

Where are you on your GLP-1 journey?

Our clients usually go through the following 3 phases

Phase 1

Getting Started

Managing symptoms
Adjusting to a new eating routine

Phase 2

Building Momentum

Feeling appetite return
Ready to build a stronger body and relationship with food

Phase 3

Beyond the Meds

Ready to find food freedom and maintain health off the drug

Nutrition Strategies for Phase 1

Getting Started

Sipping on an amino acid or protein drink throughout the day



Prioritizing fiber in small amounts to start to regulate bowel movements



Making a consistent eating schedule to keep metabolism strong



Reflecting on your current and past relationship with food. This is your time to decide how you want it to be moving forward!



Starting simple with supplements: a multivitamin (with B vitamins), fish oil, and probiotics are generally enough.



Nutrition Strategies for Phase 2

Building Momentum

Increasing resistance training. 3x/week for 30 minutes is a great goal to start.



Building a habit of always having fiber on your plate. This will decrease food noise in the long run.



Making a weekly routine of simple meal prep to help you make the healthy choice the most convenient.



You can count calories here to see where you're at. But as appetite comes back, prioritize learning to respond to your hunger/fullness cues



Remember that slower weight loss is the goal if you want to maintain. About 1-2lbs/week. Have grace with your body and it's pace



Nutrition Strategies for Phase 3

Beyond The Meds

Combining resistance training with movement that you enjoy. Making movement a time for you!



Remembering that as you care for your body, it will care for you. Prioritizing healthy meals, sleep, and positive affirmations.



Continueing to prioritize simple meal prep. This is your foundation.



Continueing to journal your hunger, fullness, and emotions around food. Being patient with the time it takes to understand your cues.



Using strength, labs, and habits to track success. Health does not come from just the scale.



Resources to Support You In Each Stage

We want to support you on your journey towards food freedom. Below are resources we offer to help!

Stage 1

Start a consistent eating routine, get more tips, and benefit from weekly accountability through the Club!

More info



Stage 2

Shift your mindset around food and transform your habits through the academy. Plus individual feedback.

Get started



Stage 3

Master the 7 skills that will help you transition off the drug. Get personalized coaching to discover the root cause of your food noise.

See application

