

GLP-1 Protein Cheat Sheet

High-protein foods ranked for low-appetite days on Ozempic, Wegovy, Mounjaro & Zepbound.

Your Target

Aim for 0.7–1g of protein per pound of body weight per day. Use the lower end (0.7g) if you're sedentary; the higher end (1g) if you're doing resistance training.

Example: If you weigh 200 lbs !' target 140–200g protein/day. Use our free Protein Target Calculator at newbodymanual.com/calculators for your personalized number.

Highest Protein Density Foods (Best for Low Appetite Days)

These foods give you the most protein per calorie — ideal when you can only eat small amounts:

Greek yogurt (0% fat) 17–20g per 170g / ~90 cal

!³ Easy to eat cold, pairs with berries

Cottage cheese (low fat) 14g per 1/2 cup / ~80 cal

!³ Add to smoothies or eat plain

Egg whites (cooked) 11g per 1/2 cup / ~60 cal

!³ Scrambled, in wraps, or added to dishes

Chicken breast (cooked) 31g per 100g / ~165 cal

!³ Batch cook on good days

Canned tuna in water 25g per can / ~100 cal

!³ No cooking required — great backup

Whey isolate protein powder 24–27g per scoop / ~110 cal

!³ Mix into yogurt, smoothies, oatmeal

Shrimp (cooked) 20g per 85g / ~84 cal

!³ Quick to cook, light texture

Edamame (shelled) 11g per 1/2 cup / ~100 cal

!³ Snack on bad nausea days

Collagen peptides powder 18g per 2 scoops / ~70 cal

!³ Stir into coffee — undetectable taste

Quick Protein Combination Ideas

- Greek yogurt + collagen scoop = 30–35g in one bowl
- Cottage cheese + canned tuna = 40g high-satiety lunch
- Egg whites + protein powder in smoothie = 35g drinkable breakfast
- Shrimp + edamame stir fry = 30g in a light, easy-to-digest meal

When You Can Barely Eat Anything

On your worst nausea days, any protein is better than none. Liquid protein is often the easiest to tolerate:

- Protein shake with whey isolate and water — fastest, lowest volume
- Greek yogurt straight from the fridge — cold foods often tolerate better

- Bone broth with collagen stirred in — warm, soothing, easy on the stomach
- Small portion of cottage cheese — requires zero preparation

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