

UPKEEP

Keep your strength.

The GLP-1 Nutrition Starter Guide

Eating less changes everything about how you nourish your body. This short guide covers the five nutrition fundamentals that matter most — protein, hydration, electrolytes, fiber, and eating enough — so you can feel your best while your appetite is small.

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Why nutrition gets tricky on a GLP-1

GLP-1 medications work in part by quieting hunger signals and slowing how quickly food leaves your stomach. That's the point — but it creates a new challenge: with a much smaller appetite, **every bite has to work harder**.

Many people run into the same handful of issues:

- **Not enough protein** — it's hard to eat 100g of protein when you're full after a few bites.
- **Low energy and dehydration** — drinking less plus eating less can leave you running on empty.
- **Digestive slowdowns** — less food and less fiber in means things move more slowly.
- **Muscle loss** — when weight comes off fast, some of it can be lean mass unless protein and activity keep up.

The good news: none of this requires a complicated diet. A few consistent habits cover the vast majority of it. This guide is those habits.

One important note before we start: this guide is educational, not medical advice. Everyone's health situation is different — check with your doctor or a registered dietitian before making big changes, especially if you have kidney issues, take other medications, or have a history of disordered eating.

1 • Protein: your #1 priority

If you take one thing from this guide, make it this: **protein first, at every meal**. Protein supports muscle maintenance, keeps you feeling satisfied, and is the nutrient people on GLP-1s fall short on most often.

HOW MUCH TO AIM FOR

General guidance for adults often lands around **0.7–1.0g of protein per pound of body weight per day** — more if you're active or losing weight quickly. For a 180-lb person, that's roughly 125–180g daily. That sounds like a lot with a small appetite, which is exactly why strategy matters more than willpower.

MAKING IT DOABLE WITH A SMALL APPETITE

- **Eat protein first.** Before anything else on your plate — it ensures the most important nutrient gets eaten while you still have room.
- **Front-load your day.** Appetite is often best earlier; a protein-rich breakfast sets the tone.
- **Think small and frequent.** Three tiny protein-rich meals plus 1–2 snacks beats two big meals you can't finish.
- **Drink some of it.** A protein shake or clear whey drink can deliver 20–30g in a few ounces — far easier than chewing through it when you're full.
- **Keep it gentle.** Whey isolate and other low-lactose options tend to sit easier than heavy, fatty protein sources.

Quick math: 3 meals × 25g + 2 snacks × 15g = 105g. You don't need heroic meals — just protein at every eating occasion.

2 • Hydration & electrolytes

Most people drink less on a GLP-1 — the same quieted signals that reduce hunger also reduce thirst. But eating less food also means getting less water *from* food (fruits, vegetables, and soups are surprisingly hydrating). The result: many people end up mildly dehydrated without realizing it.

SIGNS YOU MAY BE BEHIND ON FLUIDS

- Headaches, especially in the afternoon
- Feeling dizzy when you stand up
- Dark yellow urine
- Constipation (fluid and fiber work together — see page 5)
- Feeling tired despite sleeping fine

PRACTICAL HABITS

- **Sip steadily, don't chug.** A big glass on a full-feeling stomach is miserable. Small sips through the day win.
- **Keep water visible.** A bottle on your desk beats remembering to get up.
- **Add electrolytes.** When you're eating very little, you're also taking in less sodium, potassium, and magnesium. A sugar-free electrolyte drink — especially one with magnesium and potassium — helps your body actually hold onto the water you drink.
- **Watch the caffeine.** Coffee counts toward fluids, but too much can worsen nausea and jitters on an empty stomach.

3 • Fiber: keep things moving

Slower digestion plus less food volume is a recipe for constipation — one of the most common complaints on GLP-1s. Fiber helps, but the *type* and *pace* matter.

THE GENTLE APPROACH

- **Start low, go slow.** Adding a lot of fiber at once on a sensitive stomach backfires. Increase gradually over 1–2 weeks.
- **Pair fiber with water.** Fiber without fluids can make constipation worse, not better.
- **Prefer soluble/prebiotic fiber.** It tends to be gentler than coarse bran-type fiber. An unflavored powder stirred into water or a shake is the easiest on-ramp.
- **Move daily.** Even a 15-minute walk stimulates digestion more than you'd expect.

