

Plant Based GLP-1 Evidence Sheet

This program was created with the following key considerations in mind:

Lean Protein

Insufficient [protein](#) intake can lead to excessive loss of lean body mass, weakness, edema, hair loss, and skin changes. This plan includes plant-based proteins like tofu, edamame, and legumes to promote fullness and [preserve lean muscle mass](#) while losing fat.

Healthy Fats

[Healthy fats](#), such as those found in olive oil, nuts, and seeds, are incorporated in this plan as they are rich in monounsaturated and polyunsaturated fats, which stimulate the release of GLP-1. They're also important for brain health and hormone production. Processed, high-fat foods are avoided to decrease [gastrointestinal side effects](#) associated with GLP-1s.

Low Glycemic & High Fiber Foods

While taking GLP-1 medications, it's advisable to avoid foods that can cause rapid spikes in blood sugar levels or lower the medication's effectiveness. This plan is sugar-free and uses low glycemic, [high fiber](#) ingredients like whole grains, legumes, fruits, and vegetables. These foods help improve digestion and regulate blood sugar levels, are rich in antioxidants, and also provide a steady source of energy.

Managing Side Effects

Gastrointestinal side effects are well-known as the most common adverse effects of GLP-1 medications. Certain foods, such as chocolate, mint, and spicy foods, are excluded from this plan as they can reduce the [lower esophageal sphincter](#) tone and motility, cause mucosal irritation, or increase [gastric juice secretion](#).

Nutrient Density

Individuals with obesity are at increased risk of [micronutrient deficiencies](#). As caloric intake decreases on GLP-1 medications, it's important to incorporate nutrient-dense whole foods. This plan includes a variety of foods to prevent common deficiencies like calcium, magnesium, and iron.