

THE ESSENTIAL GLP-1 PLAYBOOK

A Guide for Women Who Want More Than Weight Loss

This is for educational and self-support purposes only. It does not replace medical care or individualized medical advice. Always follow guidance from your prescribing provider.

EATING OUT WITHOUT STRESS:

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ORDERING SWAPS THAT WORK

Eating out while on a GLP-1 is different. You get full quickly, and sometimes just a few bites feels like too much. The goal isn't to avoid food, it's to make sure the food you can eat is worth it. These strategies will help you order meals that give you protein, nutrients, and enjoyment without leaving you uncomfortably stuffed.

Portion Control That Works with Your Appetite

- Ask for a to-go box right away and set half aside. You'll eat what feels comfortable now and have another balanced meal ready for later.
- Share an entrée with a friend, or order an appetizer as your main. Choose one that's built around protein or vegetables so every bite counts.
- Think of your meal as one of several small meals you'll eat that day. Eating 4–5 mini meals is often easier than trying to finish a full plate.

Protein Comes First

- Look for protein-forward starters: shrimp cocktail, grilled skewers, seared tuna, or edamame.
- If your appetite is low, choose softer proteins, scrambled eggs, Greek yogurt parfaits, or broth with shredded chicken go down easier.
- If nothing sounds appealing, add a protein shake or smoothie from the café menu. It's an easy way to cover your bases without forcing solids.

Avoid Getting "Too Full Too Fast"

- Eat slowly and pause between bites. Fullness can hit quickly on GLP-1s, and this gives you time to notice before it gets uncomfortable.
- Choose strong flavors and textures that make small portions satisfying, like salmon with seasoning, a poke bowl with sauce, or a well-dressed salad with added protein.
- If solid food feels heavy, start with soup, broth, or a smoothie. Liquids and soft textures can help you meet protein needs without overwhelming your stomach.

Smarter Sides & Swaps

- Swap fries or heavy sides for roasted veggies, fruit, or a side salad. These give you nutrients without overloading your stomach.
- Ask for sauces or dressings on the side. Use what makes your meal enjoyable, but avoid drowning your plate so you can focus on the main food.
- Drinks can work in your favor: a sparkling water with lime feels elegant, or a warmed Fairlife protein shake doubles as a “healthy hot chocolate.”

Eating out doesn't have to feel stressful or limiting on GLP-1s. The key is ordering with purpose, choosing foods that give your body what it needs in smaller amounts, without pressure to finish the plate. When you do that, you enjoy the meal and leave feeling comfortable, not overwhelmed.

SMALL PLATES, STRONG BODY: **THE GLP-1 MINI MEAL BUILDER**

On GLP-1s, eating enough can feel harder than eating less. Big meals may feel impossible, but your body still needs protein, fiber, and steady energy. The key is smaller, easier meals that you can mix and match. This builder provides quick ideas that take the pressure off eating and help you get the nutrients you need without feeling overly full.

Step 1: Choose a Protein Base

- Scrambled eggs with cheese
- Greek yogurt or Icelandic skyr (plain or lightly sweetened)
- Oui by Yoplait – This one comes in a fancy, cute jar, so it feels elevated, too
- Protein shake (Fairlife, Premier, or your favorite)
- Broth with shredded chicken or tofu
- Smoked salmon, tuna, shrimp, or turkey slices
- Cottage cheese or Feta

Step 2: Add a Fiber Boost

- Berries or sliced fruit (apple, pear, peach)
- Steamed or roasted veggies (zucchini, peppers, green beans)
- Side salad (mixed greens, light dressing)
- Beans or hummus
- Whole-grain wrap, rice, or lentils (small serving)

Step 3: Flavor & Texture Add-Ons

- Nuts or seeds (almonds, pumpkin seeds, chia)
- Avocado or olive oil drizzle
- Salsa, pesto, hot sauce, or tzatziki
- Herbs and spices for flavor
- A sprinkle of granola or shredded cheese

5 Quick “Mini Meal” Examples

- Scrambled eggs & shredded cheese & sliced apple
- Greek yogurt & berries & sprinkle of granola
- Broth with shredded chicken & roasted veggies on the side
- String cheese & turkey slices & cucumber slices
- Protein shake & banana & rice cake with nut butter

Step 4: Keep it Small and Flexible

- Aim for 4–5 mini meals instead of 2–3 big ones.
- Don't force volume, pick small combos you know you can finish.
- Rotate your favorites so eating never feels like a chore.

Eating on GLP-1s doesn't need to be complicated. Focus on small, balanced plates: protein first, a little fiber, a touch of flavor. Repeat what works for you, skip what doesn't, and remember, the right small portions still build a strong body.

