

Preventing Bone Density Loss on GLP-1

Emerging research suggests GLP-1 users may lose more bone density than diet-only weight loss. These meals deliver calcium, D, K, and magnesium.

BONE-PROTECTION RULES

- Target 1000–1200 mg calcium daily — split across meals.
- Vitamin D 2000 IU daily if levels are low. Get bloodwork.
- Magnesium is the cofactor. Without it, calcium can't enter bone.
- Weight-bearing exercise twice a week. Walking counts.

1. Calcium-Rich Spinach & Feta Egg Bake

Why it works. Feta + eggs = bioavailable calcium + vitamin D. Spinach adds magnesium and K.

INGREDIENTS

- 8 eggs
- 2 cups spinach
- 1/2 cup feta
- 1 onion, olive oil

HOW TO MAKE IT

- 1 Sauté onion and spinach.
- 2 Whisk eggs.
- 3 Top with veg and feta.
- 4 Bake 22 min at 375°F.

2. Fortified Greek Yogurt & Kale Smoothie

Why it works. Over 400 mg calcium per serving. Chia adds magnesium.

INGREDIENTS

- 1 cup Greek yogurt
- 1 cup kale
- 1 banana
- Fortified milk + chia

HOW TO MAKE IT

- 1 Add milk, then yogurt, then kale.
 - 2 Add banana and chia.
 - 3 Blend 60 sec.
 - 4 Drink fresh.
-

3. White Bean & Kale Broth

Why it works. White beans deliver plant calcium and magnesium; kale adds vitamin K.

INGREDIENTS

- 1 can cannellini beans
- 2 cups kale
- 4 cups broth
- Onion, garlic, lemon

HOW TO MAKE IT

- 1 Soften aromatics.
 - 2 Add beans and broth.
 - 3 Simmer 15 min.
 - 4 Stir in kale; finish with lemon.
-

4. Tofu & Bok Choy Stir-Fry

Why it works. Calcium-set tofu + bok choy is one of the highest plant-based calcium combos.

INGREDIENTS

- 14 oz calcium-set tofu
- 4 baby bok choy
- Soy sauce, sesame oil, ginger

HOW TO MAKE IT

- 1 Sear tofu 5 min.
- 2 Add ginger, garlic.
- 3 Add bok choy + water.
- 4 Drizzle sauce.

5. Cottage Cheese & Kiwi Protein Bowl

Why it works. Cottage cheese = calcium + casein. Kiwi adds vitamin C for bone matrix collagen.

INGREDIENTS

- 1 cup cottage cheese
- 2 kiwis, sliced
- 1 tbsp almonds
- Honey, mint, pepper

HOW TO MAKE IT

- 1 Spoon cottage cheese.
- 2 Top with kiwi.
- 3 Sprinkle almonds and mint.
- 4 Drizzle honey.

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