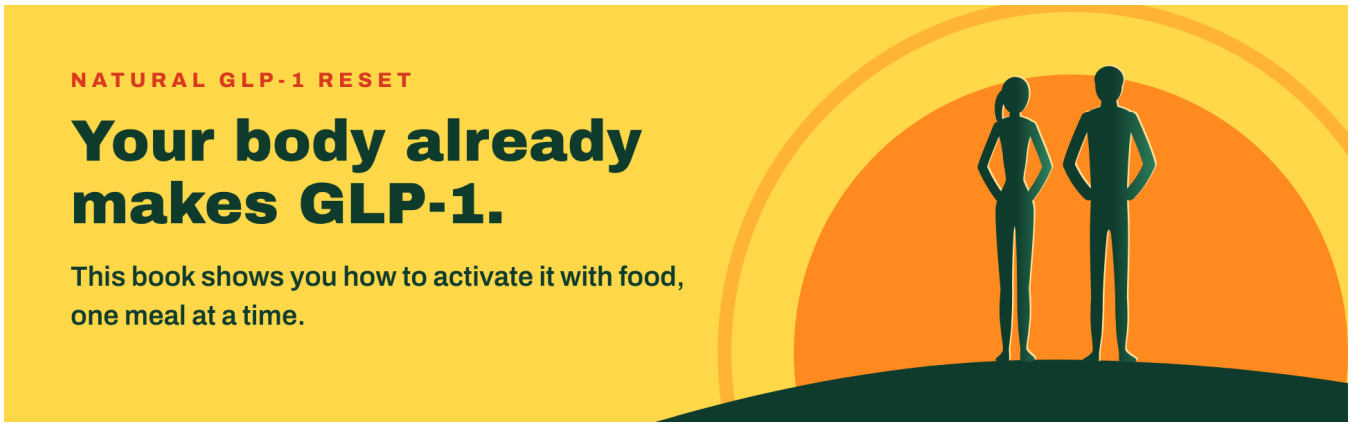

The Natural GLP-1 Approach

Companion Guide: 7-Day Meal Plan, Shopping List & Habit Tracker

Print this guide and keep it on the fridge: a **meal plan**, a one-trip **shopping list**, and a two-week **tracker**.

The 3 rules, every meal: (1) protein and fat first, then vegetables, then your starch or fiber finisher; (2) cook starches like rice and potatoes ahead and cool them fully before eating; (3) add fiber and supplements slowly, one new thing at a time.

Important: This guide is educational and is not medical advice. Check with your physician before starting any new diet or fasting plan, especially if you are pregnant or breastfeeding, have diabetes or a history of disordered eating, or take prescription medication. One-meal-a-day fasting is not appropriate for everyone.

Part 1 — Your 7-Day Meal Plan

Weekdays are one high-density meal (OMAD); weekends are two meals. Eat in this order every time: **protein and fat first**, then **fiber and vegetables**, then the **satiety finisher**.

Monday — The Cellular Trigger Feast

Protein & Fat First	8 oz grilled wild-caught salmon, 1 whole sliced avocado, and a handful of raw walnuts drizzled with extra virgin olive oil.
Fiber & Microbiome Fuel	Large mixed green salad (spinach, arugula, cucumbers) tossed with 1 scoop unflavored prebiotic fiber powder and lemon vinaigrette.
Satiety Finisher	1 cup pre-cooked, thoroughly chilled wild rice (resistant starch), with sea salt.

Tuesday — Lean Turkey & Cruciferous Mash

Protein & Fat First	8 oz extra-lean ground turkey stir-fry in avocado oil, topped with 3 sliced hard-boiled eggs.
Fiber & Microbiome Fuel	1.5 cups roasted Brussels sprouts and broccoli florets sauteed with garlic.
Satiety Finisher	1 cup chilled bean salad (kidney beans, chickpeas).

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Wednesday — Glycine-Rich Steak & Greens

Protein & Fat First	8 oz lean grass-fed steak seasoned with turmeric, with 1 cup warm beef bone broth.
Fiber & Microbiome Fuel	Steamed asparagus and sauteed kale drizzled with cold-pressed olive oil.
Satiety Finisher	1 medium baked potato, fully cooled and then reheated, for maximum resistant starch.

Thursday — Mediterranean Seafood Platter

Protein & Fat First	8 oz baked cod or halibut, 1 can wild sardines in olive oil, and a handful of green olives.
Fiber & Microbiome Fuel	Sauteed zucchini ribbons, artichoke hearts, and raw pumpkin seeds.
Satiety Finisher	1/2 cup steel-cut oats made savory with chicken broth and black pepper.

