

GLP-1 & Gallbladder Safety: Preventing Sludge and Stones

Rapid weight loss is the #1 dietary risk factor for gallstones. These five meals keep fat moderate, eating regular, and protein lean.

GALLBLADDER-SAFE RULES

- Don't go very low-fat. The gallbladder needs fat to contract.
- Eat at regular intervals — fasting can cause sludge.
- Stay hydrated — 80+ oz daily helps bile flow.
- Watch for upper-right abdominal pain. Call your doctor.

1. Lemon & Herb Baked Cod

Why it works. Cod is naturally low in saturated fat — the trigger for gallbladder distress.

INGREDIENTS

- 2 cod fillets
- 1 lemon, sliced
- Thyme, dill, parsley
- 1 tsp olive oil

HOW TO MAKE IT

- 1 Heat oven to 400°F.
- 2 Brush cod with oil.
- 3 Top with herbs and lemon.
- 4 Bake 12 min.

2. Turkey & Brown Rice Stuffed Peppers

Why it works. Lean ground turkey with brown rice = complete protein, minimal saturated fat.

INGREDIENTS

- 4 bell peppers
- 1 lb ground turkey

- 1 cup brown rice
- 1 cup diced tomatoes
- Italian herbs

HOW TO MAKE IT

- 1 Brown turkey with herbs.
 - 2 Stir in rice and tomatoes.
 - 3 Fill peppers.
 - 4 Bake at 375°F for 30 min.
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3. Clear Broth Chicken & Barley Soup

Why it works. Clear broth is gentle. Barley adds soluble fiber that regulates cholesterol — a stone component.

INGREDIENTS

- 1 lb chicken, cubed
- 1/2 cup barley
- 6 cups broth
- Carrot, celery, onion, garlic

HOW TO MAKE IT

- 1 Soften veg.
 - 2 Add chicken, barley, broth.
 - 3 Simmer 35 min.
 - 4 Finish with parsley.
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4. Low-Fat Tzatziki & Pitas

Why it works. Non-fat yogurt provides protein without the saturated fat that triggers contractions.

INGREDIENTS

- 2 cups non-fat Greek yogurt
- 1 cucumber, grated
- Garlic, dill, lemon
- Whole grain pitas

HOW TO MAKE IT

- 1 Squeeze water from cucumber.
 - 2 Mix all sauce ingredients.
 - 3 Refrigerate 20 min.
 - 4 Serve with warmed pitas.
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5. Steamed Shrimp & Veggie Quinoa Bowl

Why it works. Steamed shrimp is the lowest-fat seafood prep. Quinoa fiber binds cholesterol.

INGREDIENTS

- 1 lb shrimp
- 1 cup quinoa
- Broccoli, zucchini
- Lemon, olive oil, garlic

HOW TO MAKE IT

- 1 Cook quinoa.
 - 2 Steam broccoli and zucchini.
 - 3 Steam shrimp 3 min.
 - 4 Assemble bowls.
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