cup olive tapenade (optional, for extra flavor)

### Instructions:

1. Preheat your oven to 375°F (190°C).
2. Rub the pork chops with olive oil, garlic powder, onion powder, oregano, basil, salt, and pepper.
3. Heat a skillet over medium-high heat. Sear the pork chops for 2-3 minutes on each side, until browned.
4. Transfer the pork chops to a baking dish and bake in the oven for 20-25 minutes, or until the internal temperature reaches 145°F (63°C).
5. While the pork chops are baking, combine diced tomatoes and fresh basil in a bowl to make a simple tomato salad.
6. Once the pork chops are done, top with the tomato basil mixture and serve immediately.

## SUMMER SALMON SALAD

### Ingredients:

- 4 salmon fillets (6 oz each)
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 6 cups mixed greens
- 1 cup cherry tomatoes, halved
- 1/2 cucumber, sliced
- 1/4 cup red onion, thinly sliced
- 1/4 cup crumbled feta cheese
- 1/4 cup toasted almonds or walnuts

### Dressing:

- 3 tbsp olive oil
- 1 tbsp white wine vinegar
- 1 tsp Dijon mustard
- 1 tsp honey
- Salt and pepper, to taste

### Instructions:

1. Preheat a skillet over medium heat. Rub salmon fillets with olive oil, salt, and pepper. Cook for 4–5 minutes per side until golden and cooked through. Let cool slightly.
2. In a small bowl, whisk olive oil, white wine vinegar, Dijon mustard, honey, salt, and pepper for the dressing.
3. In a large bowl, combine mixed greens, tomatoes, cucumber, red onion, feta, and nuts. Toss with the dressing.
4. Flake the salmon into large chunks and place on top of the salad. Serve immediately.

## STUFFED CHICKEN BREASTS

### Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tbsp olive oil
- 1/4 cup sun-dried tomatoes, chopped
- 1/4 cup fresh spinach, chopped
- 1/4 cup almond flour
- 1/2 tsp salt
- 1/4 tsp ground black pepper

### Instructions:

1. Preheat your oven to 375°F (190°C).
2. Using a sharp knife, carefully slice a pocket into each chicken breast.
3. In a small bowl, combine the sun-dried tomatoes, spinach, almond flour, salt, and pepper. Stuff the chicken breasts with the mixture.
4. Heat olive oil in a skillet over medium-high heat. Sear the stuffed chicken breasts for 2-3 minutes per side until golden brown.
5. Transfer the chicken to the oven and bake for 15-20 minutes, or until the chicken reaches an internal temperature of 165°F (75°C).
6. Serve the stuffed chicken breasts hot.

## CHICKEN AND VEGETABLE CHILI

### Ingredients:

- 1 lb ground chicken
- 2 tbsp olive oil
- 1/2 onion, chopped
- 1 bell pepper, chopped
- 1 zucchini, chopped
- 1 can (14 oz) diced tomatoes
- 1 cup chicken broth
- 1 tbsp chili powder
- 1/2 tsp ground cumin
- 1/4 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp red pepper flakes (optional, for heat)
- 1/4 cup fresh cilantro, chopped (for garnish)

### Instructions:

1. Heat olive oil in a large pot over medium heat. Add the ground chicken and cook for 5-7 minutes, breaking it apart with a spoon, until browned.
2. Add the chopped onion, bell pepper, and zucchini. Cook for another 4-5 minutes until the vegetables are softened.
3. Stir in the diced tomatoes, chicken broth, chili powder, cumin, smoked paprika, salt, pepper, and red pepper flakes (if using).
4. Bring the chili to a simmer and cook for 20-25 minutes, stirring occasionally, until the flavors have melded and the vegetables are tender.
5. Garnish with fresh cilantro and serve hot.

