revive

Fuel Your Results

15 Foods That Boost Peptide Therapy

Support your healing. Maximize your glow.
Let food work with your routine.

A personal note from Heather

Hey y'all,

Whether you're just starting your peptide journey or you're already stacking like a pro, this guide was made to support you from the inside out.

“15 Foods to Boost Your Peptides” is your quick-start tool for enhancing results using real, accessible nutrition. These aren’t gimmicks or superfoods you’ll never find... just powerful, peptide-friendly choices that support things like:

- ✦ Collagen production
- ✦ Growth hormone stimulation
- ✦ Mitochondrial health
- ✦ Muscle recovery
- ✦ Fat metabolism
- ✦ Deep sleep + inflammation regulation

Peptides work best in a body that’s primed for healing. That means nutrients, not just needles. This guide is your reminder that food is information. When you eat with intention, you amplify everything peptides are designed to do.

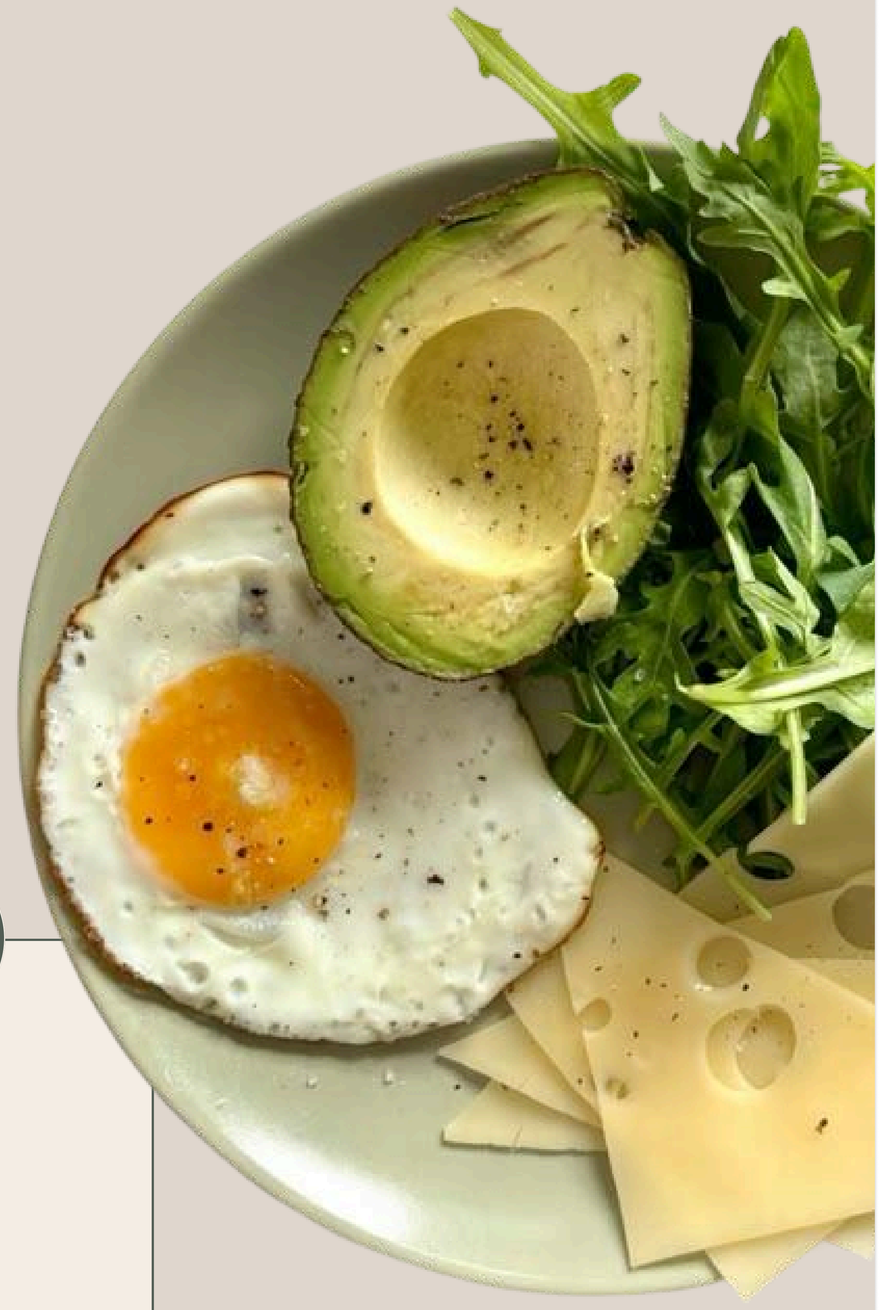
I’m so glad we’re connected, there’s more coming your way soon. Thank you for trusting us.

