

My GLP1 Meals

NUTRITIOUS - BALANCED - DELICIOUS

The GLP-1 Revolution Is Here to Stay

Millions across the UK & Ireland are taking GLP-1 medications — and their nutritional needs are changing. **My GLP1 Meals** is the first dedicated ready-meal range built for exactly this moment.

GLP-1 MARKET FACTS

1.6M

People in the UK **pay privately** for GLP-1 medication

3.3M

Additional people **interested in starting** GLP-1 medication

79%

Of GLP-1 users in UK are **Women**

£100-300

Spent **per month** on GLP-1 medications privately

45-55

Peak age group of GLP-1 users

Smaller

Portions

GLP-1 users need **smaller portions** and nutrient-dense meals

60-100g

Protein per day based on person's weight

25g+

Fibre per day needed by GLP-1 users

90%

Of GLP-1 users **pay privately** for medication monthly

16-39%

Fewer calories consumed daily than **non-GLP-1 users**

OUR MEALS



BEEF CHILI



CHICKEN CURRY



SPICED CHICKEN



THAI RED CURRY



VEGETABLE SOUP



KOREAN BBQ BEEF

WHY MY GLP1 MEALS



Ireland's & UK's First Dedicated GLP-1 Ready Meal Range

myglp1meals.ie · info@myglp1meals.ie · 021 428 9515

1st to Market



300g Meals



High Protein Range



High Fibre Range



High Protein & High Fibre Ranges



Grade AA – BRC



Production Capacity up to 20,000 Meals / Day



Award Winning Kitchen



Halal & Veggie Options Available



Chilled & Frozen Options



36 Premium Nutrient Dense Meal Solutions



3rd Party Independently Tested Meals

