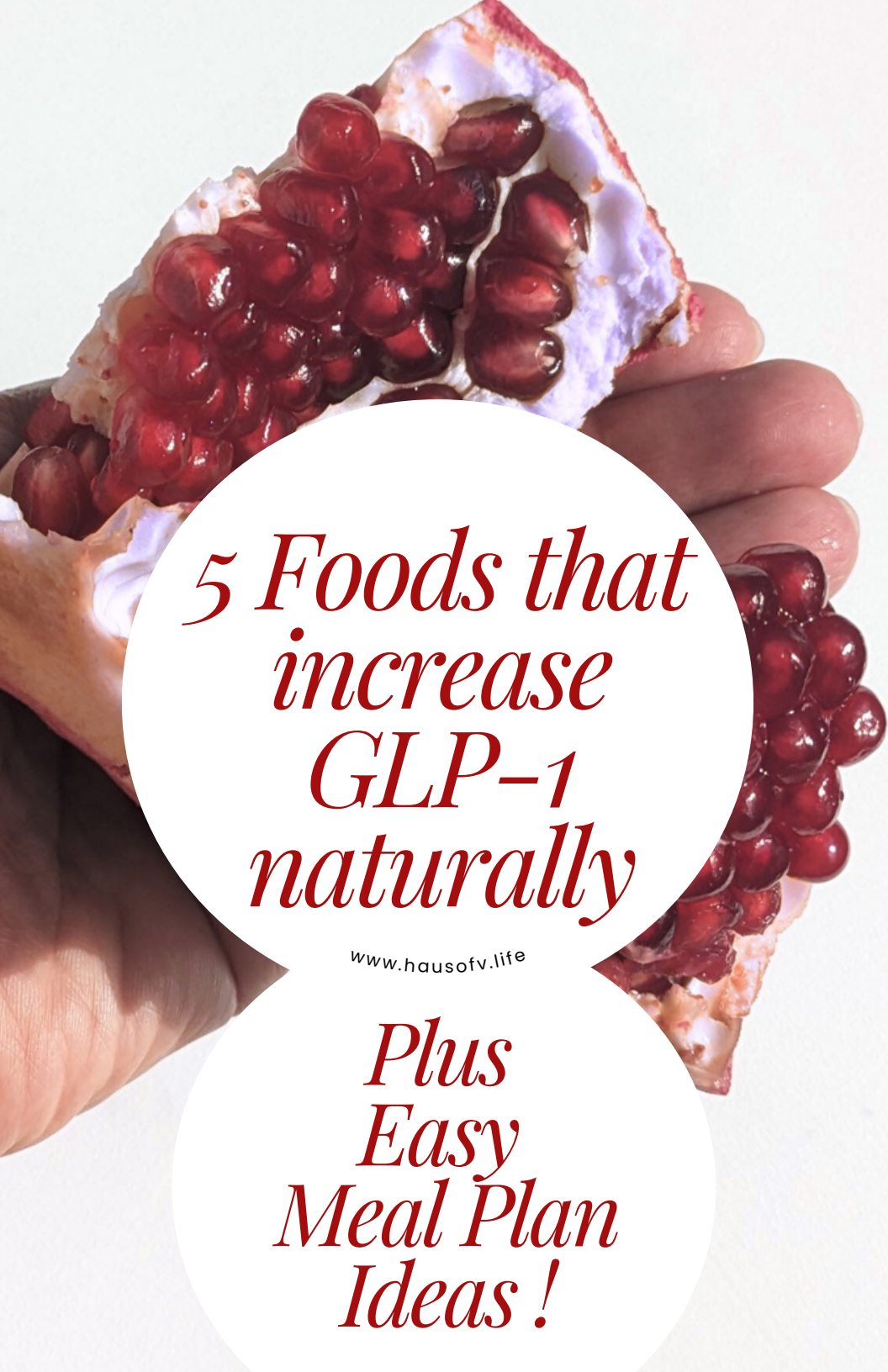


A close-up photograph of a hand holding a wedge of a pomegranate. The pomegranate is cut open, revealing its characteristic red, jewel-like seeds. The interior of the wedge is filled with a thick, white cream. The background is a plain, light color.

5 Foods that increase GLP-1 naturally

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Plus Easy Meal Plan Ideas !

What is GLP-1?

Glucagon-like peptide-1 (GLP-1) is a hormone that plays a critical role in managing blood sugar levels and promoting satiety, making it a key player in weight management and overall metabolic health.

Beyond regulating blood sugar, GLP-1 slows gastric emptying, reducing appetite and promoting a feeling of fullness. This makes it a valuable ally in weight management and diabetes control.

In recent years, GLP-1 medications have surged in popularity due to their remarkable efficacy in managing type 2 diabetes and aiding weight loss.

But can you increase GLP-1 naturally? The answer is YES! Here's a quick guide to get started.

01

Polyphenols

Polyphenols have been shown to enhance the secretion of glucagon-like peptide-1 (GLP-1)

Resveratrol (found in red grapes, berries, and peanuts) supports GLP-1 secretion and improves insulin sensitivity.

Epigallocatechin gallate (EGCG) (from green tea) promotes GLP-1 activity and helps regulate glucose metabolism.

Quercetin (found in onions, apples, and citrus fruits) stimulates GLP-1 production and improve metabolic function.



02

Fatty Fish

Fatty fish, such as salmon, mackerel, and sardines, are rich in omega-3 fatty acids and high-quality protein, both of which can enhance GLP-1 secretion. Omega-3 fatty acids have anti-inflammatory properties that improve gut health and support the function of enteroendocrine cells responsible for GLP-1 release. Additionally, the protein in fatty fish promotes the release of GLP-1 by slowing gastric emptying and enhancing satiety.



