

The Social Drinker's Guide to GLP-1

GLP-1 users often report drinks 'hit harder'. The food you pair with alcohol matters more than ever.

SMART-DRINKING RULES

- Eat before you drink. Empty-stomach alcohol is dramatically stronger.
- Hydrate 1:1 — one water for every drink.
- Avoid sugary mixers — they spike already-low blood sugar.
- Acid reflux is more common — go easy on red wine if prone.

1. Grilled Chicken Platter with Herb Yogurt Dip

Why it works. Clean protein platter slows alcohol absorption; yogurt eases tomorrow.

INGREDIENTS

- 1 lb chicken breast
- 1 cup Greek yogurt
- Dill, mint, lemon
- Veg sticks, tomatoes

HOW TO MAKE IT

- 1 Grill chicken.
 - 2 Mix yogurt with herbs.
 - 3 Arrange with veg.
 - 4 Serve dip on the side.
-

2. Spicy Black Bean & Turkey Lettuce Cups

Why it works. Fiber and lean protein blunt alcohol absorption without carb crash.

INGREDIENTS

- 1 lb turkey
- 1 can black beans
- Chili spices, butter lettuce
- Lime, cilantro, avocado

HOW TO MAKE IT

- 1 Brown turkey with spices.
 - 2 Stir in beans.
 - 3 Spoon into lettuce.
 - 4 Top with avocado.
-

3. Baked Fish 'Naked' Taco Bowl

Why it works. No tortilla = lower carbs; fish gentle on a drink-aggravated stomach.

INGREDIENTS

- 2 white fish fillets
- Cabbage slaw, black beans, avocado
- Lime crema

HOW TO MAKE IT

- 1 Bake fish 12 min.
 - 2 Layer cabbage, beans, fish.
 - 3 Top with avocado and crema.
 - 4 Finish with cilantro.
-

4. Satay Tofu & Veggie Skewers

Why it works. Plant protein and healthy fat slow alcohol absorption; easy to grab.

INGREDIENTS

- 14 oz tofu
- Bell pepper, zucchini
- Peanut sauce
- Skewers

HOW TO MAKE IT

- 1 Thread tofu and veg.
 - 2 Grill 4 min per side.
 - 3 Brush with peanut sauce.
 - 4 Garnish with cilantro.
-

5. Protein-Packed Hummus Platter

Why it works. Pace-eating across the evening; hummus is slow-digesting protein.

INGREDIENTS

- 1 cup hummus
- Pita, veg sticks, olives
- 4 hard-boiled eggs
- Feta cubes

HOW TO MAKE IT

- 1 Spread hummus.
- 2 Arrange dippers.
- 3 Add eggs and feta.
- 4 Eat slowly all evening.

MyGLPMap is educational, not medical advice. Talk to your prescribing clinician before changing your diet or routine. © MyGLPMap.