

Kitchen and Pantry Essentials to Support GLP-1 Medications for Weight Management

Balanced nutrition is an important part of your journey with injectable Semaglutide or Tirzepatide (sometimes referred to as GLP-1 medications)*.

When taking injectable Semaglutide or Tirzepatide, eating enough protein and fiber is especially important.

- Protein – found in foods such as fish, chicken, beans, and eggs – helps your body build and repair muscles, keeps you feeling full, and supports your energy needs.
- Fiber – found in fruits, vegetables, whole grains, and legumes – enhances feeling of fullness, helps with digestive regularity, and prevents constipation, a common side effect of injectable Semaglutide and Tirzepatide.
- It's also important to incorporate foods with micronutrients like vitamin D (fatty fish, egg yolks, and fortified foods), calcium (dairy, leafy greens, and fortified alternatives), and iron (red meat, chickpeas, and spinach) because Semaglutide and Tirzepatide injectable medications slow down how quickly food leaves your stomach, which can affect how the body absorbs these micronutrients.
- In general, choose a variety of whole foods, like the ones featured in this kitchen and pantry essentials list, to ensure you're getting enough nutrients (like protein, vitamins, and minerals) to fuel your body, especially if you have a reduced appetite and aren't eating as much.



Kitchen and Pantry Essentials to Support GLP-1 Medications for Weight Management

This list of kitchen and pantry essentials is full of foods that will help you meet your nutritional needs while on injectable Semaglutide or Tirzepatide. Stocking your kitchen and pantry with these supportive foods can help you build balanced meals to prevent nutrient deficiencies, manage side effects, reduce hunger, and control blood sugar.

Read nutrition labels to ensure quality ingredients

For long-term storage of breads, freezing is recommended



Look for protein shakes that are low in added sugar and have at least 20 g protein per serving



Dried lentils cook quicker than other dried beans and are a pantry "must-have"



Look for fruit canned in natural juices



 Looking for higher protein – choose foods with this icon.

 Looking for higher fiber – choose foods with this icon.

**Brand names include Wegovy and Ozempic (injectable Semaglutide) and Zepbound and Mounjaro (injectable Tirzepatide). Other GLP-1 medications exist, but these are the most effective and popular for weight management.*

Kitchen Essentials

REFRIGERATOR

Vegetables

Boxed or bagged greens:

Arugula
Kale
Shredded cabbage
Spinach
Spring mix

Loose greens:

Chard
Collards
Escarole
Iceberg
Kale
Romaine

Broccoli
Carrots
Cauliflower
Cabbage
Cucumbers
Eggplant
Green beans
Peppers
Zucchini

Other

Protein Shakes***

Fruits

Apples
Clementines
Grapefruit
Grapes
Lemons
Limes
Oranges

Condiments

Capers
Hot sauce
Mayonnaise
Mustard
Pickles
Tamari or soy sauce

Dairy / Eggs

Cheese
Eggs 
Milks [inc. non-dairy]
Yogurt 

FREEZER

Vegetables

Broccoli
Butternut squash
Cauliflower
Edamame
Green beans
Kale
Onion
Peas
Spinach
Vegetable Medley

Fruits

Avocado
Berries
Cherries
Mango
Pineapple

Other

Brown rice 
Garlic cubes
Ginger cubes
Herb cubes
Quinoa 

Animal Proteins

Cod	<i>Whole, parts, and ground:</i>
Flounder	Chicken
Salmon	Beef
Shrimp	Lamb
Trout	Turkey

Prepared Foods*

Bean/grain blends
Cauliflower pizza crust
Fruit pops
Vegetable burgers
Whole grain or gluten-free breads**
Whole grain waffles

DRY STORAGE

Avocado (until ripe)	Onions
Bananas	Potatoes
Garlic	Shallots
Melons	Sweet potatoes
	Winter squash

Pantry Essentials

BEANS



Canned Beans

Black
Butter beans
Cannellini
beans
Chickpeas
Kidney
Lentils
Navy beans
Pinto beans

Dried Beans

Lentils
(green,
black, red)*
Chickpeas
Black beans
Cannellini
Kidney

SPICES/HERBS

Chili Flakes
Cinnamon
Cumin
Curry
Garlic
Ginger
Onion
Oregano
Salt/pepper
Turmeric
Vanilla

WHOLE GRAINS



Brown rice
Buckwheat
Oats
Quinoa
Spelt berries
Wheat berries
Whole grain
pasta/noodles
Whole wheat or
gluten-free
breadcrumbs
Wild rice

WET ITEMS

Vegetables



Artichoke hearts
Canned chilis
Green beans
Hearts of palm
Mushrooms
Olives
Pumpkin puree
Roasted peppers
Spinach
Sun-dried tomatoes
Sweet potato puree
Tomato paste
Tomato sauce
Tomatoes (crushed,
puree, chopped,
whole)

Fruits**



Peaches
Pineapple
Pears
Cherries

Condiments

[refrigerate after
opening]

Capers
Hot sauce
Mayonnaise
Mustard
Pickles
Tamari or soy
sauce

LIQUIDS

Milks

Almond
Rice
Oat
Coconut
[can & box]
Rice

Vinegars

Red wine
Balsamic
Apple cider
Rice

Broths

Vegetable
Chicken
Mushroom

Oils

Avocado
Coconut
Grape seed
Oil spray
Olive
Sesame

FISH/MEAT



Salmon
Sardines
Tuna
Chicken

FLOURS/DRIED

Whole wheat/GF
Oat
Almond
Cassava
Coconut
Baking powder
Baking soda
Protein powder

NUTS/SEEDS



Loose [raw, unsalted]

Almonds
Cashews
Chia seeds
Ground flax
Hemp seeds
Pistachios
Pumpkin seeds
Sunflower seeds
Walnuts

Butters

Peanut
Almond
Tahini
Seed



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