FIBER-RICH FOODS THAT TEND TO SIT WELL

- Berries (raspberries and blackberries are fiber standouts)
- Chia or flax seeds stirred into yogurt or shakes
- Avocado, lentils, and oats in small portions
- Cooked vegetables over raw — easier on a sensitive stomach

Target: most adults do well working toward 25–35g of fiber per day — but build up to it gradually, and always with extra water.

4 • Eat enough (yes, really)

It sounds strange, but undereating is a real risk when appetite disappears. Chronically eating far too little can stall progress, drain energy, and cost you muscle. You don't need to force big meals — you need **consistent, nutrient-dense small ones**.

- **Don't skip meals entirely.** Even something small keeps energy steadier than nothing.
- **Protein + produce at each meal.** If those two are covered, the rest takes care of itself.
- **Plan for your worst-appetite days.** Keep easy options on hand: Greek yogurt, protein shakes, eggs, soup.
- **Go easy on greasy, fried, and very sugary foods** — they're the most likely to trigger nausea on a GLP-1.

SAMPLE DAY (~1,400 KCAL, SMALL APPETITE FRIENDLY)

WHEN	WHAT	PROTEIN
Breakfast	Greek yogurt (1 cup) + handful of raspberries + chia seeds	~25g
Snack	Clear whey protein drink (8 oz)	~25g
Lunch	3–4 oz chicken or turkey + small avocado + greens	~28g
Snack	Electrolyte drink + small handful of almonds	~6g
Dinner	3–4 oz salmon or tofu + roasted vegetables + ½ cup lentils	~28g
Evening	Herbal tea; fiber powder stirred into water if needed	—

Adjust portions to your appetite — the pattern matters more than the exact numbers.

Your daily checklist

Tear this page out (mentally or literally). Hit these most days and you're covering the fundamentals:

- ☐ Protein at every meal and snack — eat it first
- ☐ Sipping water through the day, not just at meals
- ☐ Electrolytes, especially on low-appetite days
- ☐ Fiber + water, building up gradually
- ☐ At least one real meal — don't run on snacks alone
- ☐ A short walk after your biggest meal
- ☐ Going easy on greasy, fried, and very sugary foods

WHAT'S NEXT

Upkeep is building nutrition specifically for life on GLP-1 — starting with a gentle clear whey protein, a sugar-free electrolyte blend with magnesium and potassium, and an unflavored prebiotic fiber. One line, designed to work together, made for small appetites.

Join the waitlist at liveupkeep.com to get launch updates and early access.

WHERE THIS COMES FROM

This guide follows the **Upkeep Research Standard**: every claim traces to peer-reviewed evidence, judged on study design — not headlines. Key sources behind this guide:

- **Dietary Guidelines for Americans, 2020–2025** — fiber target of 14g per 1,000 kcal (about 25g/day for women, 38g/day for men); general nutrition framework.
- **National Academies** — **protein RDA of 0.8 g/kg/day** as the floor for adults; clinical guidance commonly suggests higher intakes during weight loss to support lean mass.
- **STEP and SURMOUNT trial programs** (semaglutide, tirzepatide) — large randomized trials documenting substantial weight loss, with body-composition analyses showing a meaningful share of lost weight can be lean mass when protein and activity lag.
- **ENDO 2025 / Endocrine Society reporting** — presentations on lean-mass loss during GLP-1 therapy and the role of protein intake and resistance activity.

These sources describe the *nutrition gap*. They are not claims about any Upkeep product.

Please note: This guide is for educational purposes only and is not medical advice, diagnosis, or treatment. Talk to your doctor or a registered dietitian before changing your diet or starting any supplement, especially if you are pregnant, nursing, managing a medical

condition, or taking other medications. These statements have not been evaluated by the Food and Drug Administration. Upkeep products are not intended to diagnose, treat, cure, or prevent any disease.

U P K E E P

Keep your strength.

Built for life on GLP-1.

Protein, electrolytes, and fiber — designed for small appetites and sensitive stomachs. Backed by evidence, made to be finished.

liveupkeep.com · hello@liveupkeep.com