

Beyond your Juniper program

Remember, coming off your medication doesn't mean the end of your weight loss journey. You've already laid a strong foundation by building the tools and habits that have brought you this far. These will help you maintain your progress and continue making sustainable lifestyle changes.

Our Clinical Team has curated this document as guidance for your transition from our Weight Reset Program. This information is for educational purposes only and does not replace personalised medical advice. If you encounter difficulties or need further support, please seek guidance from a healthcare professional.

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Medical support FAQs

Is the medication safe to stop abruptly?

Yes, you can come off your medication without having to taper or reduce your dose. It is safe to stop abruptly. There are no side effects associated with stopping treatment.

When will the medication leave my system?

Semaglutide has a half-life of 7 days, meaning half of it is cleared from your system each week. Lower doses clear faster than higher doses (e.g., 1 mg). It is typically eliminated about 5 weeks after your last dose.

Will I regain weight?

- As you transition off the medication, it's important to set realistic expectations and understand how this change may impact your weight loss journey. You might notice an increase in appetite and not feeling full as quickly, which could potentially lead to some weight regain.
- While continued use of the medication may help keep the weight off, weight management is a lifelong journey. Ongoing tracking, education, lifestyle adjustments, and social support will be key in helping you maintain your progress.

Can I have a clinical summary letter to show my GP?

Absolutely. We can email you a clinical summary of your treatment history with Juniper. Please reach out to our team at medicalteam@myjuniper.com, and we'll be happy to assist you with your request.

What if I want to rejoin Juniper in the future?

If circumstances have changed or you're considering rejoining Juniper in the future, simply email us at hello@myjuniper.com, and we'll be glad to assist you with the process.

Continuing your journey

To support your continued weight loss journey, we've provided some helpful resources below that can guide you beyond Juniper.

Where else can you get support?

- Talk to your [doctor](#).
- Read the [Australian Dietary Guidelines](#).
- Read Australia's [Physical activity and exercise guidelines](#).
- Find an accredited practising dietitian from the [Dietitians Association of Australia](#), or call 1800 812 942.
- [Get Healthy NSW](#) is a free telephone service that is available in NSW that is staffed by qualified health coaches who supports adults to make lifestyle changes regarding healthy eating, physical activity and reaching and/or maintaining a healthy weight.
- [My Health for Life](#) is a Queensland Government-funded, free initiative where qualified Health Coaches co-design a plan with you to help you create healthier habits.
- [Better Health Coaching Service](#) is a free and confidential telephone service that is available in South Australia. It supports South Australians to be active, eat well and reduce the risk of chronic disease.
- [LiveLighter](#) is a program that aims to encourage Australians to make changes to what they eat and drink, and to be more active.
- Call the healthdirect helpline to speak with a registered nurse on 1800 022 222.

Maintaining a healthy lifestyle

As you transition off your medication, it's important to equip yourself with the right knowledge and strategies to maintain the progress you've made. This document serves as a simple guide, offering insights into various aspects of sustaining a healthy lifestyle post-medication.

You'll find guidance on the foundations of behaviour change, tips for healthy eating, and methods to stabilise your appetite. We'll also address common challenges, such as managing cravings, making mindful choices when eating out, and understanding the impact of alcohol on your diet.



Foundations of behaviour change

Realistic Goal Setting 🎯

Start by setting realistic and specific goals that align with your lifestyle and capabilities. Each goal should also have a clear timeframe, which can provide motivation and help measure progress. This could be as simple as aiming to walk more each week, adding one extra serving of veggies to your meals each day, or committing to a regular sleep schedule for the next month.

Self-Monitoring 📝

Keeping track of your food intake, physical activity, and overall wellbeing can provide valuable insight into your habits and progress. Use a food diary or a mobile app to log your meals, snacks, and workouts. Regularly reviewing this information can help you identify patterns, make necessary adjustments, and stay accountable.