With you in health,
Heather McKerrow, PA-AC

Why Nutrition Matters

Peptides work on a cellular level.

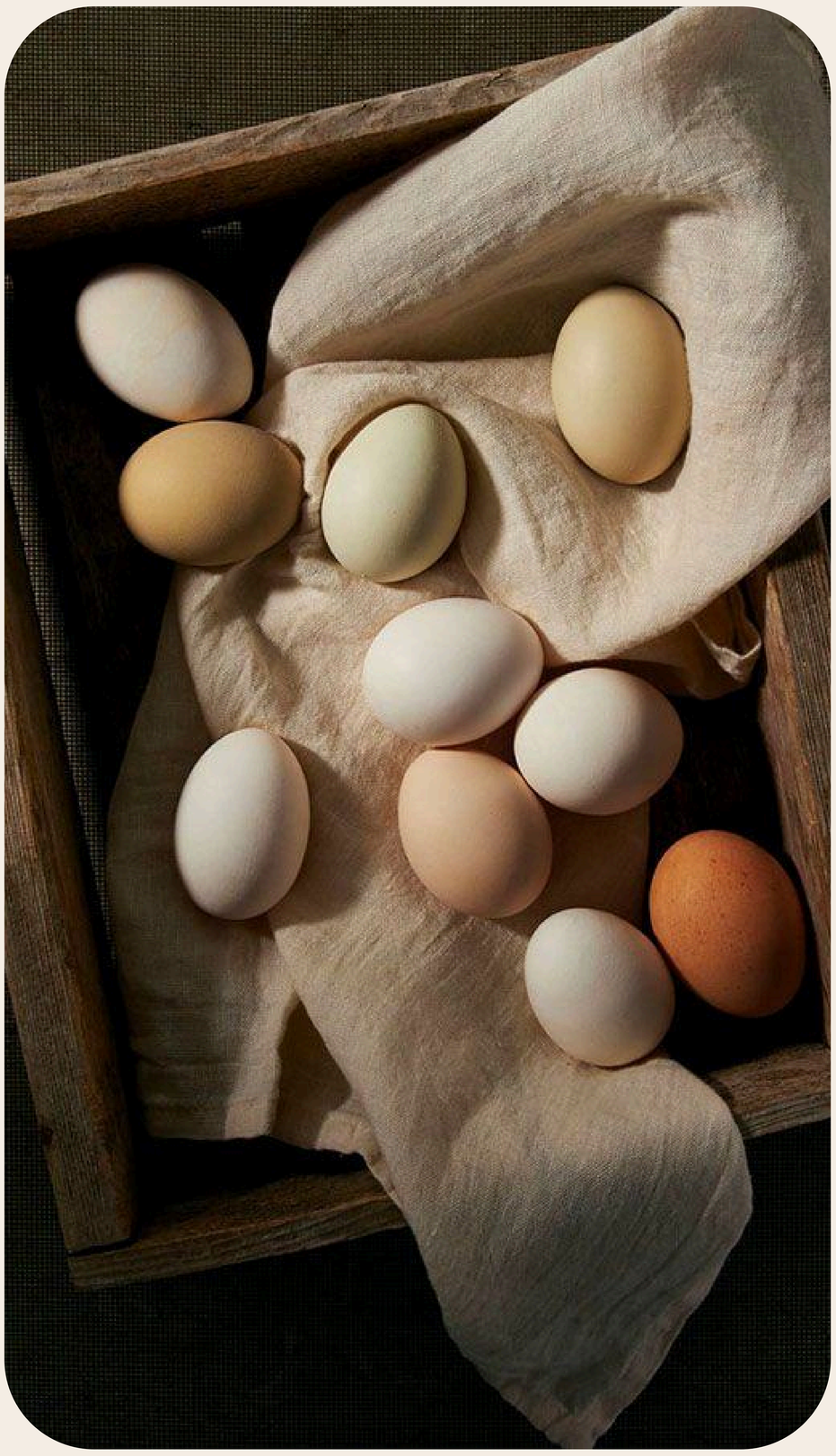
Your cells need the right nutrients to *respond, repair, and thrive.*



