

Prioritizing Protein & Hydration





Fuel Your Body for Fat Loss & Muscle Strength

When taking a GLP-1 medication, your appetite decreases, which can lead to unintentional muscle loss if you're not eating enough protein. Staying hydrated is just as important—supporting digestion, energy levels, and hunger cues. This week, we're focusing on getting enough protein and water to help you feel your best and maintain muscle while losing weight.



Why Protein Matters

When losing weight, your goal isn't just to lose pounds—it's to lose fat while keeping muscle. Protein helps:

-  **Preserve Muscle Mass** – Prevents muscle breakdown while on a lower-calorie intake
-  **Boost Metabolism** – Muscle burns more calories than fat, even at rest
-  **Keep You Full Longer** – Reduces cravings & keeps you satisfied
-  **Support Healing & Strength** – Essential for energy, recovery, and daily function

Without enough protein, you may lose muscle instead of fat, feel more fatigued, and experience slower progress.

How Much Protein Do You Need?

Your protein needs depend on your body weight and activity level.

General Guideline:

1.0-1.2 grams per pound of ideal body weight

Example: If your goal weight is 150 lbs, aim for 150g of protein per day, minimum

If strength training, aim for the higher range to maintain muscle

⚙️ **Tip: Spread protein intake evenly throughout the day for best absorption!**



Best Protein Sources

Animal-Based Protein:

🍖 **Lean meats:** chicken breast, turkey, lean beef, pork tenderloin

🐟 **Fish & seafood:** salmon, tuna, shrimp, cod)

🥚 **Eggs & egg whites**

🧀 **Dairy:** Greek yogurt, cottage cheese, low-fat cheese

Plant-Based Protein:

🌱 **Legumes:** lentils, chickpeas, black beans

🌰 **Nuts & seeds:** almonds, chia, flaxseeds, hemp seeds

🥛 **Soy products:** tofu, tempeh, edamame

🌾 **Whole grains:** quinoa, farro

Protein Supplements:

ReadyPro lineup of foods provided by your doctor support your daily foundational protein needs.

⚙️ **Tip: Add protein to every meal/snack to stay full and prevent muscle loss!**

Hydration: The Key to Energy & Digestion

Since GLP-1s slow digestion, staying hydrated is critical to preventing nausea, constipation, and fatigue.

How Much Water Do You Need?

- ✓ Aim for at least 64 oz (8 cups) per day – more if active!
- ✓ Drink consistently throughout the day – don't wait until you're thirsty

Hydration Tips

- ✓ Carry a water bottle and sip regularly
- ✓ Add electrolytes if feeling sluggish (low-sugar options work best)
- ✓ Flavor water with lemon, cucumber, or fruit for variety
- ✓ Drink herbal tea or infused water for hydration without added sugars



Your Weekly Goal

Track your protein intake daily and aim for your target grams

- ✓ Increase your hydration by keeping a water bottle with you
- ✓ Try a new protein source and find what works best for you



You're fueling your body for success—keep going!



References:

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