Avoiding All-or-Nothing Thinking 🧠

It's important to avoid the trap of all-or-nothing thinking. Remember, one slip-up doesn't mean you've failed. Instead of striving for perfection, aim for progress. Small, consistent changes often lead to sustainable lifestyle improvements.

Embracing Trial and Error 🔍

Every individual is unique, and what works for one person may not work for another. Don't be afraid to experiment with different strategies and approaches. If one method doesn't work, try another. The key is to find what works best for you and your lifestyle.

Building Self-Efficacy 💪

Believing in your ability to achieve your goals is crucial for long-term lifestyle changes. Build your confidence by setting and achieving small, realistic goals that you feel confident about.

Taking One Step at a Time 📅

Embarking on a lifestyle change can seem daunting, but remember, it's all about taking one step at a time. You don't have to change everything at once. Start with small changes and gradually build up to more significant ones as your confidence grows. Each step you take brings you closer to a healthier lifestyle, so celebrate every positive change, no matter how small.

Social Support

Having a support system can greatly enhance your motivation and commitment. Share your lifestyle improvement goals with family, mates, or a support group. They can provide encouragement, share in your successes, and help you navigate challenges.

Creating a Healthy Environment

Your environment plays a crucial role in your journey. Make your surroundings conducive to healthy habits. This could mean stocking your pantry with nutritious foods, keeping workout equipment within sight as a reminder to exercise, or removing triggers that lead to unhealthy eating. A supportive environment reduces the effort needed to make healthy choices, making it easier to stick to your plan.

Normalising Setbacks

Understand that setbacks are a normal part of the journey. Instead of viewing them as failures, see them as opportunities to learn and adjust your strategies. Celebrate your successes, no matter how small, and don't let setbacks discourage you. Persistence is key in achieving your long-term goals.

Having Backup Plans

Life is unpredictable, and there will be times when sticking to your plan will be challenging. Having backup plans can help you stay on track during these times. This could mean having a list of quick, healthy recipes for when you're short on time, or indoor workout options for when the weather is a bit dodgy.

Celebrating Successes and Rewards

Rewarding yourself for reaching milestones can be a powerful motivator. When you achieve a goal, celebrate your success and treat yourself to a non-food reward, such as a new book, a massage, or a day out. This can reinforce positive behaviour and keep you motivated on your journey.

The Feel Full Method

Feel full method is an eating style designed to promote long-term, sustainable weight loss.

Developed by our expert health coaching team, this is not a restrictive diet. Rather, it's a sustainable program centred around increasing your protein intake, helping you feel fuller for longer and more satisfied after meals.



The goal is to aim for 1.5 serving of protein on your plate or roughly more than a quarter of your plate. While you're hitting your high-protein goals, it's important to balance this with adequate fibre, fats and carbs.

The Feel Full method creates a balance of low GI carbs, healthy fats, non-starchy vegetables and functional protein.

Why increase protein intake with the Feel full method?

1. Feel fuller for longer

Protein helps you feel more satisfied after meals and prevents hunger

2. Reduce cravings

Eating protein-packed meals and snacks throughout the day can reduce the urge to overeat or snack later in the day

3. Lose fat and grow muscle

Protein promotes muscle growth, and the more muscle mass your body has, the more efficiently you burn excess fat

Increasing your veggie intake

We encourage members aim for at least 2 cups of non-starchy vegetables per main meal, or at least 5 serves of vegetables a day and 2 serves of fruit. 🥬 This helps ensure you are getting a variety of important vitamins, minerals and nutrients (such as Vitamin C and zinc – important for immune health, or carotenoids – present in the rich red, orange and yellow veg which are strong antioxidants!), as well as fibre! Adding more fibre supports digestive/gut health, regular bowel movements, and can help you feel fuller for longer – as it slows down the digestion of food.