Eating the right foods helps with:

- ✦ Better absorption
- ✦ Hormone balance
- ✦ More stable energy
- ✦ Faster results
- ✦ Less inflammation

1. Eggs



Complete protein for building blocks.

Pasture-raised eggs deliver all the essential amino acids to help your body respond to peptides and rebuild tissue.

Example

2. Greek Yogurt & Cottage Cheese

Fermented dairy with natural peptides.

Supports gut health, lean muscle, and immune function. Choose full-fat for extra hormone support.

Example

3. Salmon

Repair fuel with omega-3s.

Wild-caught salmon is rich in anti-inflammatory fats and high-quality protein that helps with joint, skin, and brain repair.

Example

4. Lean Meats
(Chicken, Turkey, Beef)

Tissue healing starts here.

Packed with amino acids like glycine and proline. Ideal when using BPC, TB-500, or growth peptides.

Example

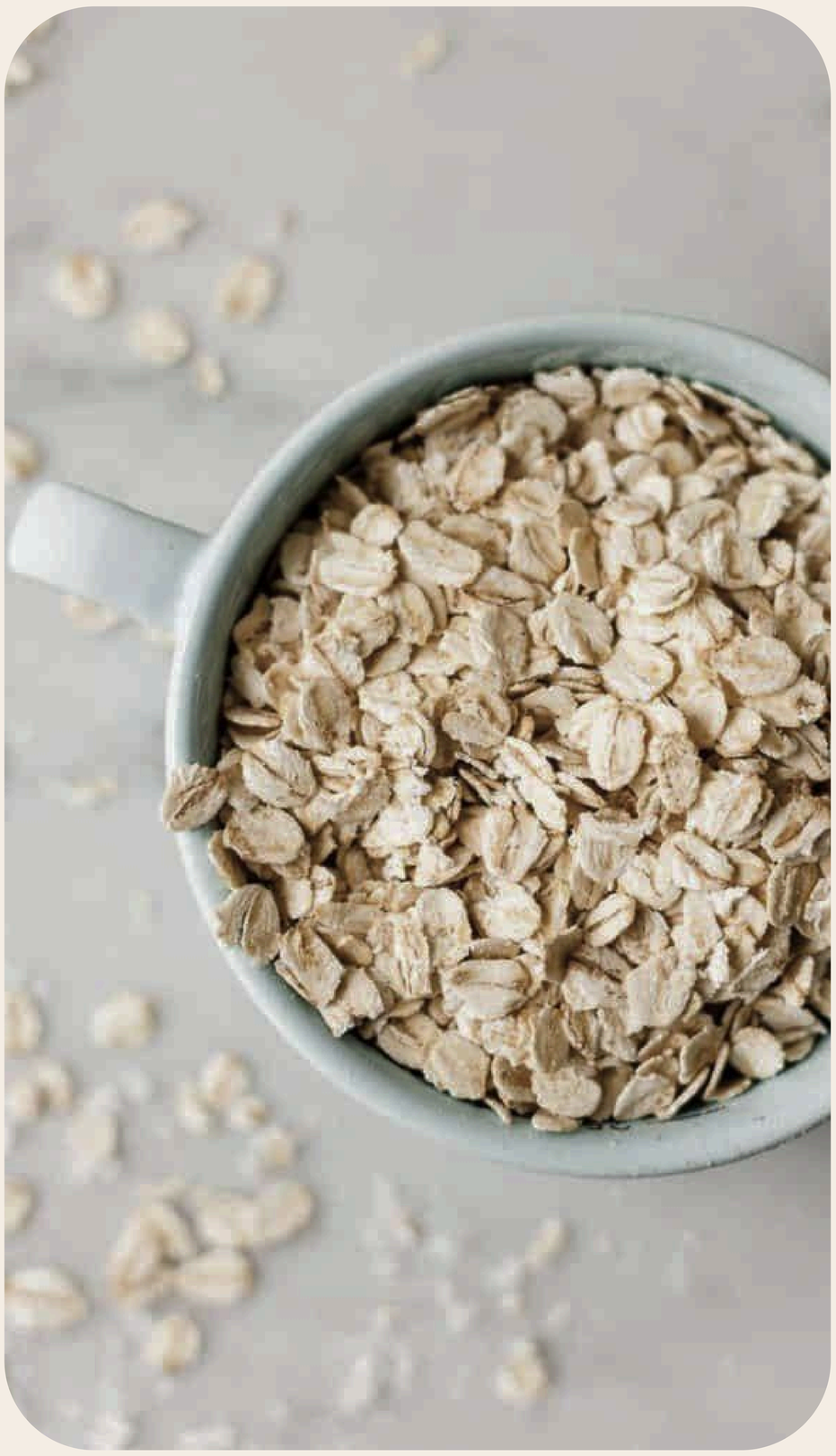
5. Tofu & Edamame

Plant-based peptide power-

Rich in isoflavones and clean protein. Great for inflammation, skin health, and hormone balance.

