

# 7-Day GLP-1 Grocery Starter List

A printable, high-protein, lower-sugar grocery planning checklist from GLP-1 Food Finder.

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## Week Structure

Pick two or three protein anchors, two fiber sides, one easy meal builder, and two backup snacks. Repeat the same simple pattern for seven days before adding variety.

### Protein Anchors

- Plain Greek yogurt or skyr
- Cottage cheese cups
- Rotisserie chicken or grilled chicken strips
- Eggs or egg bites
- Tuna, salmon, or chicken packets
- Tofu, edamame, or turkey meatballs
- Protein shakes for low-appetite backups

### Small Meal Builders

- Egg white or high-fiber wraps
- Lettuce cups for chicken or turkey
- Low-sugar marinara or salsa
- Greek yogurt-based dips
- Light dressing or sauce on the side
- Broth-based soup ingredients

### Fiber And Volume

- Salad greens or chopped salad kits
- Cucumbers, tomatoes, peppers, carrots
- Berries or lower-sugar fruit
- Chia seeds or ground flax
- Beans or lentils in moderate portions
- Cauliflower rice or frozen vegetables

### Backup Snacks

- Protein bars with low sugar
- Beef, turkey, or salmon sticks
- Tuna packets and cucumber slices
- Edamame snack packs
- Hard-boiled eggs
- Cottage cheese with vegetables

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## Simple Day Pattern

Breakfast: Greek yogurt, egg bites, or protein smoothie.

Lunch: Chicken salad bowl, tuna cucumber plate, or turkey wrap.

Dinner: Salmon bowl, turkey meatballs, tofu edamame bowl, or chicken soup.

Backup: Protein shake, cottage cheese cup, or tuna packet snack plate.

## Rules That Keep The Cart Useful

- Start with protein, then add fiber and fluids.
- Keep sweet drinks and dessert-style yogurts out of the default cart.
- Use small portions first; save leftovers intentionally.
- Increase fiber gradually if digestion is sensitive.
- Check sodium on packaged proteins and restaurant meals.

## Notes

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General food-planning information only. Ask a licensed clinician or registered dietitian about personal protein targets, side effects, allergies, diabetes care, kidney disease, pregnancy, or eating disorder history.