PRINTABLE COMPANIONS TO

The GLP-1 Meal Map

Kitchen & Training Kit

Letter-size pages you can print and stick on the refrigerator: the shopping lists for the two example weeks, the 12-week strength program with its log, the eight-week walking build, and the plate.

- Week 1 shopping list (56 items, grouped by store section)
- Week 2 shopping list (55 items)
- 12-week strength program: Track A and Track B
- 12-week strength log
- Eight-week walking build and log
- The plate, for the refrigerator door

Everything here is already in the book; these pages only make it easier to carry. Carlos Fernández Ramos, MD · GLP1MealMap.com · © 2026. Print and copy for your personal use. General information: it does not replace your clinician or the Medication Guide that comes with your prescription.

Week 1 shopping list (56 items)

Edible-use totals for one adult, before rounding up to package sizes — exactly the amounts used in the example week. Not a promise that one bag or can contains the listed amount: check drained weights, trim, bones, shells, and labels. Pantry seasonings, water, and optional extras are not listed. Cooked rice, lentils, beans, and quinoa are listed at the weight used in the meals.

PRODUCE

- [ ] **Apples, edible weight** — 1140 g (about 2.51 lb)
- [ ] **Asparagus** — 150 g (about 5.3 oz by weight)
- [ ] **Bananas, peeled** — 380 g (about 13.4 oz by weight)
- [ ] **Bell peppers** — 310 g (about 10.9 oz by weight)
- [ ] **Blueberries** — 200 g (about 7.1 oz by weight)
- [ ] **Broccoli** — 200 g (about 7.1 oz by weight)
- [ ] **Carrots** — 100 g (about 3.5 oz by weight)
- [ ] **Cauliflower** — 250 g (about 8.8 oz by weight)
- [ ] **Cucumber** — 100 g (about 3.5 oz by weight)
- [ ] **Garlic** — 15 g (about 0.5 oz by weight)
- [ ] **Mushrooms** — 200 g (about 7.1 oz by weight)
- [ ] **Onions** — 360 g (about 12.7 oz by weight)
- [ ] **Pears** — 280 g (about 9.9 oz by weight)
- [ ] **Potatoes** — 450 g (about 15.9 oz by weight)
- [ ] **Romaine lettuce** — 100 g (about 3.5 oz by weight)
- [ ] **Spinach** — 240 g (about 8.5 oz by weight)
- [ ] **Sweet potatoes** — 200 g (about 7.1 oz by weight)
- [ ] **Tomatoes** — 480 g (about 1.06 lb)
- [ ] **Zucchini** — 500 g (about 1.10 lb)

MEAT, POULTRY, FISH AND EGGS

- [ ] **Raw 93% lean ground turkey** — 170 g (about 6.0 oz by weight)
- [ ] **Raw boneless skinless chicken breast** — 340 g (about 12.0 oz by weight)
- [ ] **Raw boneless skinless chicken thighs** — 170 g (about 6.0 oz by weight)
- [ ] **Raw turkey breast** — 170 g (about 6.0 oz by weight)
- [ ] **Raw trimmed pork tenderloin** — 170 g (about 6.0 oz by weight)
- [ ] **Raw cod** — 480 g (about 1.06 lb)
- [ ] **Raw peeled shrimp** — 170 g (about 6.0 oz by weight)
- [ ] **Smoked salmon** — 55 g (about 1.9 oz by weight)
- [ ] **Lower-sodium deli turkey** — 70 g (about 2.5 oz by weight)
- [ ] **Eggs, edible weight** — 350 g (7 large eggs)
- [ ] **Liquid egg whites** — 430 g (about 15.2 oz by weight)

DAIRY AND ALTERNATIVES

- [ ] **1% milk** — 720 g (about 1.59 lb)
- [ ] **Skim milk** — 210 g (about 7.4 oz by weight)
- [ ] **Plain nonfat Greek yogurt** — 1595 g (about 3.52 lb)
- [ ] **Parmesan** — 10 g (about 0.4 oz by weight)
- [ ] **Unsweetened fortified soy milk** — 240 g (about 8.5 oz by weight)
- [ ] **Reference-type whey powder** — 95 g (about 3.4 oz by weight)

GRAINS, BREAD AND PASTA

- [ ] **Cooked rice** — 900 g (about 1.98 lb)
- [ ] **Dry rolled oats** — 135 g (about 4.8 oz by weight)
- [ ] **Whole-wheat bread/bun** — 280 g (about 9.9 oz by weight)
- [ ] **Whole-wheat tortillas** — 60 g (about 2.1 oz by weight)
- [ ] **Red lentil pasta, dry** — 56 g (about 2.0 oz by weight)
- [ ] **All-purpose flour** — 5 g (about 0.2 oz by weight)