Example

6. Oats & Whole Grains

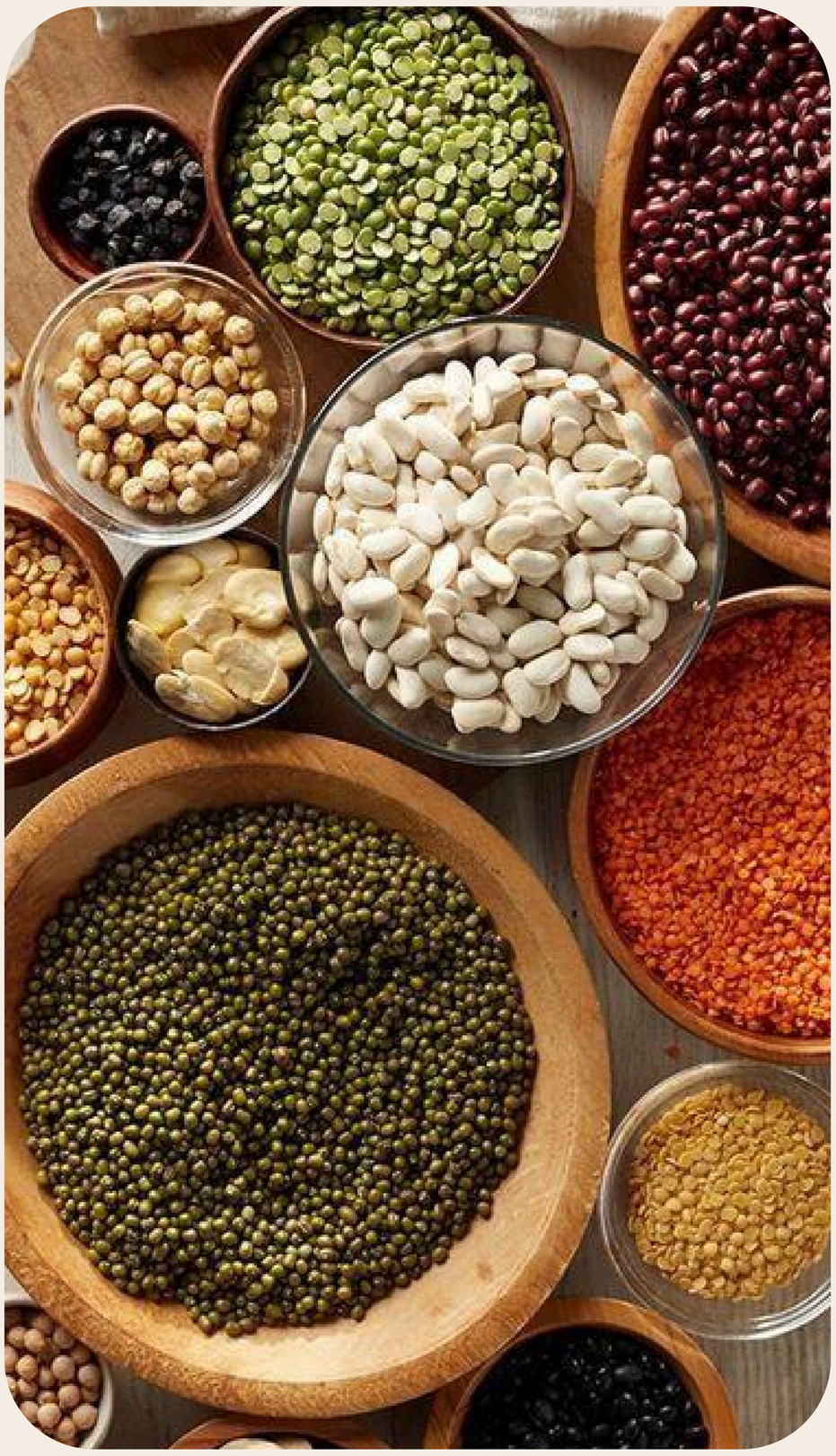


Fiber to fuel your gut.

Helps regulate blood sugar and supports the microbiome, which improves how peptides are absorbed and used.

