**Foods That Naturally Stimulate GLP-1**

**### High-Fiber Foods:**

**1. \*\*Oats\*\*:**

**- One Degree Organic Sprouted Rolled Oats - Bob's Red Mill Organic Steel-Cut Oats**

**2. \*\*Barley\*\*:**

**- Bob's Red Mill Organic Hulled Barley**

**- Shiloh Farms Organic Pearled Barley**

**3. \*\*Legumes\*\*:**

**- Eden Organic Black Beans**

**- Jovial Organic Lentils**

**- Eden Organic Garbanzo Beans**

**- Nature's Earthly Choice Organic Red Kidney Beans 4. \*\*Vegetables\*\*:**

**- Organic Broccoli from Earthbound Farm**

**- Organic Brussels Sprouts from Cascadian Farm - Reese Organic Artichoke Hearts**

**- Organic Carrots from Bunny-Luv**

**- Organic Green Peas from Cascadian Farm 5. \*\*Fruits\*\*:**

**- Organic Gala Apples from Rainier Fruit**

**- Organic Bartlett Pears from Stemilt**

**- Driscoll's Organic Raspberries**

**- Driscoll's Organic Blackberries**

**- Woodstock Organic Blueberries**

**### Healthy Fats:**

**1. \*\*Avocados\*\*:**

**- Organic Hass Avocados from California**

**- Chosen Foods Organic Avocado Oil**

**2. \*\*Nuts\*\*:**

**- Tierra Farm Organic Almonds**

**- Organic California Walnuts from Diamond of California - Organic Wonderful Pistachios**

**3. \*\*Seeds\*\*:**

**- Bob's Red Mill Organic Golden Flaxseed - Navitas Organics Chia Seeds**

**- Woodstock Organic Sunflower Seeds**

**4. \*\*Oils\*\*:**

**- California Olive Ranch Organic Extra Virgin Olive Oil - Nutiva Organic Cold-Pressed Coconut Oil**

**### Protein-Rich Foods:**

**1. \*\*Eggs\*\*:**

**- Vital Farms Organic Pasture-Raised Eggs - Handsome Brook Farms Organic Eggs**

**2. \*\*Fish\*\*:**

**- Wild Alaskan Sockeye Salmon from Vital Choice - Safe Catch Elite Wild Mackerel**

**- Wild Planet Wild Sardines in Extra Virgin Olive Oil - Wild Planet Organic Albacore Tuna**

**3. \*\*Lean Meats\*\*:**

**- Applegate Organics Chicken Breast**

**- Applegate Organics Herb Turkey Breast - ButcherBox 100% Grass-Fed, Grass-Finished Beef - US Wellness Meats Free-Range Organic Turkey 4. \*\*Dairy Products\*\*:**

**- Organic Valley Grassmilk Whole Yogurt - Nancy's Organic Whole Milk Cottage Cheese - Maple Hill Organic Whole Milk Kefir**

**### Fermented Foods:**

**1. \*\*Yogurt with live cultures\*\*:**

**- Stonyfield Organic Greek Whole Milk Yogurt - Nancy's Organic Probiotic Yogurt**

**2. \*\*Kefir\*\*:**

**- Lifeway Organic Plain Whole Milk Kefir - Maple Hill Creamery Organic Plain Kefir 3. \*\*Sauerkraut\*\*:**

**- Wildbrine Organic Dill & Garlic Sauerkraut - Farmhouse Culture Organic Classic Kraut 4. \*\*Kimchi\*\*:**

**- Mother-In-Law's Organic Kimchi**

**- Wildbrine Organic Korean Kimchi**

**### Bitter Foods:**

**1. \*\*Dark Leafy Greens\*\*:**

**- Organic Tuscan Kale from Earthbound Farm - Organic Baby Spinach from Organic Girl**

**- Organic Swiss Chard from Nature's Greens 2. \*\*Bitter Melon\*\*:**

**- Organic Bitter Melon from Asian markets**

**- Organic Bitter Melon Powder from Naturevibe Botanicals 3. \*\*Chicory\*\*:**

**- Frontier Co-op Organic Chicory Root**

**- Organic Endive from Local Organic Farms**