Here are some quick tips to help increase your veggie intake:

Make some veggie soup 🍲

Adding a veggie starter, like a soup, is a great addition to a meal (particularly in the cooler months!). You could also have this as a side dish, especially if you prefer soup over salad! Try roasting a big mix of non-starchy veggies such as tomatoes, capsicum, onion, garlic, carrots, zucchini, spinach and then blitzing this together with chicken or veggie stock to turn it into soup! This is also freezer friendly, and you can store it for up to 3 months.

Pasta Sauce 🍝

Similar to making a soup, you can get creative with blending up or grating cooked non-starchy veg to create delicious pasta sauce options! E.g. try blending carrot and capsicum in with a tomato-based pasta sauce.

Sneak your veg in with starchy carbs or protein 🥦

Examples: Adding zucchini noodles mixed in with your spaghetti

Mixing cauliflower rice in with your normal rice

Finely chopping or grating veggies (like carrot and zucchini) and mixing this into mince meat or meatballs/meat patties!

Adding veg to your smoothies 🥤

We recommend aiming to have at least 1 serve of veg in your smoothies when making these. Great easy-to-blend additions include: cauliflower, zucchini, baby spinach.

Tip: Freeze the veg you want to add to smoothies in pre-cut serves! Not only does this allow you to keep them for longer, it also makes the smoothies even quicker and easier to make.

Have a 'grab-and-add' non-starchy veg handy 🥬

Aim to have at least one type of veg handy that is easy to add to any meal as is. For example, keeping a bag of baby spinach in your fridge! Baby spinach is great as it can go with most dishes – as it wilts well in hot dishes, or can be a great salad side for a bit of crunch.

Increasing your veggie intake

Stir-fries 🍳

Stir frying veggies with added flavours like lemon grass paste ginger, garlic, chilli and soy sauce can also be a quick but delicious way to add more veg.

Roasting veggies 🥕

This is a great way for some of the natural sugars in the veggies to caramelize and add more flavour. Roast veg is a particularly good option to meal prep so that you have these veg handy to grab-and-add to meals as needed. Tip: Adding spices such as garlic powder, paprika, chilli powder, onion powder etc helps with enhancing the flavours.

Salads 🥗

Making salads with different flavours and textures can make it more exciting. This can look like adding something salty like a sprinkle of feta, crunchy such as nuts/seeds, sweet such as fruit, vinegary such as pickles or vinaigrette etc. Even cutting your veggies into different shapes can impact the flavour and texture of salads.

Increasing Protein in your Diet

Protein is an important macronutrient as it helps with keeping you feeling fuller for longer, managing cravings, and supporting lean muscle mass.

Here are some tips other Juniper members have found useful for increasing protein intake:

Include a source of protein at breakfast 🍷

Include a source of protein at breakfast: Some breakfast-friendly protein sources include Greek Yogurt/High Protein Yogurt, Eggs, protein powder, cottage cheese, milk, ham, and turkey. Examples of high protein breakfast could be a Greek yogurt parfait, omelette, boiled eggs on toast, scrambled eggs, protein smoothie or shake, cottage cheese breakfast bowl.

Ensure a source of protein with lunch/dinner 🔍

To make it easier for yourself, you can even use 'ready-made' options so you don't have to cook any proteins. Examples would be canned tuna, pre-shredded chicken, rotisserie chicken, shaved turkey and canned legumes.

Pick protein-rich snacks 🍏

Ideas include protein bars, boiled egg on corn thins, a small handful of nuts, piece of fruit with 2 tsp nut butter, apple with string cheese, and high protein unflavoured yoghurt such as YoPro or Chobani FIT.

Make protein-rich substitutions 🍷

Replace lower-protein foods with higher-protein alternatives. For example, choose quinoa, legumes or brown rice instead of white rice, use Greek yoghurt or cottage cheese as a dip.

Know your portion sizes 🍷

Whilst it's one thing to know what foods contain protein, it is another to know how much of it you should be eating for optimal benefit.

Tip: A good way you can know if you are getting in enough protein is to use your hand as a guide. Animal meats like red meat and poultry should be a palm-sized amount, whilst fish should be the size of your hand.

