

★ THE WEIGHT LOSS EDIT CO — GLP-1 STARTER GUIDE

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GLP-1 Starter Guide

Feel confident, supported, and ready to thrive ✨

★ What GLP-1s Actually Do (in simple words)

GLP-1 medications (like Wegovy, Ozempic, Mounjaro, Zepbound) are designed to help you:

- ✨ Balance blood sugar
- ✨ Reduce appetite
- ✨ Slow digestion (you stay fuller longer)
- ✨ Support long-term weight loss
- ✨ Improve metabolic health

Think of GLP-1s like a **little helper hormone** that tells your body:

“Hey bestie, we’re full. We’re good.”

It’s still *your* body doing the work — GLP-1s just give you the support you need to succeed.

★ What to Expect the First 2–4 Weeks

Most people notice:

- ♥ Feeling full faster
- ♥ Smaller appetite
- ♥ Eating slower
- ♥ Nausea (mild to moderate)
- ♥ Less interest in sugar
- ♥ More thirst
- ♥ Occasional fatigue

Totally normal. Totally manageable.

Your body is adjusting — not malfunctioning.

If anything feels intense, slow down, breathe, eat light, hydrate, and give yourself grace.

★ **What to Eat on GLP-1 (simple + realistic)**

This is NOT a diet.

This is *gentle structure* so your body has what it needs.

♥ **Your Plate (Easy Rule)**

- ✓ Protein
- ✓ Fiber
- ✓ Healthy carbs

✓ Hydration

Great GLP-1-friendly meals:

- Eggs + turkey bacon
- Chicken salad with light dressing
- Protein shakes + fruit
- Greek yogurt + berries
- Tuna packets + crackers
- Rotisserie chicken + veggies
- Air fryer chicken + rice
- Cottage cheese bowls
- Small, frequent meals if nausea hits

Foods that help reduce side effects:

- Bananas
- Crackers
- Ginger tea
- Soups
- Broth bowls
- Plain carbs when needed

What to limit:

- ⊘ Big greasy meals
- ⊘ Heavy fast food
- ⊘ Carbonated drinks early on

🚫 Large portions too fast

Easy. Gentle. Livable.

★ Side Effects + What Helps

Nausea

- Eat small meals
- Ginger chews
- Peppermint tea
- Crackers / toast
- Don't eat too fast
- Avoid laying down right away

Constipation

- Water
- Fiber (berries, chia, greens)
- Magnesium glycinate
- Light walking

Fatigue

- Hydrate
- Add electrolytes
- More protein
- Prioritize sleep

Burping/bloating

- Slow down when eating
- Skip carbonation early on
- Smaller portions

You're not doing anything wrong — this is normal.

★ Your Daily GLP-1 Routine

✓ Wake up:

Hydrate (8–16 oz)

Electrolytes if needed

Light morning snack if nauseous

✓ Breakfast ideas:

Yogurt + fruit

Eggs + toast

Protein smoothie

✓ Midday:

Light walk

Small meal

Hydration again

✓ Afternoon:

Protein-first snack

Check in with hunger (not cravings)

✓ **Evening:**

Balanced dinner

Light stretching

Relax + de-stress

✓ **Before bed:**

Magnesium

Prep water for morning

Gentle affirmations ❤️

This routine keeps you steady, energized, and feeling GOOD.

★ **You're Not Alone**

This journey is yours — but you're not doing it alone.

You're part of a community of women who are:

✨ Healing

✨ Growing

✨ Learning their bodies

✨ Rebuilding confidence

✨ Choosing themselves

You deserve to feel good.

You deserve a fresh start.

And you deserve support that feels warm, fun, and uplifting.

Let's glow up together ❤️

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