



Thinking of Starting Weight Loss Meds? Here's What to Eat

GLP-1 medications like Ozempic, Wegovy, and others are changing the conversation around weight loss. If you're taking one—or thinking about it—you're not alone. These medications help by reducing appetite and slowing digestion, which often leads to eating less. But losing weight doesn't automatically make you healthier. True health gains come from what you do with that opportunity—like improving the quality of your diet. What you eat still matters because it's the nutrients, not just the calories, that support heart health, blood sugar balance, energy levels, and long-term disease prevention.

First, let's bust a few common myths.

Myth #1: "The meds do all the work."

They help—but they don't replace healthy habits. Think of them as a tool that can make it easier to eat well, move more, and stay consistent.

Myth #2: "If I'm eating less, what I eat doesn't matter."

Actually, it matters more. Smaller portions mean fewer chances to get the nutrients your body needs. That makes food quality even more important.

Myth #3: "Side effects are just an inconvenience."

Nausea, constipation, heartburn—these aren't just annoying. They can affect how well you eat, how much you move, and how you feel day to day. The good news? What you eat can help. Smaller, balanced meals with fiber, fluids, and fewer greasy or heavy foods can ease symptoms and help your body adjust more smoothly.

Myth #4: "Once I'm on the meds, I'm on them for life."

Not always. Some people stay on them long-term, but others transition off. Building healthy eating patterns now helps protect your progress—whether you stay on meds or not.

What to Eat (and Why It Matters)

When you're eating less, food quality matters more. Every bite needs to pull its weight—offering lasting energy, key nutrients, and support for your digestion and overall health.

- Fiber-first foods like lentils, beans, berries, apples, oats, and leafy greens can help you stay fuller longer, support gut health, and reduce constipation.
- Hydrating foods such as cucumbers, citrus, melon, and broth-based soups help offset lower fluid intake from eating less.
- Healthy fats in small amounts—like a spoonful of nut butter, a few slices of avocado, or a drizzle of olive oil—can help ease nausea when included in meals.
- Gentle meals (smaller portions, lighter prep, less grease) are easier to digest and less likely to trigger symptoms.
- Slow, mindful eating gives your body time to signal fullness and helps prevent discomfort.

You don't have to overhaul everything—just make your meals count by choosing foods that help you feel your best. Every small step is a chance to build habits that support your health, your goals, and your future.

Mini Lentil Patties with Lemon Yogurt Sauce



These fiber-rich patties are satisfying without being heavy. They're freezer-friendly and perfect for wraps, grain bowls, or simple salads.

Ingredients:

- 1 cup cooked lentils (brown or green), well-drained
- ½ cup rolled oats
- 1 small carrot, grated
- 2 scallions or ¼ small onion, finely chopped
- 1 clove garlic, minced
- 1 egg*
- 1 tbsp olive oil (plus more for pan)
- ½ tsp cumin
- ¼ tsp salt
- Pinch of pepper or red pepper flakes (optional)

Lemon Yogurt Sauce:

- ½ cup plain yogurt (dairy or unsweetened plant-based)
- Zest and juice of ½ lemon
- Pinch of salt
- Optional: chopped fresh parsley or dill

Instructions:

1. In a bowl, mash the lentils slightly with a fork. Add the oats, carrot, scallion, garlic, egg (or flax egg), olive oil, and seasonings. Mix until well combined. Let sit 5–10 minutes to firm up.
2. Form into small patties (about 2 tablespoons each).
3. Heat a lightly oiled skillet over medium heat. Cook patties 3–4 minutes per side, until golden and firm.
4. In a small bowl, stir together yogurt, lemon juice and zest, and salt.
5. Serve patties warm or at room temp with a dollop of sauce.

Makes ~12 small patties

*To make vegan: replace the egg with a flax egg (1 tbsp ground flaxseed + 2.5 tbsp water, mixed and rested for 5–10 minutes).

Tips & Serving Suggestions:

- If the mixture is too wet or soft to shape, add 1–2 tablespoons of oat flour, chickpea flour, or breadcrumbs. Chilling the mixture for 10–15 minutes can also help.
- Freeze extras between parchment; reheat in a skillet or toaster oven.
- Pair with greens, cucumber slices, and a whole grain like brown rice or quinoa.
- Tuck into a wrap with shredded lettuce and sauce.