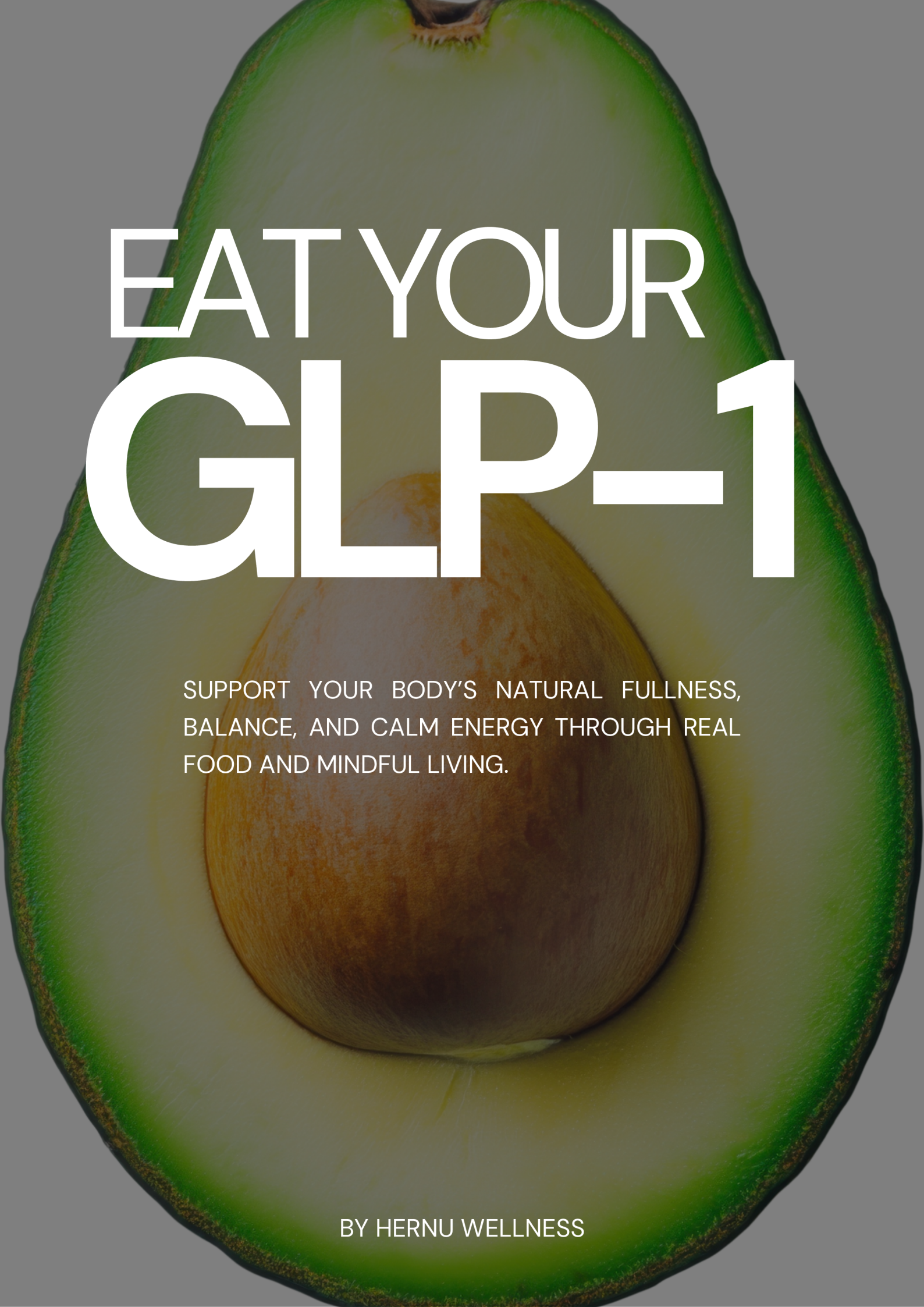




EAT YOUR GLP-1

SUPPORT YOUR BODY'S NATURAL FULLNESS,
BALANCE, AND CALM ENERGY THROUGH REAL
FOOD AND MINDFUL LIVING.

BY HERNU WELLNESS

INTRODUCTION: UNDERSTANDING GLP-1 (AND WHY IT MATTERS)

GLP-1 (Glucagon-Like Peptide-1) is a gut hormone released after you eat. It helps manage:

- Blood sugar balance
- Satiety and appetite regulation
- Digestive rhythm
- Metabolic and cardiovascular health

When GLP-1 levels are healthy, you experience:

- Stable energy between meals
- Reduced cravings
- Calm, steady hunger cues
- Easier weight maintenance

The good news: you don't need medication to support your GLP-1 system. You can do it through food, gut health, sleep, and stress balance.

This 7-day plan is designed to:

1. Teach you which foods and habits boost GLP-1 naturally.
2. Help you build steady energy and fullness into your day.
3. Track how your body responds — without restriction or stress.