Example

7. Beans & Lentils

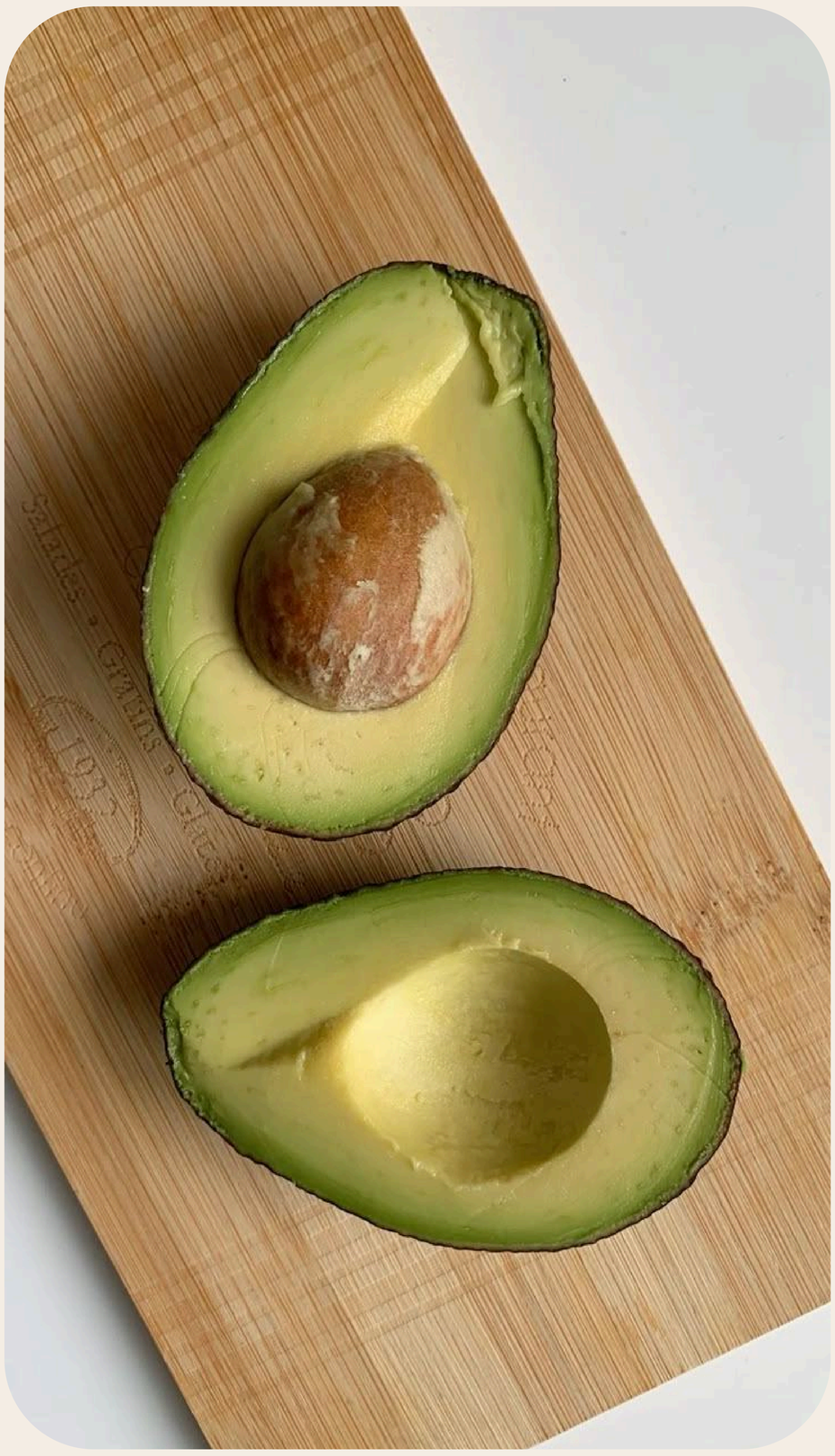


Detox starts here.

Full of plant protein, fiber, and prebiotics. Supports gut-liver connection and estrogen detox.

Example

8. Avocado



Healthy fat for hormone flow.

Full of fiber, potassium, and monounsaturated fats that support hormonal balance and cellular communication.

Example

9. Olive Oil

