



The GLP-1 Success Guide

Everything we wish someone told us on day one

You've got this.

Whether you're on Ozempic, Wegovy, Mounjaro, Zepbound, or Rybelsus, these are the small daily habits that turn a good medication into life-changing results.

Small tweaks, big wins. No perfection required — just consistency.

THE DAILY NON-NEGOTIABLES

P

Prioritize protein FIRST

Aim for 80–100g daily. Eat it before carbs at every meal.

W

Water like it's your job

Half your body weight in ounces daily. Set phone reminders.

M

Move your body

10–20 min walk after meals helps blood sugar and digestion.

S

Sleep 7+ hours

GLP-1s work with your hormones. Sleep helps them work better.

V

Vitamins & minerals

A daily multi + electrolytes fill common gaps.

HOW TO EAT ON A GLP-1

1

Small meals, more often

5–6 mini meals beats 3 big ones. Overfilling = nausea rebound.

2

Stop at 70% full

Digestion is slower — you can't feel 'full' in real time.

3

Chew SLOWLY

20+ chews per bite. Put fork down between bites.

4

Protein → Veggies → Carbs

The order you eat matters more than you think.

5

Don't drink WITH meals

Sip 20 min before or after — not during.

COACH'S TIP

The #1 mistake we see: eating too fast. Slow down and you'll avoid 80% of side effects.





Managing the Rough Days

Side effect survival + injection tricks

SIDE EFFECT QUICK FIXES

- N Nausea**
Ginger tea, cold water, bland foods (BRAT). Eat less, more often.
- C Constipation**
Fiber + water + magnesium citrate at night + daily walk.
- F Fatigue**
Usually low protein or dehydration. Track intake for 3 days.
- H Headaches**
Electrolytes (LMNT, Liquid IV zero). Often dehydration + low sodium.
- B Burping / reflux**
Smaller portions, upright 30 min after, skip carbonation.
- D Diarrhea**
Cut greasy/high-fat foods temporarily. Add banana, rice, applesauce.

INJECTION DAY TIPS

- 1 Pick the same day weekly**
Consistency helps your body predict + adapt. Sundays work well.
- 2 Rotate injection sites**
Alternate: belly (avoid 2" around navel), thigh, back of arm.
- 3 Room-temp = less sting**
Pull pen out of fridge 15–30 min before injecting.
- 4 Pinch, don't press**
Gently pinch skin, insert at 90°, hold 6–10 seconds after click.
- 5 Eat lighter on inject day**
Side effects often peak days 1–3. Prep bland foods ahead.

STORAGE REMINDER

Keep unopened pens in the fridge (36–46°F). Once in use, most pens are OK at room temp up to 28–56 days — check your specific medication. NEVER freeze.





The Mindset & Milestone Guide

Long-term success is a mindset game

MINDSET SHIFTS THAT STICK



The medication is a tool, not a cure

Habits you build now are what keep results after.



Non-scale victories count MOST

Energy, sleep, mood, clothes fit — track those too.



Plateaus are progress

Your body is recalibrating. Don't panic, don't quit.



Progress, not perfection

One 'off' meal doesn't undo a week. Just keep going.



Talk to your coach

You're not meant to figure this out alone. Ask questions.

WHAT TO TRACK WEEKLY

- ✓ Weight (same day, same time)
- ✓ Waist measurement
- ✓ Daily protein grams
- ✓ Water ounces per day

- ✓ Energy level (1–10)
- ✓ Sleep quality (1–10)
- ✓ Steps per day
- ✓ Mood + cravings

CALL YOUR PROVIDER IF YOU HAVE:

- Severe abdominal pain (especially upper right, radiating to back) — could be pancreatitis
- Persistent vomiting or inability to keep fluids down 24+ hours
- Vision changes, severe headaches, or confusion
- Signs of dehydration: dizziness, dark urine, rapid heartbeat
- Rapid heart rate, chest pain, or extreme fatigue
- Yellowing of skin/eyes, dark urine + pale stools (gallbladder concern)
- Depression, mood changes, or thoughts of self-harm

YOU'RE DOING BETTER THAN YOU THINK

Some weeks you'll feel unstoppable. Others you'll feel stuck. Both are part of the process. Keep showing up — even the small ways. Your coach is one message away.

