



THE PHARMACIST COMPREHENSIVE **GLP-1 GROCERY LIST**

**Learn how to Use fiber to activate your body's
Natural GLP-1
and take control of hunger, blood sugar, and
energy**

**YOUR BODY ALREADY PRODUCES GLP-1.
THIS GUIDE SHOWS YOU HOW TO ACTIVATE IT WITH FOOD.**

GLP-1 is a hormone your gut releases after you eat. It helps your body:
slow digestion
increase satiety signals
support gut bacteria and metabolic signaling
stabilize blood sugar

The problem is most people don't know how to activate their GLP-1.

Fiber is more than just something that helps with digestion.

When you eat the right types of fiber, your gut bacteria produce compounds that help stimulate GLP-1, sending signals to your brain that you're full, satisfied, and balanced.

But not all fiber works the same way.

The key is knowing which foods actually support this process and how to use them consistently throughout your day.

That's exactly what this guide will show you.

- *Dr T. registered pharmacist*

THE GOLDEN RULE

for GLP-1 activation

Always pair soluble fiber with protein and healthy fats to maximize GLP-1 activation and keep you full longer.

- Soluble fiber = slows digestion
- Protein + fat = amplifies satiety signals
- Together = stronger GLP-1 response + stable blood sugar

The "Speed Bumps" (Soluble Fiber)	The "Signal Boosters" (Fermentable Fiber)
• Psyllium Husk Powder: The ultimate pre-meal fiber hack. • Chia Seeds: Massive fiber in a tiny package • Ground Flaxseeds: Great for smoothies and digestion. • Oats (Steel-cut or Rolled): High in Beta-Glucan.	• Lentils: The GLP-1 powerhouse. • Black Beans or Chickpeas: Versatile gut-fuel. • Potatoes (Red or Sweet): To be cooked, cooled, and reheated.

The "Speed Bumps" (Soluble Fiber)
• Raspberries or Blackberries: The highest-fiber fruits • Avocados: Healthy fats + fiber combo. • Brussels Sprouts or Broccoli: Cruciferous crunch. • Artichokes: One of the densest fiber sources in nature.

Fiber sets the stage... but pairing it correctly is what activates the full response.

Here are a few **QUICK EXAMPLES**

- Chia pudding + Greek yogurt + nuts
- Lentils + avocado + grilled chicken
- Oats + protein powder + almond butter

When you start combining foods this way, you're not just eating healthy... you're eating in a way that actually works with your body.

Pharmacist created GLP-1 Meal Plan

It's time to activate your body's natural GLP-1 and take control of your hunger, blood sugar, and energy.

The Grocery List was your dictionary. You now know which foods to reach for. But the real magic happens in the layering. If these fibers aren't paired correctly, you miss out on the full GLP-1 response.

I know you're busy making moves, and the last thing you want is more mental math or 'fiber bloat'—which is exactly what happens when you guess.

That's why I created the 7-Day GLP-1 Meal Plan to take the guesswork entirely off your plate.



YES! START MY 7-DAY GLP-1
RESET