

Brimful

FREE GIFT WITH YOUR BUNDLE

The GLP-1 Nutrition Guide

How to eat when you are barely hungry: protein first, small plates, steady water, and the foods that sit well.

Smaller appetite. Same needs.

GLP-1 medication turns your appetite down. Your body's need for protein, iron, B vitamins, zinc and water stays exactly where it was. When you eat half as much, every bite has to carry twice the load.

That is the whole idea of this guide: **make the food you do eat count.**

The four rules

- **Protein first.** Eat the protein on your plate before anything else.
- **Small and often.** Four or five small meals beat two big ones.
- **Sip all day.** Thirst signals drop along with hunger.
- **Fill the gaps.** Take your Brimful daily so the basics are covered on low-appetite days.

How to use this guide

Read it once, then put the plate method (page 3) and the grocery list (page 7) on your fridge. Use the Protein & Water Tracker that came with your bundle for the first two weeks. After that the habits run on their own.

This guide is general wellness information, not medical advice. It does not diagnose, treat, cure or prevent any disease. Follow the plan your prescriber gave you and ask them before changing your diet, medication or supplements.

Protein first, every time

When you lose weight quickly, your body pulls from muscle as well as fat. Enough protein, spread across the day, is how you protect the muscle. It is also the building block of hair and nails.

Your number. Many dietitians suggest 60 to 100 grams of protein a day during weight loss, split into 20 to 30 grams per meal. Your prescriber or dietitian can set the exact target for your body and your health history.

The plate method

- **Half the plate: protein.** Eat this first, while you still have room.
- **A quarter: vegetables or fruit.** Cooked is easier than raw on slow-stomach days.
- **A quarter: slow carbs.** Oats, rice, potatoes, beans, whole-grain bread.

What 25 grams of protein looks like

Food	Amount
Chicken breast, cooked	3 oz (a deck of cards)
Greek yogurt, plain	1 heaping cup
Eggs	4 large
Cottage cheese	1 cup
Canned tuna or salmon	1 can (5 oz)
Firm tofu	10 oz
Protein shake	1 scoop in milk

Small meals, steady days

GLP-1 medication slows how fast your stomach empties. A big meal sits there. A small one moves through.

Do

- Eat four or five small meals. Set a phone reminder if you forget to eat.
- Stop at the first sign of full. It arrives sooner than it used to.
- Eat slowly. Put the fork down between bites.
- Keep a no-effort protein in reach: yogurt, string cheese, a boiled egg, a shake.

Go easy on

- Fried and greasy food. It is the most common trigger for a heavy, queasy stomach.
- Very sweet food and drinks.
- Big portions late at night.
- Carbonated drinks if you feel bloated.
- Alcohol.

On queasy days. Go bland and cold: yogurt, a smoothie, crackers, toast, rice, broth, applesauce, a banana. Ginger or peppermint tea helps many people. Small sips, small bites, and protein the moment your stomach allows it.

Water, fiber and regularity

Water

You will not feel thirsty the way you used to, so drink on a schedule rather than on a feeling. A good general target is 8 cups (64 oz) a day, more if you are active or it is hot.

- One glass when you wake up, one with each meal, one mid-afternoon.
- Carry a bottle with ounce marks.
- If plain water turns your stomach, try it cold, with lemon, or as herbal tea.

Fiber

Eating less usually means less fiber, and a slower gut. Build it back gently:

- Add one fiber food per meal: berries, oats, beans, lentils, chia, cooked vegetables.
- Increase slowly over a week or two. Too much at once causes gas and bloating.
- Fiber needs water to work. Raise both together.

Movement

A 10-minute walk after meals helps digestion. Two or three short strength sessions a week tell your body to keep its muscle.

Call your prescriber if you have severe or lasting stomach pain, cannot keep fluids down, have not had a bowel movement in several days, or feel faint or dizzy.

A sample day

About 90 grams of protein in five small sittings. Swap in what you like and what sits well.

When	What	Protein
Wake up	Glass of water. Brimful with breakfast.	
Breakfast	Greek yogurt, berries, a spoon of chia	22 g
Mid-morning	Boiled egg and a piece of fruit	7 g
Lunch	Chicken or tofu over rice with cooked vegetables (small bowl)	27 g
Afternoon	Protein shake or cottage cheese	20 g
Dinner	Baked salmon, potato, green beans (half portions)	22 g
All day	8 cups of water or herbal tea	

Dose day and the day after

Appetite is often lowest right after your dose. Plan the easiest foods for those days: shakes, yogurt, soup with shredded chicken, eggs. Save new or richer meals for later in the week.

Eating out

Order an appetizer-size protein or split a main. Eat the protein first. Box the rest before you start.

The grocery list

Protein

- Eggs
- Greek yogurt, cottage cheese
- Chicken breast or thighs
- Salmon, canned tuna
- Lean ground turkey or beef
- Tofu, edamame
- Lentils, black beans
- Protein powder
- String cheese

Slow carbs

- Oats
- Rice, potatoes
- Whole-grain bread
- Crackers

Produce

- Berries, bananas
- Spinach, green beans
- Carrots, zucchini
- Avocado
- Lemons, fresh ginger

Easy-stomach staples

- Broth or soup
- Applesauce
- Ginger and peppermint tea
- Chia seeds
- Nut butter

Your daily checklist

- Protein at every meal, eaten first
- 8 cups of water
- One fiber food per meal
- Brimful with food
- A short walk

This guide is general wellness information, not medical advice. It does not diagnose, treat, cure or prevent any disease. Follow the plan your prescriber gave you and ask them before changing your diet, medication or supplements.