2. My food and fluid plan

Agreed with / date

My main health and daily-life goals

Protein target, if set

Energy range, if useful

Fluid advice, including any restriction

Carbohydrate or other individual targets

Food allergies and relevant intolerances

Two breakfasts I can repeat

Two lunches I can take with me

Two dinners I can make when tired

One shelf-stable backup / one freezer backup

What I will do if I cannot eat or drink adequately

From *The GLP-1 Meal Map* by Carlos Fernández Ramos, MD · © 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.
Read the book? A short review helps the next patient find it: **GLP1MealMap.com/review**