



# Unlock Your Best Health

with Intentional Nutrition

 **GLP-1**  
*Ready*

## Eating Less? Eat Better.

With **GLP-1 medications**, it's finally not about what you're cutting out of your diet to get results—it's about what you can **add to optimize your health**.

The **GLP-1 Ready Program** was designed to complement your GLP-1 treatment with **Intentional Nutrition**, a powerful approach that helps you add the right nutrients to your diet NOW, so you can feel your best and support long-term success.



## Why Intentional Nutrition Matters

When you're on a GLP-1 medication, your body's nutritional needs change, you're eating less, therefore you're getting less nutrition. By focusing on **what you can add** to your diet, you can keep your body strong, while also reducing side effects commonly associated with GLP-1 medications.

This is not about depriving yourself—it's **about nourishing your body**, fueling it with the nutrients it needs to succeed. And with **ReadyPro foods**, it's easy to do. These products were created with your busy lifestyle in mind, so you can eat well without missing a beat.

## The core areas of focus with Intentional Nutrition

Unlike conventional "diet" mentality, Intentional Nutrition isn't about restricting foods—it's about **adding the right nutrients** to support your body while on a GLP-1 medication and BEYOND.

The Ready Pro Nutrition lineup is convenient and designed specifically for those on GLP-1 and beyond, focusing on:

- ✓ High quality, convenient protein
- ✓ Fiber to maximize gut health
- ✓ Vitamins & minerals that matter most
- ✓ Hydration support to mitigate "thirst satiety"





## Example Mini-Meals throughout the day.

### Use 1-4 Ready Pro foods as “mini-meals” throughout the day.

They are convenient, packed with protein, fiber and nutrients so you know your getting a strong foundation for the day. Pair the Ready Pro foods with fiber rich fruits, veggies and use the Build Your Plate method in this booklet as a guide to building a balanced, full fresh food meal.



