

The First 30 Days on GLP-1s Guide

The first month is usually about building a routine, not perfection.
Focus on simple meals, hydration, protein, digestion, and consistency.



1. What to Expect

- Appetite changes are normal.
- You'll feel full with smaller meals.
- Possible GI symptoms: nausea, bloating, constipation, or fatigue.



2. Dose-Day Routine

- Keep it simple and consistent.
- Eat something with protein.
- Drink fluids throughout the day.
- Use symptom support as needed.
- Rest if you need to — your body is adjusting.



3. Easy Foods

Go-to options that are gentle, simple, and easy to digest.

- Yogurt
- Eggs
- Soups & broths
- Protein shakes
- Toast
- Fruit
- Crackers
- Bland staples



4. Hydration

Aim for steady fluids all day.
Electrolytes may help support fluid balance for some people.

Caution: If you have high blood pressure, kidney concerns, or take diuretics or blood pressure medication, check with your clinician before adding electrolytes regularly.



5. Protein

Prioritize protein at most meals to help protect muscle and support satiety.

Example range some people use: roughly 60–90g* per day, adjusted to body size and needs — ask your clinician or dietitian what's right for you.



6. Digestion

Stay ahead of constipation.

Fiber from foods, added gradually.
Plenty of fluids.
Magnesium — only if advised by your clinician.
Gentle movement daily.

Caution: If constipation is severe, persistent, or paired with pain or vomiting, contact your clinician.



9. Simple Supplement Plan

One example approach — not a required stack. Talk with your clinician or dietitian about what's right for you.

Commonly discussed with a care team:
Magnesium Glycinate • Vitamin D3 + K2 • Omega-3 Fish Oil

Optional, explored by some people (evidence varies, ask your clinician first):
Electrolytes • Fiber (psyllium) • B12 • Iron (only if advised by your clinician)



7. Energy

Your body is adjusting.
Support your energy by:

- Prioritizing sleep
- Staying hydrated
- Eating enough
- Moving your body (even light walks help!)



8. Muscle Support

Keep what you've built.

- Protein daily
- Creatine (3–5g/day) — a well-studied option some people use for muscle support; ask your clinician if it's right for you.
- Light resistance training 2–3x/week



Disclaimers & Notes

- This guide is educational and general in nature. It is not medical advice and does not replace individualized care from your prescriber, registered dietitian, or pharmacist.
- Supplement types and doses vary by person — always talk with your clinician or dietitian before starting or changing any supplement, especially if you have kidney disease or take diuretics or blood pressure medication, and vitamin D doses should ideally be based on your baseline blood levels.
- Magnesium, electrolyte, and vitamin D use should be reviewed with your clinician — magnesium and electrolytes especially if you have kidney disease or take diuretics or blood pressure medication, and vitamin D dosing should ideally be based on your baseline blood levels.
- Creatine dosing (3–5g/day) is based on general muscle-preservation research; it has not yet been studied specifically in large GLP-1 clinical trials.
- If you experience severe or worsening symptoms (ongoing vomiting, inability to keep fluids down, severe abdominal pain), contact your clinician promptly.