

Sleep Smart on GLP-1: Maximizing Weight Loss Efficacy

Most weight loss happens during sleep, but heavy evening meals slow already-slowed GLP-1 GI motility. These light meals satisfy without sabotaging rest.

EVENING-EATING RULES

- Stop eating 3 hours before bed. GLP-1 + late food = reflux.
- Keep evening meals under 500 calories.
- Magnesium-rich foods (almonds, spinach) deepen sleep.
- Avoid alcohol within 2 hours of bed — fragments sleep.

1. Early-Evening White Fish & Veggie Tray

Why it works. White fish digests in under 2 hours — lightest evening protein.

INGREDIENTS

- 2 cod or tilapia fillets
- Zucchini, tomatoes, bell pepper
- Olive oil, lemon, herbs

HOW TO MAKE IT

- 1 Heat oven to 400°F.
- 2 Toss veg with oil.
- 3 Add fish, lemon.
- 4 Bake 14 min.

2. Tofu & Ginger Brown Rice Bowl

Why it works. Tryptophan + slow carbs help brain produce melatonin.

INGREDIENTS

- 8 oz tofu
- 1 cup brown rice
- Ginger, soy sauce, sesame

- Cucumber, scallions

HOW TO MAKE IT

- 1 Sauté ginger.
 - 2 Add tofu, cook 5 min.
 - 3 Plate with rice.
 - 4 Drizzle and garnish.
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3. Low-Fat Yogurt & Strawberry Snack

Why it works. Casein releases amino acids through the night for muscle repair.

INGREDIENTS

- 1 cup non-fat Greek yogurt
- 1/2 cup strawberries
- 1 tbsp almonds
- Honey, cinnamon

HOW TO MAKE IT

- 1 Spoon yogurt.
 - 2 Top with berries and almonds.
 - 3 Drizzle honey.
 - 4 Eat 60 min before bed.
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4. Light Lentil & Celery Soup

Why it works. Red lentils digest faster. Celery apigenin deepens sleep.

INGREDIENTS

- 1/2 cup red lentils
- 3 cups broth
- Celery, carrot, onion, garlic

HOW TO MAKE IT

- 1 Soften aromatics.
- 2 Add lentils, veg, broth.
- 3 Simmer 18 min.

4 Finish with lemon, parsley.

5. Egg-White & Mushroom Evening Scramble

Why it works. Egg whites = pure protein, no fat. Mushrooms add vitamin D (sun-exposed).

INGREDIENTS

- 6 egg whites
- 1 cup mushrooms
- 1 cup spinach
- Olive oil, garlic, herbs

HOW TO MAKE IT

- 1 Sauté mushrooms.
- 2 Wilt spinach.
- 3 Pour in eggs.
- 4 Cook 2 min until just set.

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