

Healing Your Gut on GLP-1: The Microbiome Playbook

Slowed gastric emptying changes which bacteria thrive. These five meals deliver live cultures, prebiotic fiber, and polyphenols.

MICROBIOME ESSENTIALS

- Eat 30+ different plant foods per week.
- Include one fermented food daily.
- Limit artificial sweeteners — may damage gut flora.
- Antibiotics + GLP-1 is double disruption. Add extra ferments.

1. Miso & Firm Tofu Wellness Soup

Why it works. Miso delivers live cultures plus glutamine — fuel for gut-lining cells.

INGREDIENTS

- 3 tbsp miso paste
- 8 oz firm tofu
- 4 cups water
- Greens, scallions, ginger

HOW TO MAKE IT

- 1 Bring water to gentle simmer (NOT boil).
- 2 Add tofu and greens.
- 3 Whisk miso into broth.
- 4 Top with scallions.

2. Kefir & Berry Overnight Oats

Why it works. Kefir contains up to 60 probiotic strains — far more diverse than yogurt.

INGREDIENTS

- 1/2 cup oats
- 1 cup kefir

- 1/4 cup berries
- 1 tbsp chia seeds

HOW TO MAKE IT

- 1 Mix oats, kefir, chia in a jar.
 - 2 Refrigerate overnight.
 - 3 Stir; top with berries.
 - 4 Eat cold.
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3. Fiber-Rich Lentil & Barley Salad

Why it works. Resistant starch from lentils and barley feeds beneficial bacteria into anti-inflammatory SCFAs.

INGREDIENTS

- 1 cup cooked lentils
- 1 cup cooked barley
- Parsley, red onion, feta
- Lemon dressing

HOW TO MAKE IT

- 1 Toss with dressing.
 - 2 Add parsley and onion.
 - 3 Top with feta.
 - 4 Rest 15 min.
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4. Fermented Tempeh & Bok Choy Stir-Fry

Why it works. Tempeh probiotics survive stomach acid better than yogurt cultures. 21 g protein.

INGREDIENTS

- 8 oz tempeh
- 4 baby bok choy
- Soy sauce, sesame oil, ginger

HOW TO MAKE IT

- 1 Steam tempeh 5 min.

- 2 Sear in oil with ginger.
 - 3 Add bok choy + water, cover 2 min.
 - 4 Drizzle sauce.
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5. Chickpea & Kimchi Protein Stew

Why it works. Kimchi Lactobacillus improves gut barrier function. Chickpeas feed those cultures.

INGREDIENTS

- 1 can chickpeas
- 1 cup kimchi
- 3 cups broth
- Onion, garlic, gochujang

HOW TO MAKE IT

- 1 Soften aromatics.
 - 2 Add chickpeas, broth, gochujang.
 - 3 Simmer 10 min.
 - 4 Stir in kimchi off heat.
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