FREE CHEAT SHEET · GLP-1 USERS

From Coach Mike Lipsey · Iron Freak Fitness

GLP-1 PROTEIN CHEAT SHEET

Less appetite can mean less protein. These 3 habits help protect your muscle:

80-120 G PROTEIN A DAY	A simple daily target from the 2025 joint advisory. Calculate yours on page 2.
3X / WEEK STRENGTH TRAINING	Strength train at least 3x a week, plus 150+ min of moderate cardio.
PROTEIN FIRST AT EVERY MEAL	Eat the protein part of your plate first, before you fill up.

TOP PROTEIN FOODS · GRAMS PER SERVING

Chicken breast, 3 oz	26 g	Lentils, 1 cup	18 g
Light tuna, 1 can	20 g	Cottage cheese, 1/2 cup	12 g
Salmon, 3 oz	19 g	Egg, 1 large	6 g
Firm tofu, 1/2 cup	22 g	Turkey breast, 3 oz	26 g
Greek yogurt, 6 oz	18 g	Edamame, 1 cup	18 g

USDA FoodData Central, cooked or prepared, rounded to the nearest gram. Shakes can help on low-appetite days.

Education only. Not medical advice. Talk to your doctor.

CALCULATE YOUR PROTEIN

FIND YOUR DAILY RANGE

STEP 1 Weight in lbs ÷ 2.2 = your weight in kg.

STEP 2 kg × 1.2 = low end. kg × 1.6 = high end. That's your daily range in grams, the range the 2025 joint advisory says has been proposed during weight loss.

STEP 3 Compare it to the simple 80-120 g/day target. Higher body weight or kidney disease? Ask your care team which weight and target fit you.

Why ask? For people with obesity, actual weight can overestimate protein needs, so your care team may use a lower reference weight.

WORKED EXAMPLE

200 LB ÷ 2.2 = **90.9 KG** × 1.2 to 1.6 = **109-145 G/DAY**

Example only. Your care team sets your target.

SAMPLE DAY

ABOUT 97 G A DAY. NO HUGE MEALS.

BREAKFAST	Greek yogurt, plain nonfat, 6 oz	18 g
LUNCH	Light tuna, 1 can drained, on crackers or salad	20 g
SNACK	2 hard-boiled eggs	13 g
AFTERNOON	Cottage cheese 2%, 1/2 cup	12 g
DINNER	Chicken breast, 3 oz, + vegetables	26 g
EVENING	Milk 2%, 1 cup	8 g
TOTAL		**≈ 97 g**

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LOW APPETITE? TRY THIS

GET IT IN WHEN YOU'RE NOT HUNGRY

- **Protein first.** Eat the protein on your plate before anything else.
- **Small and steady.** If nausea hits, eat small meals every 3-4 hours. Large meals make vomiting more likely.
- **Low-volume, high-protein:** fish, eggs, Greek yogurt, cottage cheese, nuts and nut butters.
- **Shakes help.** Protein shakes and bars can help you reach your target.
- **Sip fluids all day.** Nausea, vomiting or diarrhea can dehydrate you. Tell your prescriber if symptoms are severe or don't let up.
- **Lift too.** Pair protein with strength training, and track your lifts, not just the scale.

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SOURCES

Mozaffarian D, et al. Nutritional priorities to support GLP-1 therapy for obesity: joint advisory of ACLM, ASN, OMA and The Obesity Society. Obesity Pillars 2025;15:100181.

Food values: USDA FoodData Central, fdc.nal.usda.gov. 1 kg is about 2.2 lb, so results are rounded.

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