

GLP-1 Minimum Plan

For low appetite and low energy days

Simple. Repeatable. Non-performative.

GLP-1 friendly • Evidence-informed • From personal experience

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What this is

On high-suppression days, most people either force food they can't stomach or skip eating entirely. Neither works well. Skipping protein accelerates muscle loss. Forcing the wrong foods makes nausea worse.

This plan is the minimum that actually protects your results — three anchors you can come back to on any rough day, regardless of energy or appetite level.

It comes from my own experience on tirzepatide, combined with what the evidence supports. It is not medical advice. If you have clinical concerns, speak to your prescriber or GP.

1. Protein anchor

Pick one. Keep it ready. Every day.

On very high suppression days, my personal minimum protein floor is 50-60g. A commonly cited baseline in nutrition guidelines is approximately 0.8g per kg of bodyweight — for someone around 72kg, that's roughly 58g per day. Aim higher when you can.

Options that work on low appetite days:

0% Greek yogurt + whey protein — My go-to combination. Mix 0% Greek yogurt with a scoop of no-sugar protein powder. Chill for 30 minutes.

High-protein yogurt pots — Convenient but I find them harder to stomach on very bad days.

2-3 boiled or scrambled eggs — Easy, require minimal smell or effort to prepare.

Ready-cooked chicken pieces — Cold, straight from the packet. No cooking required.

Wafer-thin ham — Sounds odd but weirdly easy to eat on zero-appetite days.

Bacon medallions — 4 medallions is approximately 108 kcal and 21g of protein. One of my personal favourites.

Tuna — Add lemon and capers or gherkins. Easier to eat with flavour.

Sardines — High in omega-3 and protein density. Work well with lemon.

Cottage cheese — Try the pineapple version if plain feels too bland. It is better than it sounds.

Protein pudding or shake — MyProtein x Müller range works well. The Lidl 100kcal protein pots have 11.5g protein and are easy to keep in.

If you track: aim for 25-35g per meal. If you don't track: a palm-sized portion of protein at each meal is a practical and defensible approximation.

2. Strength signal

Optional on the worst days. Powerful when you can do it.

Ten minutes is enough on low energy days. The goal is not performance — it is sending your body a signal to maintain the muscle it has.

Research supports a minimum of 2 sessions per week of resistance training to preserve lean mass during a caloric deficit. If you are new to training, this amount can also build muscle over time even while losing weight.

The minimum on a rough day:

Pick 2 movements: one squat or hinge, one push or pull.

Do 2 sets each.

Leave approximately 2 reps in the tank — you should finish without grinding.

Done.

You are not chasing soreness or a sweat. You are telling your body to keep the muscle. That is a different goal and it requires far less effort than most people think.

3. Evening guardrail

Decide before you are tired.

The evening is where most people drift. Decision fatigue is real, and by 8pm most of us have very little willpower left. The fix is to decide your evening plan earlier in the day — not in the moment.

Three options. Pick one before 6pm:

Protein dessert — Greek yogurt with protein powder, a protein pudding, or cottage cheese with fruit.

Planned snack — something decided and portioned in advance, not grazed.

Kitchen closed + tea — herbal tea signals the end of eating. Lemon and ginger tea can also help with digestive symptoms.

The hack is deciding before you're in the state where decisions are hard. Write it down in the morning if it helps.

This document contains general education, not medical advice. The protein figures cited reflect common nutritional guidelines and personal experience. If you have significant side effects, health concerns, or are unsure about your protein requirements, speak to your prescriber, GP, or a registered dietitian.