

Easy WFPB – WL (Ozempic) Diet

Eat foods that increase the hormone GLP-1 – makes you feel full.

Avoid foods that block GLP-1

EAT	DO NOT EAT
Foods that increase GLP-1	Foods that Block GLP-1
Fruits (Glucose and fructose)	Foods that Contain Saturated Fat incl. -Avocados*
Starchy Vegetables	Meat- Processed and Unprocessed
Leafy Green Vegetables	Poultry – Chicken/Turkey/Duck
Beans	Fish or Seafood
Whole Grains	Dairy – Cheese, milk butter
Mushrooms	Nuts/Seeds and Butters – All* Temporary
Herbs (Seasonings)	Oils – Any Type

Breakfasts

Fresh Whole Fruit – All types – seasonal is best and least expensive.

Berries – all

Apples

Grapes

Citrus fruits

Persimmons

Bananas

Pears

Melons

Tomatoes

Choose your favorite fruits.

Eating fruit does not cause or make diabetes worse. In fact, people who eat fruit are less likely to have diabetes. *

Lunch and Dinners

Whole grains

Brown rice

Barley

Whole oats/Oatmeal

Millet

Farro

Quinoa

Starchy Vegetables

Potatoes, all kinds

Sweet potatoes, all kinds

Yams, All kinds

Winter Squash, all kinds

Carrots

Green Vegetable

Fresh or Frozen

Kale

Spinach

Collars

Choose favorites.

Beans

Lentils

Blackeye peas

Chickpeas

Edemame

Choose favorites.

Basic Oil free Dressing

Make 1 serving – multiply as needed.

3 tablespoons Balsamic Vinegar

2 tablespoons mustard

1 tablespoon maple syrup

Mix with a whisk or shake to mix thoroughly.



- Isao Muraki 1, Fumiaki Imamura, Joann E Manson, Frank B Hu, Walter C Willett, Rob M van Dam, Qi Sun. Fruit consumption and risk of type 2 diabetes: results from three prospective longitudinal cohort studies *BMJ* 201 *3; 347 :f5001 doi:10.1136/bmj.f5001

Examples of meals on the WFPB – WL Diet





