

The Ozempic Baby Guide: GLP-1 & Fertility

GLP-1 medications have been linked to a wave of unexpected pregnancies. These five meals deliver the pre-conception nutrient stack.

PRE-CONCEPTION RULES

- Take 400–800 mcg folate daily for 3 months before trying.
- Discontinue GLP-1 at least 2 months before conception per FDA guidance.
- Backup contraception is essential — GLP-1 reduces pill absorption.
- Choline (eggs, beans) is the most-overlooked pre-conception nutrient.

1. Quinoa & Black Bean Power Salad

Why it works. Black beans = densest folate. Quinoa = complete protein.

INGREDIENTS

- 1 cup quinoa
- 1 can black beans
- Red pepper, avocado, lime, cilantro

HOW TO MAKE IT

- 1 Whisk dressing.
- 2 Toss all ingredients.
- 3 Add dressing.
- 4 Rest 10 min.

2. Folate-Boosted Baked Salmon & Asparagus

Why it works. Salmon DHA for fetal brain. Asparagus is top folate source.

INGREDIENTS

- 2 salmon fillets
- 1 lb asparagus
- Lemon, garlic, dill

HOW TO MAKE IT

- 1 Heat oven to 400°F.
 - 2 Toss asparagus.
 - 3 Add salmon, top with lemon.
 - 4 Bake 14 min.
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3. Turmeric Lentil & Sweet Potato Stew

Why it works. Lentils = folate + iron. Turmeric reduces inflammation affecting ovulation.

INGREDIENTS

- 1 cup lentils
- 1 sweet potato
- 4 cups broth
- Turmeric, ginger, spinach

HOW TO MAKE IT

- 1 Soften aromatics.
 - 2 Add lentils, potato, spices.
 - 3 Simmer 25 min.
 - 4 Stir in spinach.
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4. Preconception Fortified Smoothie

Why it works. Spinach, berries, yogurt deliver folate, antioxidants, choline.

INGREDIENTS

- Spinach, berries, banana
- 1/2 cup Greek yogurt
- 1 scoop protein
- 1 tbsp flax

HOW TO MAKE IT

- 1 Liquids first, then protein.
 - 2 Add fruit and greens.
 - 3 Blend 60 sec.
 - 4 Drink within 15 min.
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5. High-Protein Scrambled Tofu

Why it works. Plant iron in absorbable form; choline and folate from companion ingredients.

INGREDIENTS

- 14 oz tofu, crumbled
- Turmeric, garlic
- Red pepper, spinach
- Nutritional yeast

HOW TO MAKE IT

- 1 Sauté pepper.
- 2 Add tofu and seasoning.
- 3 Stir in spinach.
- 4 Top with yeast.

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