03

Legumes

Legumes, such as beans, lentils, and chickpeas, are high in dietary fiber and protein, both of which can boost GLP-1 levels. The fiber in legumes slows down digestion, leading to a gradual release of glucose and stimulating prolonged GLP-1 secretion.



04

Spices

Spices like cinnamon, along with coffee and tea, can naturally boost GLP-1 levels. Cinnamon contains bioactive compounds that improve insulin sensitivity and slow gastric emptying, which stimulates GLP-1 secretion. Coffee and tea, rich in polyphenols and caffeine, enhance GLP-1 production by activating certain cellular pathways and promoting gut health.



05

Fermented Foods

Fermented foods, such as yogurt, kefir, sauerkraut, and kimchi, can boost GLP-1 levels by improving gut health. These foods are rich in probiotics, foster a healthy gut microbiome. A balanced and diverse gut microbiota enhances the function of enteroendocrine cells that secrete GLP-1.



GLP-1 Promoting Recipes!

Yes Let's Go!

🥦 1. High-Fiber Foods

Pumpkin Seed & Lentil Dip

Ingredients:

- 1 cup cooked yellow lentils
- 1/4 cup roasted pumpkin seeds
- 1 garlic clove
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 1/2 tsp cumin
- Salt to taste
- Instructions

1. Add all ingredients to a food processor or blender.
2. Blend until smooth, adding water 1 tbsp at a time for desired consistency.
3. Taste and adjust seasoning. Serve with veggie sticks or whole grain crackers.



Apple & Quinoa Breakfast Bowl

Ingredients:

- 1/2 cup cooked quinoa
- 1 small apple, diced
- 1/2 tsp cinnamon
- 1 tbsp chia seeds
- 1/2 cup unsweetened almond milk
- 1 tsp honey or chopped dates (optional)

Instructions:

1. Combine quinoa, apple, cinnamon, chia seeds, and almond milk in a bowl.
2. Stir well and let sit for 5–10 minutes to thicken slightly.
3. Sweeten if desired and enjoy warm or chilled.



2. Protein-Rich Foods

Baked Salmon with Lemon & Herbs

Ingredients

- 2 salmon fillets
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp garlic powder
- 1 tsp dried dill or parsley
- Salt and pepper to taste

Instructions:

Preheat oven to 400°F (200°C).

1. Place salmon on a baking sheet lined with parchment.
2. Drizzle with olive oil and lemon juice, then sprinkle with garlic, herbs, salt, and pepper.
3. Bake for 12–15 minutes until salmon flakes easily.



Greek Yogurt Parfait

Ingredients

- 1 cup plain Greek yogurt
- 1/4 cup mixed berries
- 1 tbsp chia seeds
- 1 tbsp chopped almonds or walnuts
-

Instructions:

1. Spoon yogurt into a bowl or jar.
2. Layer with berries, chia seeds, and nuts.
3. Enjoy immediately or chill for later.





3. Fermented Foods

Kefir Smoothie

Ingredients:

- 1 cup plain kefir
- 1/2 cup frozen mixed berries
- 1/2 banana
- 1 tbsp ground flaxseed
- 1/4 tsp cinnamon
-

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

Kimchi Avocado Toast

Ingredients:

- 1 slice whole grain bread
- 1/2 avocado
- 1 egg (optional, poached or fried)
- 2 tbsp kimchi
- Salt and pepper to taste
-

Instructions:

1. Toast the bread.
2. Mash avocado onto toast and season with salt and pepper.
3. Top with kimchi and egg if using.

4. Polyphenol-Rich Foods

Pomegranate & Walnut Salad

Ingredients:

2 cups arugula

- 1/4 cup pomegranate seeds
- 2 tbsp walnuts, chopped
- 2 tbsp goat cheese (optional)
- 1 tbsp balsamic vinaigrette

Instructions:

1. Add arugula to a bowl.
2. Top with pomegranate seeds, walnuts, and goat cheese.
3. Drizzle with vinaigrette and toss gently.

Cinnamon-Spiced Coffee with Turmeric

Ingredients:

- 1 cup brewed coffee
- 1/4 tsp cinnamon
- 1/4 tsp turmeric
- Splash of coconut milk or almond milk

Instructions:

1. Brew coffee as usual.
2. Stir in cinnamon and turmeric.
3. Add a splash of milk and stir well.

🥑 5. Healthy Fats

Chia Pudding

Ingredients:

- 3 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1/2 tsp vanilla extract
- 1/2 cup berries
- 1 tbsp chopped almonds

Instructions:

1. Mix chia seeds, almond milk, and vanilla in a jar.
2. Stir well, cover, and refrigerate overnight or at least 4 hours.
3. Top with berries and almonds before serving.



Avocado & Egg Bowl

Ingredients:

- 1/2 avocado, sliced
- 1 soft-boiled egg
- 1/2 cup sautéed greens (spinach or kale)
- 1/2 cup roasted sweet potatoes
- 1 tsp olive oil
- Salt and pepper to taste

Instructions:

1. Arrange all ingredients in a bowl.
2. Drizzle with olive oil and season to taste.
3. Enjoy warm for a balanced, satisfying meal.



6. Beverages

Matcha Green Tea Latte

- Ingredients:

- 1 tsp matcha powder

- 1/4 cup hot water

- 3/4 cup almond or oat milk (frothed if possible)

- 1/4 tsp cinnamon

- Instructions:

- Whisk matcha with hot water until smooth.

- Add frothed milk and stir.

- Sprinkle with cinnamon and enjoy.





Need More Guidance?

Schedule a FREE 15 minute call with me
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