**Mini-Meal #1**  
Egg Scramble



**Mini-Meal #2**  
Hydration Collagen  
Cold Drink



**Mini-Meal #3**  
Build Your Plate  
Balanced Meal



**Mini-Meal #4**  
Fluffy Vanilla Bar + Fruit Serving

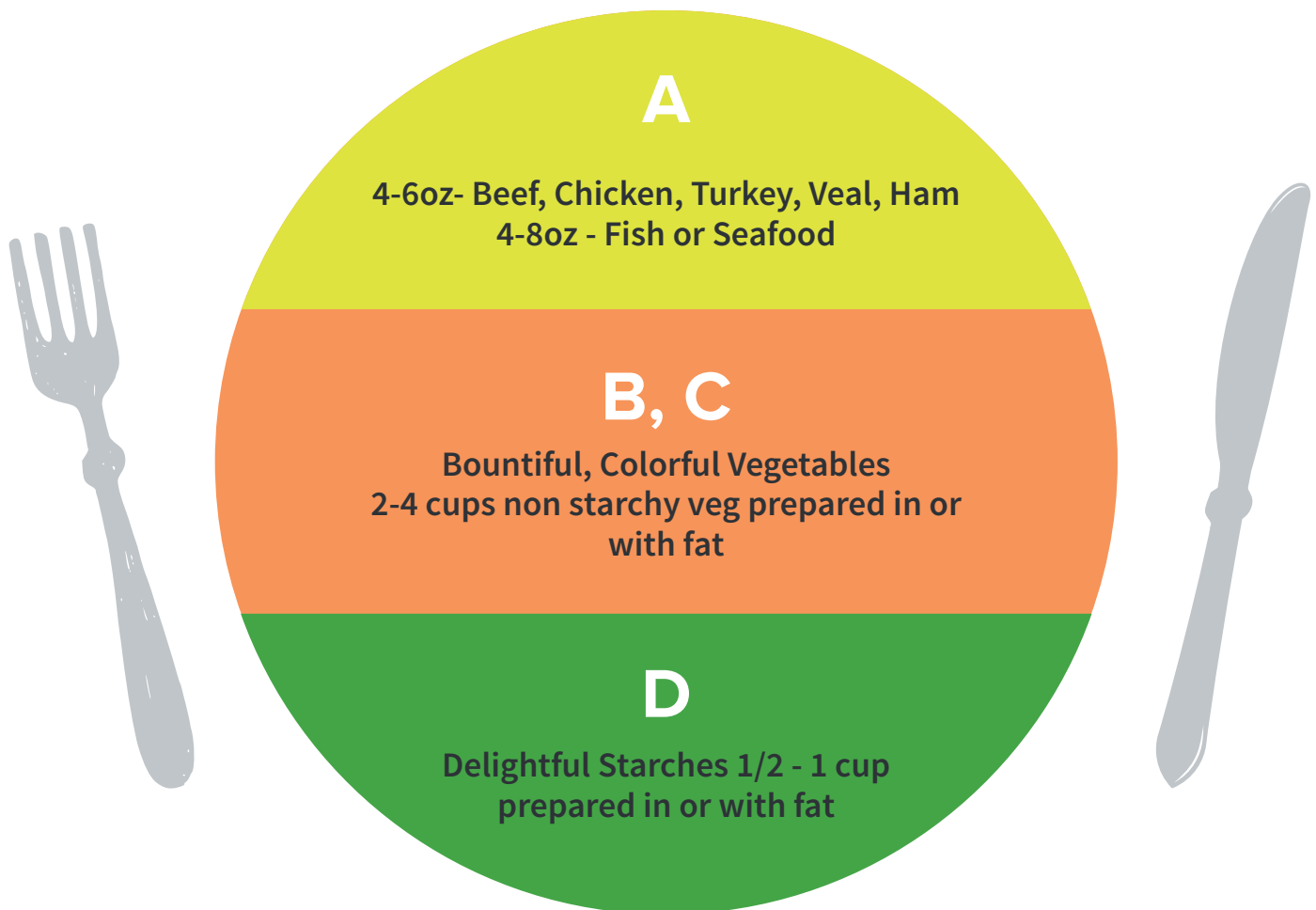


**Mini-Meal #5**  
Nacho Protein Chips + Veggie Serving



## Building Your Intentional Plate- As Simple as 1-2-3

Creating a well-balanced meal doesn't have to be complicated. With the **Intentional Plate Method**, you'll fuel your body with the right nutrients while keeping meals satisfying and simple. Here is a visual of how to divide your plate and then a food list to help give you ideas how on to build your plate.



\*See food list on the last page to find foods that will help you fill in your plate as shown here.

## Here's how to build your Intentional Plate

### Step 1: Start with Protein (Your Foundation)

- Choose 4–6 oz of beef, chicken, turkey, veal, or ham
- OR 4–8 oz of fish or seafood
- OR incorporate a Ready Pro protein option (shake, bar, or snack) for a convenient boost

**Why?** Protein is your anchor—it preserves lean muscle, keeps you feeling full, and supports metabolic health. Prioritize this first.

### Step 2: Go Fiber-Forward with Bountiful Vegetables

- Add 2–4 cups of non-starchy vegetables (broccoli, spinach, peppers, zucchini, etc.)
- Prepare in or with healthy fats (olive oil, butter, nuts, seeds)

**Why?** These veggies provide fiber, vitamins, and minerals to nourish your body and support digestion.

### Step 3: A quarter of the plate with Delightful Starches

- Choose ½–1 cup of starches (potatoes, rice, oatmeal)



- Also prepared in or with fat to slow digestion and keep you satisfied

**Why?** It may be difficult to get in a full meal, so prioritizing your protein and veggies first is key. If your goal is tighter carb or calorie control or you want to mitigate side effects, one tip is to stick to the lower end of the range.

### Additions to Your Plate

- ✓ Fantastic Fat – Liberal use of healthy fats like olive oil, avocado, nuts, and seeds
- ✓ (Optional) A Side of Fruit – Apple, banana, berries for a natural sweetness boost
- ✓ (Optional) Dairy – Yogurt, milk for extra protein and calcium





Talk with your healthcare provider to get more information on the GLP-1 Ready program!