CLINIC NAME / LOGO

KEEP EVERYTHING ELSE · PATIENT GUIDE

Protecting muscle on a GLP-1

Your medication helps you lose weight. These habits help make sure the weight you lose is mostly fat, and that you keep your strength.

Why muscle loss happens

When you eat much less, your body breaks down some lean tissue along with fat. In the major GLP-1 trials, lean mass made up roughly **a quarter to a third or more** of the weight lost. Some of that is water, not muscle, and much of it can be protected. The two things that protect it are protein and strength training.

1

Protein first at every meal

- Typical target while losing weight: **1.2–1.6 g per kg** of body weight a day. Your clinic may adjust this for you.
- Eat the protein on your plate before anything else.
- Aim for 25–30 g per meal: Greek yogurt, cottage cheese, eggs, fish, chicken, tofu.
- Get your own number: scan the code below.

2

Strength training 2–3 times a week

- Start now, not after the weight is off.
- Bodyweight moves count: sit-to-stands, wall push-ups, step-ups, bands.
- Work the big muscle groups: legs, back, chest, arms.
- If the weight you lift holds steady, you are keeping muscle.

3

Fluids and fiber for your stomach

- Sip water through the day. Pale yellow urine is a good sign.
- Add fiber slowly (vegetables, beans, oats) to help constipation.
- Eat small meals slowly and stop at the first sign of fullness.
- Greasy, rich food is a common trigger for nausea.

When to call your clinic

- Vomiting that won't stop, or you can't keep fluids down
- Signs of dehydration: very dark urine, dizziness when you stand
- No bowel movement for several days with bloating or pain
- New weakness, or everyday tasks like stairs getting harder
- Eating so little you can't get near your protein target for days
- If you have diabetes: shakiness, sweating or confusion (possible low blood sugar)
- You're planning surgery, a colonoscopy or any sedation

Seek urgent care for severe belly pain (especially pain spreading to your back), fainting, or signs of an allergic reaction.

Your personal protein target

keepeverythingelse.com/glp1-protein-calculator

Optional: a protein shake such as Habthera ASP-1 (25 g protein per scoop; made by this guide's publisher) can help you hit your protein target. *These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. This guide is general information, not medical advice.