Friday — Chicken Satiety Cascade

Protein & Fat First	8 oz grilled chicken breast topped with fresh guacamole, with 1 cup plain unsweetened Greek yogurt.
Fiber & Microbiome Fuel	Sauteed cabbage and bok choy cooked in avocado oil.
Satiety Finisher	1 green banana blended with 1 scoop hydrolyzed collagen peptides and water.

Saturday — Two Meals

Meal 1 (Brunch)	4 scrambled eggs in olive oil, 4 oz smoked salmon, 1/2 avocado, and 1 cup warm oatmeal topped with chia seeds.
Meal 2 (Dinner)	8 oz lean ground beef burgers (no bun) wrapped in romaine leaves, with cold potato salad and roasted cauliflower.

Sunday — Two Meals

Meal 1 (Brunch)	Greek yogurt bowl (1.5 cups plain yogurt) with 1 scoop prebiotic support powder, walnuts, chia seeds, flaxseeds, and blueberries.
Meal 2 (Dinner)	8 oz baked pork tenderloin seasoned with turmeric, with steamed asparagus and a side of chilled lentil salad.

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Part 2 — Your 7-Day Shopping List

Amounts assume one person eating the plan as written; double them for two. Cook rice and potatoes at the start of the week and refrigerate them overnight.

Proteins

☐ Wild-caught salmon, 8 oz	☐ Smoked salmon, 4 oz
☐ Extra-lean ground turkey, 8 oz	☐ Eggs, 1 dozen
☐ Grass-fed steak, 8 oz	☐ Cod or halibut, 8 oz
☐ Wild sardines, canned, 1 can	☐ Chicken breast, 8 oz
☐ Lean ground beef, 8 oz	☐ Pork tenderloin, 8 oz
☐ Plain unsweetened Greek yogurt, 32 oz	☐ Hydrolyzed collagen peptides
☐ Beef bone broth, 1 cup	☐ Chicken broth, small container

Produce

☐ Avocados, 4–5	☐ Spinach, 1 bag
☐ Arugula, 1 bag	☐ Cucumbers, 2
☐ Lemon, 1–2	☐ Brussels sprouts, 1 lb
☐ Broccoli, 1 head	☐ Garlic, 1 bulb
☐ Asparagus, 1 bunch	☐ Kale, 1 bunch
☐ Zucchini, 2	☐ Artichoke hearts, 1 jar
☐ Cabbage, 1 small head	☐ Bok choy, 1 bunch
☐ Green banana, 1	☐ Cauliflower, 1 head
☐ Blueberries, 1 pint	☐ Romaine lettuce, 1 head

Pantry, Grains & Legumes

☐ Wild rice, 1 cup dry	☐ Kidney beans, canned
☐ Chickpeas, canned	☐ Potatoes, 2 medium
☐ Steel-cut oats	☐ Rolled oats
☐ Lentils, canned or dry	☐ Raw walnuts
☐ Raw pumpkin seeds	☐ Chia seeds
☐ Flaxseeds	☐ Green olives

Fats, Oils, Seasonings & Extras

☐ Extra virgin olive oil	☐ Avocado oil
☐ Turmeric, ground	☐ Black pepper
☐ Sea salt	☐ Guacamole (or avocado + lime + salt)
☐ Unflavored prebiotic fiber powder	☐ Matcha, green tea, or yerba mate

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Part 3 — Quick-Reference Cheat Sheet

Fast triggers (minutes)	Fatty fish, red meat, poultry, eggs, bone broth, avocado, olive oil, nuts.
Slow triggers (weeks)	Prebiotic fiber, cooled rice/potato/oats, legumes, cruciferous vegetables.
Fasting-window drinks	Water, black coffee, matcha, green tea, yerba mate. Keep it black; milk, cream, or sugar breaks the fast.
If you feel bloated	Cut fiber powder in half, ease off cruciferous vegetables for 7–10 days, then rebuild slowly.
Not ready for one meal a day?	Do the 3-meal version from the book first. There is no penalty for starting slower.
Hydration	Aim for roughly half your body weight in ounces of water daily, a little more on fasting days.

This guide is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider before changing your diet, fasting, or supplement routine.

Part 4 — 14-Day Progress Tracker

Rate energy and fullness from 1 (low) to 5 (high). Two weeks is long enough to notice the slower, gut-driven changes.

Week 1

Day	Protein/fat first	Fiber taken	Energy	Fullness	Digestion / notes
1	☐	☐			
2	☐	☐			
3	☐	☐			
4	☐	☐			
5	☐	☐			
6	☐	☐			
7	☐	☐			

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Week 2

Day	Protein/fat first	Fiber taken	Energy	Fullness	Digestion / notes
8	☐	☐			
9	☐	☐			
10	☐	☐			
11	☐	☐			
12	☐	☐			
13	☐	☐			
14	☐	☐			

Two-Week Reflection

What felt different?	
Which meals worked best?	
What will I change next week?	

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