



Boost GLP-1 Naturally!

Wake up your "I'm full" hormone
(no injections required)



Nourish with Dr. Kari Hamrick

kari.hamrick@usenourish.com

(801) 709-1770

www.nourishwithdrkari.com

Eat your way to feeling great!

GLP-1 Boosting Grocery List



PRODUCE (load up heavy here)



- ❑ Avocados
- ❑ Berries (blueberries, raspberries, blackberries)
- ❑ Apples & pears (eat with skin)
- ❑ Brussels sprouts
- ❑ Broccoli & cauliflower
- ❑ Leafy greens (spinach, kale, arugula)
- ❑ Onions, garlic, leeks
- ❑ Citrus (oranges, grapefruit)

PROTEIN



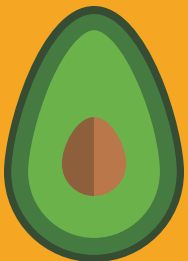
- ❑ Wild salmon, sardines, mackerel, herring
- ❑ Eggs (pasture-raised if possible)
- ❑ Greek yogurt
- ❑ Chicken thighs or organic chicken breast
- ❑ Lentils, chickpeas, black beans, edamame

NUTS AND SEEDS



- ❑ Pistachios (highest GLP-1 bang)
- ❑ Almonds & walnuts
- ❑ Chia seeds
- ❑ Ground flaxseeds
- ❑ Hemp hearts

HEALTHY FATS



- ❑ Extra-virgin olive oil (drizzle generously)
- ❑ Avocado oil
- ❑ Real butter or ghee (yes, really)

SOLUBLE FIBER CARBS



- ❑ Oats (steel-cut or rolled)
- ❑ Barley
- ❑ Quinoa
- ❑ Sweet potatoes
- ❑ Purple or blue potatoes

Rainbow Salmon-Quinoa Power Bowl



Serves: 4 **Prep:** 15 min **Cook:** 20 min **Total:** 35 min

Ingredients:

For the salmon

- 4 (5–6 oz) wild-caught salmon fillets (skin-on or off)
- 1 Tbsp extra-virgin olive oil
- 1 tsp smoked paprika
- ½ tsp garlic powder
- Zest of 1 lime + juice of ½ lime
- Salt & pepper

For the quinoa

- 1 cup tricolor or red quinoa, rinsed
- 1¾ cups low-sodium vegetable or chicken broth
- Juice of ½ lime + pinch of salt

Rainbow veggies & fruits

- 2 cups baby spinach or mixed greens
- 1 cup cherry tomatoes, halved (red + yellow)
- 1 cup shredded purple cabbage
- 1 large carrot, ribboned or julienned (orange)
- 1 ripe mango, diced (bright yellow/orange)
- 1 cup blueberries (deep blue/purple)
- 1 large ripe avocado, sliced
- ¼ cup red onion, thinly sliced
- Fresh cilantro & mint leaves for garnish

Creamy Pistachio-Lime-Olive Oil Dressing

(Makes ~1 cup – keeps 5–7 days in the fridge)

- ½ cup shelled roasted pistachios (unsalted)
- ¼ cup extra-virgin olive oil (the fruitier the better)
- 3 Tbsp fresh lime juice (about 1 large lime)
- 1 Tbsp fresh orange juice
- 1 small garlic clove
- 1 tsp Dijon mustard
- 1–2 tsp pure maple syrup or honey (adjust to taste)
- 3–5 Tbsp water (to desired consistency)
- ¼ tsp sea salt + fresh cracked pepper

Instructions:

1. Bring broth to a boil, add quinoa, lower heat, cover and simmer 12–15 minutes until fluffy. Fluff with a fork, stir in lime juice and a pinch of salt. Keep warm.
2. Pat fillets dry. Mix paprika, garlic powder, lime zest, salt & pepper. Rub onto salmon. Heat olive oil in a large skillet over medium-high. Place salmon flesh-side down; sear 3–4 minutes until golden. Flip, cook another 3–4 minutes (or until 125–130 °F internal for medium). Squeeze fresh lime over the top and rest 2 minutes.
3. Assemble veggies and fruits into 4 bowls. Add cooked quinoa and salmon filets
4. Toss all dressing ingredients except water into a blender or food processor and blend until super creamy (30–60 seconds). Add water 1 Tbsp at a time until pourable and the right consistency.

Macros per bowl (approximate):

520 cal | 38 g protein | 45 g carb |
10 g fiber | 28 g healthy fat

Loaded with omega-3s, fiber, polyphenols,
and vitamin C—
everything your cells cheer for!