

THE GLP-1 PROTEIN CHEAT SHEET

10 easy ways to get more protein when your appetite is LOW

When you're taking a GLP-1, eating a big plate of chicken and broccoli might sound about as appealing as chewing on a flip-flop. 😂 (Personally, I love it, but not everyone is like ME)

But eating less doesn't mean protein should become an afterthought.

Protein can help support muscle maintenance, recovery, strength, and fullness — which in turn makes it an important part of your nutrition while losing weight.

You know whats cool?

You don't need HUGE meals to prioritize it.

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10 EASY PROTEIN OPTIONS

Greek yogurt

≈ 15–20g protein per serving

Cottage cheese

≈ 12–14g per ½ cup

Eggs + egg whites

2 eggs + ½ cup egg whites ≈ 25g

Protein shake

≈ 20–30g per shake

Ready-to-drink protein shake ≈ 20–30g per bottle	**Chicken or turkey** 3 oz ≈ 20–25g
Tuna packet ≈ 15–20g per packet	**Shrimp** 3 oz ≈ 20g
Low-fat cheese/string cheese ≈ 6–8g per serving	**Edamame** 1 cup ≈ 17g

Protein amounts vary by brand and serving size, so check your nutrition label

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WHEN YOUR APPETITE IS *REALLY* LOW...

Don't automatically think **“I must eat a whole meal.”**

INSTEAD THINK:

What's the easiest protein I can tolerate right now?

Try smaller options like:

- Protein shake
- Greek yogurt
- Cottage cheese + fruit
- Eggs
- String cheese + turkey sticks

A smaller protein-focused snack can feel much more manageable than forcing yourself through a giant meal. (and low-key more manageable)

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3 RIDICULOUSLY EASY COMBOS

The No-Cook Breakfast

Greek yogurt + fruit + granola

≈ 15–20g+ protein

The “I Don't Feel Like Eating” Option

Ready-to-drink protein shake

≈ 20–30g protein

The 5-Minute Meal

Eggs + egg whites + toast

≈ 25g+ protein

YOUR ONE RULE:

PROTEIN FIRST.

When you sit down to eat, start by asking:

“Where's my protein?”

You don't **need** perfect meals.

You don't **need** to obsess over every macro.

And you definitely don't **need** to turn eating into another full-time job.

Keep it simple. Prioritize protein. Repeat. Small habits build into larger ones.

WANT HELP WITH THE REST?

Your GLP-1 can help with appetite, hormones, etc.

But it can't lift the weights, choose your meals, or build your habits for you.

If you want to lose weight while building strength, protecting your muscle, and creating habits that support your results long term...

DM me “GLP1.”

I'll help you figure out your next steps.

Educational information only. Your individual nutrition needs may differ, especially if you have medical conditions or dietary restrictions. Follow the guidance of your prescribing

clinician and healthcare team.