

Mood & Mindset on GLP-1: Building Mental Resilience

Rapid weight loss can lift mood and also disrupt it. These five meals deliver tryptophan, B-vitamins, folate, and omega-3s.

MOOD-PROTECTION RULES

- Eat tryptophan at every meal — it builds serotonin.
- B12 deficiency mimics depression. Get bloodwork at month 3.
- Omega-3 EPA at 1000 mg/day matches some antidepressants in trials.
- Talk to your prescriber if mood drops persist beyond 2 weeks.

1. Tryptophan-Rich Turkey & Hummus Wrap

Why it works. Turkey is among the highest dietary sources of tryptophan.

INGREDIENTS

- 4 oz turkey breast
- 2 tbsp hummus
- Whole grain wrap
- Spinach, cucumber, tomato

HOW TO MAKE IT

- 1 Warm wrap.
- 2 Spread hummus.
- 3 Layer fillings.
- 4 Roll and slice.

2. B-Vitamin Baked Cod & Sweet Potato

Why it works. Cod = densest B12. Sweet potato = B6 (converts tryptophan to serotonin).

INGREDIENTS

- 2 cod fillets
- 2 sweet potatoes

- Olive oil, garlic, paprika, lemon

HOW TO MAKE IT

- 1 Roast sweet potato 20 min.
 - 2 Add cod, lemon.
 - 3 Bake 12 min more.
 - 4 Finish with parsley.
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3. Folate-Dense Lentil & Spinach Stew

Why it works. Folate deficiency is a common mood-related nutrient gap.

INGREDIENTS

- 1 cup lentils
- 4 cups spinach
- Carrot, onion, garlic
- 4 cups broth

HOW TO MAKE IT

- 1 Soften aromatics.
 - 2 Add lentils and broth.
 - 3 Simmer 25 min.
 - 4 Stir in spinach.
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4. Serotonin-Supporting Blueberry Overnight Oats

Why it works. Blueberry flavonoids reduce depressive symptoms in clinical studies.

INGREDIENTS

- 1/2 cup oats
- 1 cup milk
- 1/2 cup blueberries
- Chia seeds, walnuts

HOW TO MAKE IT

- 1 Mix oats, milk, chia.
- 2 Refrigerate overnight.

- 3 Top with berries and walnuts.
 - 4 Eat cold or warm.
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5. Mood-Boosting Tofu & Brown Rice Bowl

Why it works. Brown rice is high in B6 — needed for every mood neurotransmitter.

INGREDIENTS

- 8 oz tofu
- 1 cup brown rice
- 1 cup edamame
- Soy sauce, sesame, scallions

HOW TO MAKE IT

- 1 Pan-sear tofu 5 min.
 - 2 Build bowl with rice and edamame.
 - 3 Drizzle sauce.
 - 4 Top with herbs.
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