HOW TO USE THIS WORKBOOK

- Each day includes meal ideas that naturally support GLP-1 production and signalling.
- You'll also find daily focus points — simple lifestyle actions that reinforce your gut-hormone connection.
- Use the tracker section each evening to reflect on hunger, energy, and digestion.

This isn't a diet. It's a way to reconnect with your body's built-in rhythm.

GLP-1 SUPPORT PILLARS

PILLAR	WHY IT MATTERS	DAILY EXAMPLE
Protein	Slows digestion and supports satiety	Add eggs, lentils, or lean meat to meals
Fibre	Feeds gut bacteria that release GLP-1	Include vegetables, oats, or beans
Healthy fats	Steady energy and balanced	Olive oil, avocado, nuts
Gut diversity	A healthy microbiome	Eat 20+ plant foods weekly
Sleep	Restores hormonal sensitivity	7–9 hours of quality rest
Movement	Improves insulin and appetite	Walk, stretch, or light strength work
Calm digestion	Stress suppresses gut hormones	Eat slowly, breathe deeply

7-DAY EAT YOUR GLP-1 MINI PLAN

Day 1 – Start with Balance

Breakfast: Greek yoghurt with oats, berries, chia seeds, and cinnamon

Lunch: Lentil and vegetable soup with olive oil drizzle

Dinner: Salmon with roasted broccoli and quinoa

Focus: Eat slowly — aim for 20 minutes per meal.

Note: Your first signal of fullness usually arrives after 15–20 minutes.

QUESTIONS?

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DAY 2 – FEED YOUR GUT

Breakfast: Overnight oats with apple, flaxseed, and kefir

Lunch: Chickpea salad with mixed greens and tahini dressing

Dinner: Chicken stir-fry with garlic, ginger, and vegetables

Focus: Add one fermented or prebiotic food today.

Note: These nourish gut microbes that help trigger GLP-1 release.

DAY 3 – STEADY ENERGY

Breakfast: Two boiled eggs, avocado toast, and herbal tea

Lunch: Brown rice bowl with tofu, vegetables, and sesame oil

Dinner: Vegetable curry with lentils and yoghurt

Focus: No snacks for 3 hours between meals — let digestion complete naturally.

Note: GLP-1 levels rise during rest-and-digest periods.



DAY 4 – PROTEIN POWER

Breakfast: Smoothie with protein powder, spinach, banana, and almond butter

Lunch: Tuna salad with chickpeas and olive oil

Dinner: Stir-fried beef or tempeh with vegetables

Focus: Include protein at every meal.

Note: Protein is the strongest dietary trigger for GLP-1 release.

DAY 5 – MINDFUL EATING

Breakfast: Porridge with pumpkin seeds and pear

Lunch: Roasted vegetable wrap with hummus

Dinner: Baked cod with green beans and sweet potato mash

Focus: Put down your fork between bites — engage your senses.

Note: Eating slowly improves GLP-1 response and digestion.



DAY 6 – REST AND RESTORE

Breakfast: Kefir smoothie with
oats and berries

Lunch: Quinoa salad with
avocado and beans

Dinner: Beef stew with
sourdough

Focus: Prioritise sleep tonight.

Note: Poor sleep blunts GLP-1
and increases hunger hormones.

DAY 7 – REFLECT AND RECONNECT

Breakfast: Scrambled eggs,
sautéed spinach, and toast

Lunch: Lentil soup with side
salad

Dinner: Baked tofu or chicken
with roasted vegetables

Focus: Reflect on your week.
How has your hunger, energy, or
digestion changed?

Note: Awareness is your most
powerful long-term habit.



DAILY TRACKER TEMPLATE

(Print or copy one for each day)

Date:

Sleep quality: ☐ Poor ☐ Fair ☐ Good ☐ Excellent

Stress level: ☐ Low ☐ Moderate ☐ High

Movement: ☐ None ☐ Light ☐ Moderate ☐ Active

Meals:

Breakfast: _____

Lunch: _____

Dinner: _____

Today I included:

- ☐ Protein at each meal
- ☐ Fibre-rich foods
- ☐ Healthy fats
- ☐ Fermented/prebiotic foods

How full did I feel after meals? (1–5)

Energy level today: (1–5)

Digestive comfort: (1–5)

Notes/Reflections:



DATE

MOOD

FINAL THOUGHTS

YOUR BODY ALREADY KNOWS HOW TO REGULATE HUNGER, BALANCE ENERGY, AND MAINTAIN WEIGHT. GLP-1 IS PART OF THAT NATURAL INTELLIGENCE.

BY EATING WHOLE FOODS, FEEDING YOUR GUT, MOVING DAILY, AND RESTING WELL, YOU SUPPORT THIS SYSTEM GENTLY — WITHOUT EXTREMES OR RESTRICTION.

THIS PLAN IS YOUR REMINDER THAT WELLNESS ISN'T ABOUT CONTROL. IT'S ABOUT COOPERATION WITH YOUR BIOLOGY.

NOTES

GOALS

REFLECTION