PROTECT YOUR MUSCLES ON GLP-1S:

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MOVES EVERY WOMAN SHOULD KNOW

GLP-1s reduce appetite, and while that helps with weight loss, it can also make you lose muscle. These five moves mimic the big movement patterns (push, pull, squat, hinge, core) that keep your body strong, stable, and confident. No gym, no equipment, just simple movements that protect your strength.

Supported Sit-to-Stand (Mimics Squat Pattern)

Foundational Movement: Squat

- What Should Be Stable? Core, feet flat
- What Should Be Mobile? Hips and knees

Equipment: Chair

POSITION: Sit tall on a sturdy chair, feet under knees.

START: Chest lifted, arms crossed at chest or hands on chair arms.

MOVEMENT: Press through heels to stand up slowly.

RETURN: Lower back down with control, light tap, then repeat.

COACHING TIPS/CUES:

- Keep chest lifted, eyes forward.
- Push the floor away with your heels.
- Light tap to chair, no flopping.

REGRESSION: Use hands on thighs or chair arms for assistance.

PROGRESSION: Hover above the chair for a 3-second hold before standing back up.

Hip Hinge (Mimics Hinge Pattern)

Foundational Movement: Hinge

- What Should Be Stable? Spine and core
- What Should Be Mobile? Hips

Equipment: None

POSITION: Stand tall, feet under hips, hands on thighs.

START: Chest lifted, core braced.

MOVEMENT: Push hips back like closing a car door, sliding hands down thighs.

RETURN: Press hips forward to stand tall again.

COACHING TIPS/CUES:

- Keep back flat, not rounded.
- Imagine a string pulling your belt buckle forward as you stand.
- Eyes on the horizon, not the floor.

REGRESSION: Shorten the range of motion.

PROGRESSION: Hold a water bottle or light object at chest height for resistance.

Incline Push-Up (Mimics Push Pattern)

Foundational Movement: Push

- What Should Be Stable? Core and hips
- What Should Be Mobile? Arms

Equipment: Wall, countertop, or sturdy table

POSITION: Hands on surface, arms straight, body in plank line.

START: Core tight, shoulders away from ears.

MOVEMENT: Bend elbows to lower chest toward the surface.

RETURN: Press away, straightening arms.

COACHING TIPS/CUES:

- Keep body in one straight line, no sagging hips.
- Elbows angle back at about 45°, not flaring wide.
- Push through your palms evenly.

REGRESSION: Step feet closer to the wall.

PROGRESSION: Step feet farther back for more challenge.

Standing Back Squeeze (Mimics Pull Pattern)

Foundational Movement: Pull / Posture

- What Should Be Stable? Core and ribs
- What Should Be Mobile? Shoulder blades

Equipment: None

POSITION: Stand tall, arms bent at 90° by your sides, elbows tucked in.

START: Palms face forward, chest lifted.

MOVEMENT: Squeeze shoulder blades back and down, like sliding them into your back pockets.

RETURN: Release slowly without letting the shoulders shrug up.

COACHING TIPS/CUES:

- Imagine pinching a pencil between your shoulder blades.
- Keep your shoulders away from your ears.
- Chest stays open like you're showing off a logo on your shirt, ribs stacked over hips.

REGRESSION: Do it seated for more support.

PROGRESSION: Hold each squeeze for 5 seconds before releasing.

Standing Core Brace (Mimics Core Stability)

Foundational Movement: Core / Anti-extension

- What Should Be Stable? Ribs and pelvis stacked
- What Should Be Mobile? Arms pressing

Equipment: None

POSITION: Stand tall, feet hip-width apart, palms together at chest height.

START: Brace your core like someone's about to poke your belly.

MOVEMENT: Press your palms together firmly and hold for 5–10 seconds.

RETURN: Release and reset before the next hold.

COACHING TIPS/CUES:

- Zip up your core like closing a tight jacket.
- Don't let ribs flare forward.
- Stay tall like balancing a book on your head.

REGRESSION: Shorten the hold time to 3 seconds.

PROGRESSION: Step one foot slightly back and hold while pressing.

The Next Step

Practicing these five patterns 2–3 times per week is a great start. They'll help you protect your strength, keep muscle loss in check, and build a body that feels capable, balanced, and confident on and off your GLP-1 journey.

But here's the truth: to maintain muscle and see real changes in tone, shape, and energy, you'll need more than the basics. Progression is where the results come from. Adding variety, resistance, and advanced movement patterns in the right order. That's where a trainer comes in.

Working with a trainer who understands the unique needs of women on GLP-1s is the smartest next step. The right trainer will know how to adapt workouts to your appetite, energy, and recovery so you don't just "keep up," you keep building strength, confidence, and resilience that lasts well beyond the medication.