CANNED, FROZEN AND LEGUMES

- [ ] **Cooked drained chickpeas** — 100 g (about 3.5 oz by weight)
- [ ] **Cooked drained lentils** — 180 g (about 6.3 oz by weight)
- [ ] **Cooked drained white beans** — 100 g (about 3.5 oz by weight)
- [ ] **Canned jack mackerel, drained** — 85 g (about 3.0 oz by weight)
- [ ] **Light tuna, drained, no salt added** — 110 g (about 3.9 oz by weight)
- [ ] **Low-sodium chicken broth** — 270 g (about 9.5 oz by weight)
- [ ] **Frozen peas** — 60 g (about 2.1 oz by weight)

OILS, NUTS, SEEDS AND SEASONINGS

- [ ] **Olive oil** — 92.25 g (about 20.5 tsp)
- [ ] **Walnuts** — 100 g (about 3.5 oz by weight)
- [ ] **Chia seeds** — 21 g (about 0.7 oz by weight)
- [ ] **Ground flaxseed** — 5 g (about 0.2 oz by weight)
- [ ] **Ground cinnamon** — 8 g (about 0.3 oz by weight)
- [ ] **Unsweetened cocoa** — 8 g (about 0.3 oz by weight)
- [ ] **Reduced-sodium soy sauce** — 10 g (about 0.4 oz by weight)

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Week 2 shopping list (55 items)

Edible-use totals for one adult, before rounding up to package sizes — exactly the amounts used in the example week. Not a promise that one bag or can contains the listed amount: check drained weights, trim, bones, shells, and labels. Pantry seasonings, water, and optional extras are not listed. Cooked rice, lentils, beans, and quinoa are listed at the weight used in the meals.

PRODUCE

- [ ] **Apples, edible weight** — 1020 g (about 2.25 lb)
- [ ] **Bananas, peeled** — 260 g (about 9.2 oz by weight)
- [ ] **Bell peppers** — 210 g (about 7.4 oz by weight)
- [ ] **Blueberries** — 280 g (about 9.9 oz by weight)
- [ ] **Broccoli** — 550 g (about 1.21 lb)
- [ ] **Carrots** — 90 g (about 3.2 oz by weight)
- [ ] **Cauliflower** — 250 g (about 8.8 oz by weight)
- [ ] **Cucumber** — 110 g (about 3.9 oz by weight)
- [ ] **Garlic** — 9 g (about 0.3 oz by weight)
- [ ] **Mushrooms** — 150 g (about 5.3 oz by weight)
- [ ] **Onions** — 240 g (about 8.5 oz by weight)
- [ ] **Pears** — 460 g (about 1.01 lb)
- [ ] **Potatoes** — 300 g (about 10.6 oz by weight)
- [ ] **Romaine lettuce** — 180 g (about 6.3 oz by weight)
- [ ] **Spinach** — 130 g (about 4.6 oz by weight)
- [ ] **Sweet potatoes** — 350 g (about 12.3 oz by weight)
- [ ] **Tomatoes** — 630 g (about 1.39 lb)
- [ ] **Zucchini** — 220 g (about 7.8 oz by weight)

MEAT, POULTRY, FISH AND EGGS

- [ ] **Raw 93% lean ground turkey** — 170 g (about 6.0 oz by weight)
- [ ] **Raw 95% lean ground beef** — 280 g (about 9.9 oz by weight)
- [ ] **Raw boneless skinless chicken breast** — 455 g (about 1.00 lb)
- [ ] **Raw boneless skinless chicken thighs** — 170 g (about 6.0 oz by weight)
- [ ] **Cooked chicken breast** — 90 g (about 3.2 oz by weight)
- [ ] **Raw turkey breast** — 170 g (about 6.0 oz by weight)
- [ ] **Raw cod** — 140 g (about 4.9 oz by weight)
- [ ] **Raw salmon** — 140 g (about 4.9 oz by weight)
- [ ] **Raw cleaned squid** — 200 g (about 7.1 oz by weight)
- [ ] **Lower-sodium deli turkey** — 95 g (about 3.4 oz by weight)
- [ ] **Eggs, edible weight** — 200 g (4 large eggs)
- [ ] **Liquid egg whites** — 330 g (about 11.6 oz by weight)

