



GLP-1/BPC157 works best if you combine a healthy diet and exercise plan.

De Luz Medical Aesthetics recommend a diet filled with nutrient rich whole foods. Our diet contains meats, poultry, vitamin rich proteins like fish and eggs. Along with lots of leafy green vegetables, fresh berries, nuts, seeds and healthy oils.

Foods to Avoid:

- Foods high in sugar
- Legumes
- Seed oils
- Dairy
- Highly processed foods
- Sugar-sweetened beverages (including fruit juice, sodas, teas and coffee drinks)
- Avoid trans fats and saturated fats. Replace with monounsaturated and polyunsaturated fats (fish, olive oil, nuts)
- Processed refined breads, pastas and rice
- Artificial flavors, natural flavors, stabilizers, preservatives, and colors
- GMO processed food
- Eat on a regular schedule, manage your portion size and limit snacking in-between meals.
- If you choose to drink alcohol, only do so with a meal, and drink in moderation (no more than one serving per day for women or two servings per day for men).

Vitamin Rich Nutrient Whole Foods

Vegetables:

- Consume colorful vegetables, especially orange and dark green.
- Broccoli, cauliflower, and Brussels sprouts
- Leafy greens, such as chard, cabbage, romaine, and bok choy
- Dark, leafy greens, such as spinach and kale
- Butternut squash, carrots, sweet potatoes, turnips, and pumpkin
- Snap peas, green beans, bell peppers, and asparagus
- Zucchini, yellow summer squash, yellow crookneck squash
- Button mushroom, portobello, oyster mushroom, shiitake, chanterelle, crimini, porcini, morel

Fruits:

- Apples, plums, mangos, papaya, pineapple, and bananas
- Blueberries, strawberries, cherries, pomegranates, and grapes
- Citrus fruits, such as grapefruits and oranges
- Peaches, pears, and melons
- Tomatoes and avocados

Meat:

- Beef, pork, veal, and lamb
- Ground beef, chicken or turkey
- Deer, pheasant, bear, moose, elk, duck, rabbit, reindeer, wild turkey
- Beef, pork, lamb, veal, rabbit, goat, sheep, bison, wild boar

Fish:

- Wild-caught salmon and other oily fish
- Haddock and other white fish
- Shrimp, mussels, scallops, and lobster
- Wild-caught tuna (canned or fresh)
Wild-caught oily fish are the best sources of omega-3 fatty acids. This includes salmon, tuna, mackerel, and sardines.

Eggs:

- Chicken eggs
- Duck eggs
- Goose eggs
- Quail eggs

Tree Nuts:

- Pistachios, Brazil nuts, Pecans, Walnuts, Pine nuts, Macadamia nuts, Chestnuts
Cashews, Almonds, Hazelnuts

Seeds:

- Sunflower seeds, Sesame seeds, Chia seeds, Flax seeds, Pumpkin seeds (pepitas)

Dairy and dairy substitutes:

- Whole milk, nut, or rice milk
- Ricotta cheese in place of cream cheese
- Cottage cheese
- String cheese
- Goat cheese
- Plain yogurt

Fats:

- Avocados, avocado oil
- Olives, olive oil
- Coconut oil
- Butter, clarified butter (ghee)
- Tallow
- Duck fat, veal fat, lamb fat,
- Nut butters, nut oils (walnut, macadamia)
- Coconut flesh, coconut milk

Spices & Fresh Herbs:

- Parsley, thyme, lavender, mint, basil, rosemary, chives, tarragon, oregano, sage, dill, bay leaves, coriander Ginger, garlic, onions, black pepper, hot peppers, star anise, fennel seeds, mustard seeds, cayenne pepper, cumin, turmeric, cinnamon, nutmeg, paprika, vanilla, cloves, chilies, horseradish.

Whenever possible choose organic pasture raised beef or poultry, and organic produce.