

The GLP-1 Protein Cheat Sheet

Easy protein ideas for days when appetite is low. This guide covers why protein matters, food options, drink options, low-appetite ideas, and simple daily anchors.

1 Why Protein Matters

Consuming enough protein helps preserve lean muscle mass. If intake is too low on GLP-1 medications, lean mass can account for a large share of the weight lost — up to around 40% in some studies. Maintaining muscle helps support metabolic rate, functional strength, and mobility.



2 Easy Protein Foods

Focus on protein-dense, low-volume foods like Greek yogurt, cottage cheese, and hard-boiled eggs. Lean seafood such as shrimp, scallops, and canned tuna can also be nutrient-dense choices that are often gentle on the stomach.



3 Protein Drink Options

High-quality protein shakes and clear whey isolates can be a practical way to reach a 20–30 g per-meal target when solid food feels too heavy. Liquid collagen shots can also offer a quick, lower-calorie protein boost.



4 When Food Feels Gross

When nausea or early fullness shows up, try small mini-meals of bland, cold foods like plain Greek yogurt or chilled, flaked fish. Liquid nutrition may help when chewing or larger meals feel harder.



5 Simple Daily Protein Anchors

Try a protein-first approach by eating your protein source at the start of each meal. Front-loading your intake earlier in the day — such as with a high-protein breakfast — may help if your appetite drops more by evening.



Talk With Your Clinician

Ask your clinician how protein targets fit your diet, labs, medications, and overall routine.

This guide is educational and not medical advice — talk with your clinician before starting supplements, especially if you take medications or have kidney, heart, digestive, or metabolic concerns.