Antioxidant-rich and anti-inflammatory.

Supports detox, brain health, and hormone regulation. Use extra virgin, cold-pressed.

Example

10. Nuts

(Almonds, Pistachios, Walnuts)

Smart snacks that balance sugar.

Help stimulate natural GLP-1, reduce inflammation, and stabilize energy between meals.

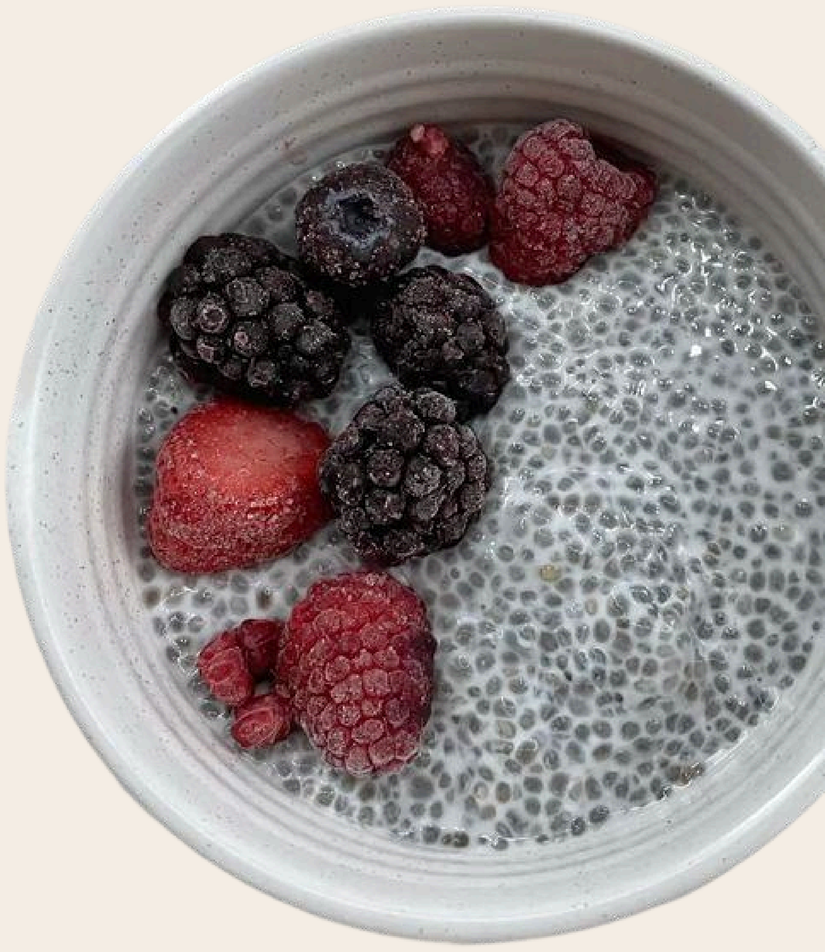
Example

11. Seeds
(Flax, Chia, Hemp)

Tiny but mighty.