## SALMON WITH SALSA VERDE

### Ingredients:

- 4 salmon fillets
- 1 tbsp olive oil
- 1/2 tsp salt

Salsa Verde:

- 1/4 cup fresh parsley, chopped
- 2 tbsp fresh cilantro, chopped
- 2 tbsp olive oil
- 1 tbsp capers, chopped
- 1 clove garlic, minced
- 1 tsp lemon juice

### Instructions:

1. Preheat oven to 375°F (190°C). Season salmon with salt and place on a baking sheet. Drizzle with olive oil.
2. Bake for 12–15 minutes, or until salmon flakes easily.
3. In a small bowl, mix parsley, cilantro, olive oil, capers, garlic, and lemon juice to make the salsa verde.
4. Spoon the salsa verde over the baked salmon and serve.



## BALSAMIC CHICKEN OVER ZUCCHINI NOODLES

### Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tbsp olive oil
- 1/4 cup balsamic vinegar
- 2 tbsp honey
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 medium zucchini, spiralized into noodles
- 1 tbsp fresh thyme, chopped

### Instructions:

1. Heat olive oil in a large skillet over medium heat. Add the chicken breasts and cook for 5-7 minutes per side, until cooked through and golden brown. Remove the chicken from the skillet and set aside.
2. In the same skillet, add balsamic vinegar, honey, garlic powder, salt, and pepper. Stir and bring to a simmer for 2-3 minutes until the sauce thickens slightly.
3. Add the spiralized zucchini noodles to the skillet and cook for 5-7 minutes, stirring occasionally, until tender.
4. Slice the cooked chicken and place it over the zucchini noodles.
5. Drizzle the balsamic glaze over the chicken and noodles, and garnish with fresh thyme before serving.

## SLOW COOKER BEEF BRISKET

### Ingredients:

- 3 lb beef brisket
- 2 tbsp olive oil
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 cup beef broth (or water)
- 2 tbsp apple cider vinegar
- 1 tbsp Worcestershire sauce

### Instructions:

1. Rub the brisket with olive oil, garlic powder, onion powder, smoked paprika, cumin, salt, and pepper.
2. Place the brisket in the slow cooker. Pour the beef broth, apple cider vinegar, and Worcestershire sauce over the meat.
3. Cover and cook on low for 8-10 hours, or until the brisket is tender and easily shreds with a fork.
4. Once done, remove the brisket from the slow cooker and let it rest for 10 minutes before slicing or shredding.
5. Serve the brisket with the juices from the slow cooker.

## BEEF AND CABBAGE SKILLET

### Ingredients:

- 1 lb ground beef
- 3 cups shredded green cabbage
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 tbsp coconut aminos
- 1 tbsp olive oil
- 1 tsp smoked paprika
- Pinch of salt and pepper

### Instructions:

1. Heat olive oil in a skillet over medium heat. Add ground beef and cook until browned, breaking it up with a spatula.
2. Stir in onion, garlic, and cabbage. Cook for 5–7 minutes, or until the cabbage is tender.
3. Add coconut aminos, smoked paprika, salt, and pepper. Stir well and cook for an additional 2 minutes. Serve warm.

## CHILI GARLIC SHRIMP

### Ingredients:

- 1 lb large shrimp, peeled and deveined
- 2 tbsp olive oil
- 4 garlic cloves, minced
- 1 tbsp chili paste or sriracha (adjust to taste)
- 1 tbsp coconut aminos
- 1 tbsp lime juice
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1/4 tsp red pepper flakes (optional, for extra heat)
- 1 tbsp fresh cilantro, chopped (for garnish)

### Instructions:

1. Heat olive oil in a large skillet over medium-high heat. Add the minced garlic and cook for 1-2 minutes until fragrant.
2. Add the chili paste or sriracha to the pan and stir to combine with the garlic.
3. Add the shrimp to the skillet, and season with coconut aminos, lime juice, salt, pepper, and red pepper flakes (if using).
4. Cook for 3-4 minutes, stirring occasionally, until the shrimp turn pink and are cooked through.
5. Garnish with fresh cilantro and serve immediately.

## SESAME GINGER SALMON

### Ingredients:

- 4 salmon fillets
- 2 tbsp sesame oil
- 2 tbsp coconut aminos
- 1 tbsp grated ginger
- 1 clove garlic, minced
- 1 tbsp sesame seeds
- 1 tbsp green onions, chopped

### Instructions:

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a bowl, mix sesame oil, coconut aminos, ginger, and garlic. Brush the mixture over the salmon fillets.
3. Bake for 12–15 minutes, or until the salmon flakes easily with a fork. Garnish with sesame seeds and green onions before serving.

