



Your GLP-1

ENERGY-BOOSTING GROCERY CHEAT SHEET



www.getreliefRx.com



High-Protein Staples (Essential for energy + muscle support)

Greek yogurt (plain, 0% or 2%)

Cottage cheese (low-fat or full-fat)

Hard-boiled eggs

Rotisserie chicken

Canned tuna or salmon (in water or olive oil)

Turkey or chicken breast deli meat (low sodium if possible)

Lentils and black beans (canned or dry)

Edamame (frozen or dry-roasted)

Protein shakes or powders (look for whey, pea, or collagen protein)

String cheese or Babybel rounds



Electrolyte-Rich Foods (Help reduce fatigue + support hydration)

Avocados (high in potassium and healthy fat)

Bananas (great source of potassium)

Leafy greens (spinach, kale, arugula)

Coconut water (unsweetened)

Pickles or pickle juice

Bone broth (sippable, high in sodium/magnesium)

Salted nuts/seeds (almonds, pumpkin seeds, sunflower seeds)

💡 Bonus: Consider LMNT or Ultima electrolytes (no sugar, easy to order online)



Complex Carbs for Sustained Energy

(Use these in moderation if in a calorie deficit)

Oats (steel cut or old fashioned)

Quinoa

Sweet potatoes

Brown rice or wild rice

Whole wheat or low-carb tortillas (like Mission Carb Balance)

Chia seed pudding (fiber + omega-3s)



Healthy Fats to Curb Cravings + Keep You Satisfied

Nut butters (peanut, almond, or mixed seed)

Chia or flax seeds

Olive oil (for cooking or salads)

Hummus (pairs well with veggies and protein)

Coconut flakes or oil (for smoothies or oatmeal)



Easy Add-Ons & Snacks

Jerky or meat sticks (low sugar, clean ingredients – like

Chomps or Epic bars)

Protein bars (look for <5g sugar; brands like Built,
Aloha, or Quest)

Boiled eggs + fruit

Greek yogurt + berries + chia seeds

Cucumber or celery with hummus

Need Help Creating a Plan That Works for YOU?

Starting or continuing your journey with GLP-1 medications can feel overwhelming at times—especially when it comes to food choices, energy levels, and building new habits that last.

That's where we come in.

If you're feeling stuck, tired, or unsure about what to eat—or just want some personalized support to make this easier—I'd love to help. We'll talk through your goals, challenges, and come up with simple, realistic steps that fit your lifestyle.

 [Book your 1-on-1 Nutrition & Lifestyle Coaching](#)

Click here to [Book Your Session](#)

You're not in this alone—and we'd be honored to walk alongside you on this journey.

Let's make this your most energized and confident season yet.

— Jason & Shelly