DAIRY AND ALTERNATIVES

- [ ] **1% milk** — 480 g (about 1.06 lb)
- [ ] **Skim milk** — 330 g (about 11.6 oz by weight)
- [ ] **2% cottage cheese** — 200 g (about 7.1 oz by weight)
- [ ] **Plain nonfat Greek yogurt** — 1705 g (about 3.76 lb)
- [ ] **Parmesan** — 10 g (about 0.4 oz by weight)
- [ ] **Reduced-fat cheddar** — 50 g (about 1.8 oz by weight)
- [ ] **Unsweetened fortified soy milk** — 240 g (about 8.5 oz by weight)
- [ ] **Reference-type whey powder** — 95 g (about 3.4 oz by weight)

GRAINS, BREAD AND PASTA

- [ ] **Cooked rice** — 700 g (about 1.54 lb)
- [ ] **Dry white rice** — 25 g (about 0.9 oz by weight)
- [ ] **Cooked quinoa** — 100 g (about 3.5 oz by weight)
- [ ] **Dry rolled oats** — 165 g (about 5.8 oz by weight)
- [ ] **Whole-wheat bread/bun** — 340 g (about 12.0 oz by weight)
- [ ] **Whole-wheat tortillas** — 120 g (about 4.2 oz by weight)

CANNED, FROZEN AND LEGUMES

- [ ] **Cooked drained chickpeas** — 100 g (about 3.5 oz by weight)
- [ ] **Cooked drained white beans** — 100 g (about 3.5 oz by weight)
- [ ] **Light tuna, drained, no salt added** — 110 g (about 3.9 oz by weight)
- [ ] **Low-sodium chicken broth** — 510 g (about 1.12 lb)

OILS, NUTS, SEEDS AND SEASONINGS

- [ ] **Olive oil** — 76.5 g (about 17 tsp)
- [ ] **Walnuts** — 110 g (about 3.9 oz by weight)
- [ ] **Chia seeds** — 29 g (about 1.0 oz by weight)
- [ ] **Ground flaxseed** — 10 g (about 0.4 oz by weight)
- [ ] **Ground cinnamon** — 9 g (about 0.3 oz by weight)
- [ ] **Reduced-sodium soy sauce** — 10 g (about 0.4 oz by weight)
- [ ] **Mustard** — 5 g (about 0.2 oz by weight)

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12-week strength program — the two tracks

An example progression built from the 20 movements in Chapter 5, not a clinical protocol proven for every GLP-1 user. Repeat a block when you need to. The calendar does not outrank comfort, technique, recovery, or advice from your care team.

Track A · I am starting again

Plan two nonconsecutive days a week. Allow about 20–35 minutes, including warm-up and rests; taking longer is fine. Begin with one set if two would be too much.

Weeks	Movements	Amount
1–4	E02 sit-to-stand; E07 wall push-up; E04 bridge or E05 supported hinge; E10 light band row or E11 row; E12 wall plank; E16 supported balance	Build toward 2 sets of 6–8 reps for moving exercises; 10–20 seconds for plank and balance, each side as relevant
5–8	E01 chair squat; E08 counter push-up or E07; E05 hinge; E11 row; E13 bird dog or E12; E16 balance	2 sets of 8–10 reps; bird dog 4–6 per side; holds 15–25 seconds
9–12	E01 or E03 squat; E08 push-up; E06 light deadlift or E05; E11 row; E14 dead bug or E12; E17 heel raise	2 sets, optionally 3 if recovery is good; 8–12 reps; dead bug 4–8 per side; holds 15–30 seconds

Use E18 to warm up. Add a few comfortable repetitions of E19 and E20 if appropriate. Practice E16 briefly on other days with support nearby. You do not have to move to the next block because four weeks have passed.

Track B · I already move, but need a strength routine

Plan two or three nonconsecutive strength days a week. Alternate sessions A and B: in a three-day week, A/B/A is followed by B/A/B. Allow about 30–45 minutes.

Session A	Session B
E03 goblet squat	E01 chair squat or E02 sit-to-stand
E06 Romanian deadlift	E04 glute bridge
E08 countertop push-up	E09 seated shoulder press
E10 band row	E11 supported one-arm row
E14 dead bug or E12 plank	E13 bird dog or E12 plank
E15 farmer carry	E17 heel raise plus E16 supported balance

Weeks 1–4: 2 sets of 8–10 controlled repetitions; trunk exercises 4–6 per side or 15–25-second holds; carry 15–30 seconds. Learn the movements before adding weight. **Weeks 5–8:** build toward 3 sets if recovery is good; 8–12 repetitions, the last few requiring effort but staying controlled; add a small amount of resistance only when the current amount is comfortable. **Weeks 9–12:** keep 2–3 good sets and progress one variable: resistance, repetitions within the range, or control. Do not shorten every rest and add weight at the same time.