High in fiber, omega-3s, and lignans. Supports brain health, detox, and estrogen metabolism.

Example



12. Cruciferous Veggies

(Broccoli, Cauliflower, Arugula)

Hormone-clearing heroes.

Rich in sulforaphane, which supports phase II liver detox and estrogen clearance, especially important in skin and hormone protocols.

Example

13. Berries

(Blueberries, Raspberries, Strawberries)

Low sugar, high antioxidant.

Protects cells from oxidative stress, boosts collagen, and helps reduce skin pigmentation and inflammation.

Example

14. Sweet Potatoes & Root Veggies

Fuel with fiber and minerals.

Support adrenal function, glucose balance, and healthy gut flora, especially when peptides are used for fatigue or metabolism.

Example

15. Bone Broth

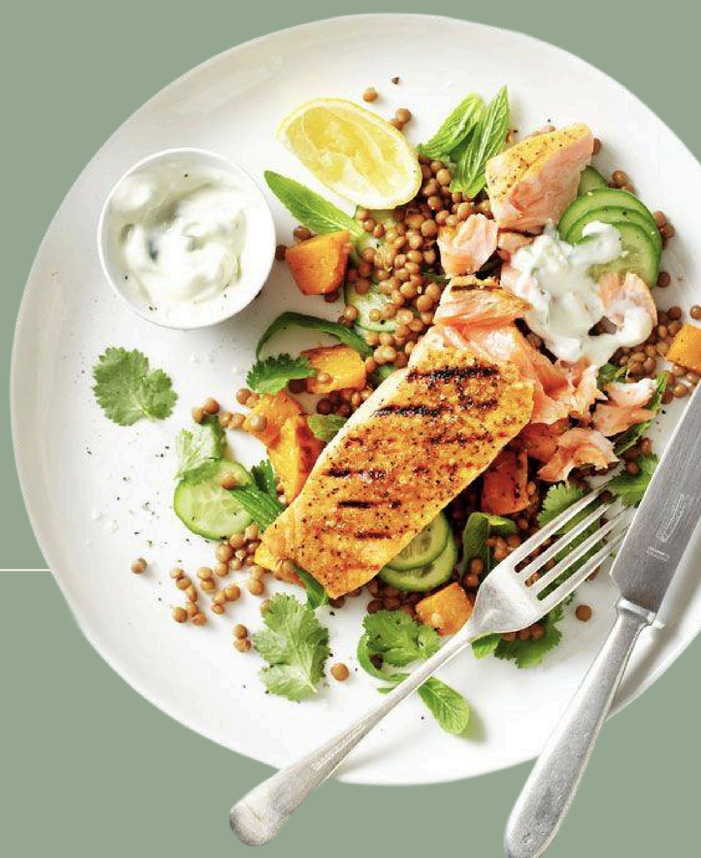
Collagen + gut repair in one.

Rich in glycine and proline for healing tissue, gut lining, and joints. Pairs beautifully with BPC-157 and TB-500.

Example

Simple Meal Ideas

Meal	Example Plate
Breakfast	Scrambled eggs + oats + chia + berries
Lunch	Salmon salad with avocado and lentils
Snack	Greek yogurt with almonds and flax
Dinner	Chicken, roasted sweet potatoes, arugula



Final Tips for Better Results

- Eat whole foods, not processed ones
- Get enough protein at every meal
- Add fiber to help with detox
- Don’t fear fat, it helps hormones
- Drink water consistently
- Use food to support your routine

Ready to Go Deeper?

Want to combine your peptide plan with real, body-aware nutrition?

Book a free consult and we’ll help you build a strategy that works.

Book My Consult