



The GLP-1 Grocery List

Protein-first shopping made simple · wellbasecamp.com

REFRIGERATED PROTEIN

- ☐ Greek yogurt (plain / low-sugar)
- ☐ Cottage cheese
- ☐ Eggs
- ☐ Chicken breast or thighs
- ☐ Lean ground turkey or beef
- ☐ Tofu / tempeh
- ☐ String cheese, Babybel
- ☐ Deli turkey or chicken

PANTRY PROTEIN (KEEPS)

- ☐ Canned tuna / salmon / chicken
- ☐ Canned beans & lentils
- ☐ Protein powder (~25g/scoop)
- ☐ Shelf-stable protein shakes
- ☐ Nut butter
- ☐ Nuts & seeds (hemp, pumpkin)

FREEZER

- ☐ Frozen chicken / shrimp / fish
- ☐ Frozen vegetables
- ☐ Edamame
- ☐ Frozen berries (smoothies)

PRODUCE

- ☐ Vegetables you'll actually eat
- ☐ Fruit you tolerate (berries, banana)
- ☐ Pre-washed greens / pre-cut veg

SIDE-EFFECT HELPERS

- ☐ Electrolytes (low/no sugar)
- ☐ Psyllium / fiber source
- ☐ Broth (for easy protein soups)
- ☐ Ginger tea or chews (nausea)

The rule: fill your cart protein-first, then everything else.

Read protein labels, not just calories. Lean on freezer & pantry protein to avoid waste from a slow-to-eat fridge. Stock for the days you feel worst, not just the days you feel great.