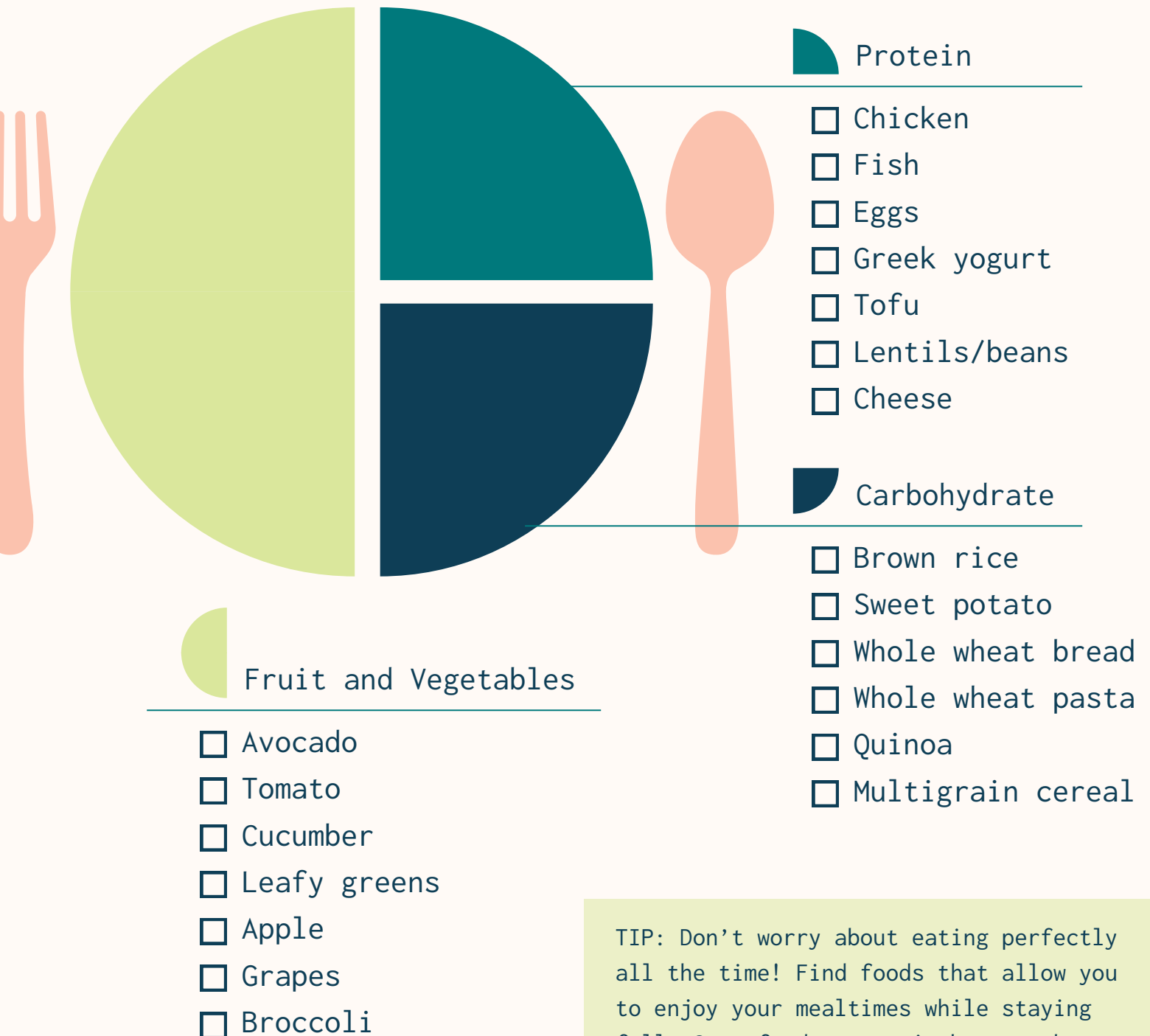


meal *planning* 101

GLP-1 journal

Try to keep a balance of foods on your plate with the **50/25/25 rule**: 50% of the plate should contain fruits or vegetables, 25% sources of protein, and 25% complex carbohydrates.



TIP: Don't worry about eating perfectly all the time! Find foods that allow you to enjoy your mealtimes while staying full. Some foods may pair better than others with your GLP-1.