> "One set" means doing the listed repetitions once. Rest about 60–90 seconds between sets, longer if needed. Leave at least a day between full-body strength sessions. Stop if you have chest pain, marked breathlessness, faintness, severe dizziness, or sharp pain.

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12-week strength log

Write the date, the track and one honest line per session. Every few weeks, notice an everyday task as well: the grocery bags, standing up without pushing on the armrests, the stairs.

Week	Session 1 date · track · how it went	Session 2	Session 3 (optional)	An everyday task that feels easier
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Week 7				
Week 8				
Week 9				
Week 10				
Week 11				
Week 12				

> Repeat a week whenever you need to. There is no missed-workout debt.

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Eight-week walking build

Phase	What the book suggests
Week 0	Notice what you already do, without trying to impress your phone. Count minutes, steps, or a familiar route. Pick one measure and use it consistently.
Weeks 1–2	Add a short comfortable walk on several days if you can. Five minutes is a legitimate start.
Weeks 3–4	Make one walk a little longer or add another short one.
Weeks 5–6	Repeat the amount you can sustain and notice recovery.
Weeks 7–8	Extend the comfortable walks gradually toward your individualized activity goal.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							

My one measure (minutes, steps, or route)

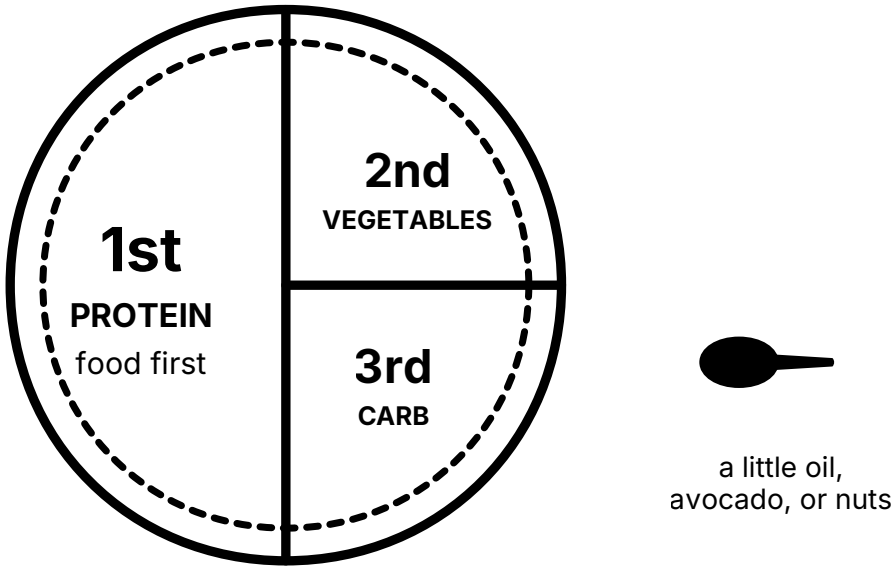
My individualized activity goal, agreed with my care team

> There is no compulsory 10,000-step finish line. Weather, joints, disability, work, and health matter. Seated movement, a stationary bike, or water-based activity may be better options for some readers.

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The plate, for the refrigerator door

A place for each; food does not have to fit one box.



A plate as a reminder — from Chapter 2.

For an ordinary meal, imagine a place for a protein food, a place for vegetables or fruit, and a place for rice, potatoes, beans, bread, or another carbohydrate food. A little oil, avocado, nuts, or another fat can finish it. Beans contribute carbohydrate, fiber, and protein; food does not have to fit into only one box.

On a day when you feel well, variety becomes easier. On a day when a large raw salad feels impossible, cooked carrots and a smaller bowl can do the job. A plate diagram should help you compose a meal, not make you feel you have failed because your vegetables came in soup.

My protein target and the weight used to set it (from my clinician or dietitian)

How I split it across the day (breakfast · lunch · dinner · snack)

> A food's weight in ounces or grams is not its protein content. Four ounces of chicken is not four ounces of protein. The recipes give an estimate for the exact ingredients used; a package label tells you about the one you buy.

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