## ASIAN CHICKEN SHEET PAN MEAL

### Ingredients:

- 4 boneless, skinless chicken breasts
- 1 tbsp olive oil
- 1/4 cup coconut aminos
- 1 tbsp honey
- 1/2 tsp garlic powder
- 1/2 tsp ground ginger
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 red onion, sliced

### Instructions:

1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a bowl, whisk together the coconut aminos, honey, garlic powder, and ginger.
3. Place the chicken breasts on the baking sheet and pour the marinade over them. Let it marinate for 10 minutes.
4. Add the sliced bell peppers and onion around the chicken on the baking sheet.
5. Bake for 20-25 minutes, until the chicken is cooked through and golden brown.
6. Serve the chicken and vegetables immediately.



# NUTRITION WORKSHEETS



NUTRITION GOALS

START DATE:	DURATION:	END DATE:
START WEIGHT:	GOAL WEIGHT:	FINAL WEIGHT:
START BMI:	GOAL BMI:	FINAL BMI:

MOTIVATION

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GOALS

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## WEIGHT TRACKER

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WEEKLY FOOD TRACKER

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	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

WEEKLY FOOD TRACKER

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

WEEKLY FOOD TRACKER

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						



WEEKLY FOOD TRACKER

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
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WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

# FASTING TRACKER

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# CALORIES TRACKER

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## SUPPLEMENT TRACKER

**WEEK OF:**

[illegible]

## SYMPTOM TRACKER

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## TRIGGER TRACKER

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# BLOOD SUGAR TRACKER

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## BLOOD PRESSURE TRACKER

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## SLEEP TRACKER

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13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>									

