



The Power of Protein: A Key Strategy for Weight Loss on GLP-1 Agonists

GLP-1 agonists are transformative medications in aiding weight loss. However, these medications are most effective with strategic dietary choices. Eating protein first at every meal is super key.

Why eat protein first?

Preserve Muscle Mass: When in a calorie deficit, our bodies lose muscle and fat. Our bodies do not know how to lose one over the other. Consuming adequate protein helps preserve muscle mass while promoting fat loss.

Enhances Satiety: Protein is more satisfying than carbohydrates or fats, which helps reduce overall calorie intake by making you feel full sooner for longer.

Stabilizes Blood Sugar: Protein has minimal impact on blood sugar compared to carbohydrates. It helps avoid large swings in blood sugar levels, providing a steadier energy supply throughout the day.

Supports Energy Levels: It's common to feel tired or fatigued in a calorie deficit. Adequate protein intake helps maintain energy levels, making managing daily activities and exercise easier.

Practical Tips for Increasing Protein Intake

Start Meals with Protein: Whether it's chicken, fish, tofu, or beans, start your meal by eating the protein component first. This helps with satiety and ensures you prioritize it before you're too full to finish eating.

Protein-Rich Snacks: Instead of reaching for a bag of chips choose snacks that combine protein with minimal processing. One of my personal favorites is wrapping two slices of turkey or ham around a pickle with a slice of Swiss cheese. The pickle gives the volume and satisfying crunch, the cheese texture, and the turkey the protein.

Enhance Your Drinks: Adding protein powder to your morning coffee can seamlessly increase your protein intake. Plus, it tastes better than a high-calorie Starbucks Mocha latte.



Conclusion

Incorporating more protein into your diet while on GLP-1 agonists can significantly enhance your weight loss efforts by helping you maintain muscle mass, stabilize your energy levels, and feel full longer.

Remember, it's not just about losing weight but healthily and sustainably. Adjusting your eating habits, mainly focusing on protein, is a decisive step toward achieving your weight loss goals.



Tracking Your Intake with a Food Log

Using an app like MyFitnessPal can be incredibly helpful in tracking your protein intake and understanding your dietary habits. Keeping a food log helps you stay accountable and identify specific areas for improvement.