PERIOD TRACKER

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

1

2

3

4

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9

10

11

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Notes

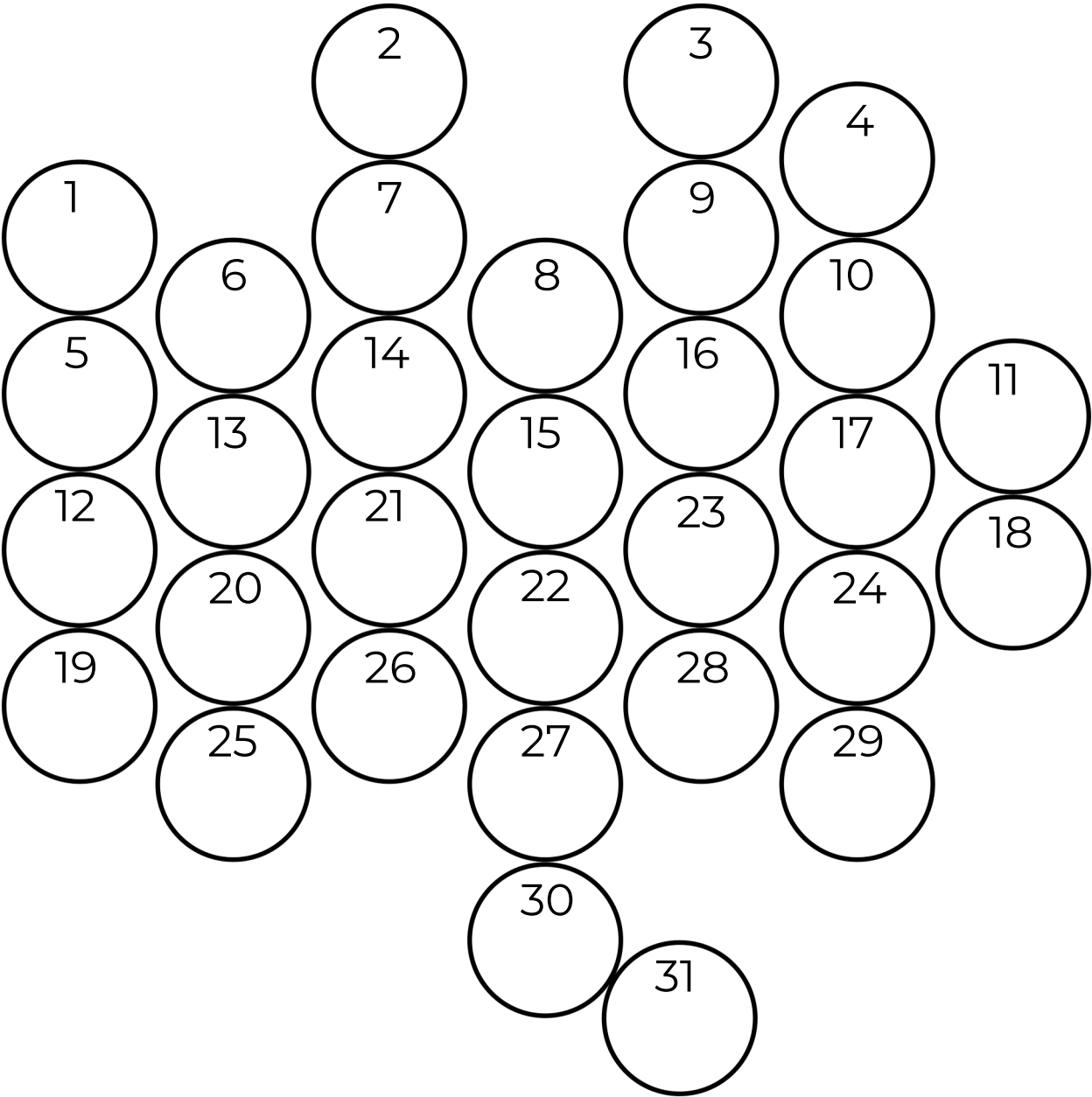
Period Key


Cycle Length

Jan		Jul	
Feb		Aug	
Mar		Sep	
Apr		Oct	
May		Nov	
Jun		Dec	

# MOOD TRACKER

Month:



Happy



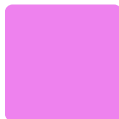
Sad



Angry



Excited



Anxious



# FOOD SWAP PLANNER

## Avoid Food Brands/Products

[illegible]

## Eat Food Brands/Products

[illegible]

# WEEKLY MEAL PLANNER

Monday	B
	L
	D
Tuesday	B
	L
	D
Wednesday	B
	L
	D
Thursday	B
	L
	D
Friday	B
	L
	D
Saturday	B
	L
	D
Sunday	B
	L
	D

## SHOPPING LIST

[illegible]

## NOTES

[illegible]

B - Breakfast

L - Lunch

D - Dinner



# GROCERY LIST PLANNER

## PRODUCE

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## MEAT

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## DAIRY

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## BEVERAGES

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## BAKERY

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## PANTRY/OTHER

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## RECIPE CREATOR

**TITLE:**

## INGREDIENTS

## PREPARATIONS

[illegible]

# KITCHEN CONVERSION CHART

## DRY MEASUREMENTS

CUP	TBSP	TSP	FL OZ	ML
1	16	48	8	237
3/4	12	36	6	177
2/3	10 2/3	32	5	158
1/2	8	24	4	118
1/3	5 1/3	16	3	79
1/4	4	12	2	59
1/6	2 2/3	8	1 1/3	40
1/8	2	6	1	30
1/16	1	3	1/2	15

## LIQUID MEASUREMENTS

GAL	QT	PT	CUP	FL OZ
1	4	8	16	128
1/2	2	4	8	64
1/4	1	2	4	32
1/8	1/2	1	2	16
1/16	1/4	1/2	1	8
1/32	1/8	1/4	1/2	4
1/64	1/16	1/8	1/4	2

## WEIGHT MEASUREMENTS

OUNCES	GRAMS	OUNCES	GRAMS
1	28	6	170
2	57	7	198
3	85	8	227
4	113	9	255
5	142	10	284

## OVEN TEMPERATURES

°F	225	250	275	300	325	350	375	400	425	450	475	500
°C	110	120	140	150	170	180	190	200	220	230	240	260

## NOTES

[illegible]