Drink your protein! 🍷

Having protein-rich drinks across the day can be a great way to increase your incidental protein, without even having to think about it! Some suggestions include having a protein smoothie, drinking protein water, or even sipping on a high protein meal replacement shake as a snack or meal.

Stabilising appetite:

Managing an Increased Appetite

Volume eating 🥗

Focus on foods that are going to fill you up but not give you many extra calories. Such foods are high in water and fibre content and low in fat and sugars.

Examples:

Non-starchy vegetables (salad, greens, carrot, celery, capsicum, zucchini, mushroom, cauliflower etc.)

Fruit (apples, berries, kiwis)

Increase your protein 🍗

We encourage you to aim for at least 30g of protein per main meal and 10-15g of protein per snack. Protein helps us feel fuller more quickly and for longer. Examples include chicken, eggs, greek yogurt, cheese, seafood, beef, tofu and tempeh.

Establish a regular eating pattern ⌚

We recommend aiming for 3 meals and 1-2 snacks daily. If you regularly skip meals because you're on-the-go, convenient options such as high protein meal replacement shakes can help.

Get plenty of fibre 🌿

It is recommended you aim for at least 25-30g of fibre each day. Think non-starchy vegetables, chia and flax seeds, wholegrains and keeping the skin on your veggies!

Stay hydrated 💧

Try to get at least 2-3L of water per day and limit caffeine to 2 drinks/day.

Stabilising appetite: The Hunger Scale

Over time, people often lose touch with how physical hunger and fullness actually feel. The Hunger Level Scale can help you to think about how hungry you really are and decide whether your desire to eat comes from real hunger or other reasons. To manage your weight successfully:

1. Ask yourself, “Am I really physically hungry?”

Use the Hunger Level Scale below to determine your level of hunger. The table on the following page describes what physical hunger typically feels like.

2. Rate your hunger before you eat

Wait until you are at ‘3’ on the scale before eating and then stop when you reach ‘6’. Regular meals are important to prevent you from reaching ‘1’ or ‘2’ on the scale. At ‘1’ or ‘2’ you can experience a loss of control, over eat poor food choices, and potentially reach a ‘7’ or more on the scale.

3. Think about other reasons you may want to eat




If you rate yourself 6 or above on the hunger scale, think about other reasons that may be triggering you to eat:

- Places/Situations
- People
- Emotions

4. Plan and take control

Instead of eating, try doing something else. Swap eating with other activities such as walking, playing with your dog, calling a friend, repairing something, or meditating, for example.






Stabilising appetite: The Hunger Scale

Hunger Level Scale		
Rating		Physical Sensation
	1	Starvation, need to eat now, hunger pains, shaky, light headed
	2	Slight pain in stomach, hard to concentrate, lack of energy
Ideal Zone 	3	Beginning of physical signs of hunger, stomach growling sometimes
	4	Could eat if it were suggested
	5	Neutral
	6	Satisfied
	7	Feel food in stomach
	8	Stomach sticks out
	9	Bloated, clothes feel tight, sleepy and drained
	10	Definitely full, stomach uncomfortable, no energy, physically sick

Physical hunger	Psychological hunger
Increases gradually	Makes a sudden appearance
An apple would do	You want a certain type of food, tends not to be an apple
Can wait for food ('I need to have something to eat soon')	Want food now; sense of urgency, panic
A response to your body's definite need (i.e. rumbling tummy)	In response to a feeling: upset, bored, tired etc.
A deliberate choice eaten with awareness	Impulsive choice, eaten quickly. You may not even taste the food
Sense of satisfaction after eating	You still want more, or a different type of food e.g. sweet after salty
No guilt	Lots of guilt and promises about next time

Eating out: Takeaway Tips

When eating out or grabbing takeaway, here are a few general tips to opt for when in these situations:

-  Choose a meal where protein is the star of the meal
-  Ask for dressing and sauces on the side
-  Where possible choose single portions
-  Limit deep-fried sides and portions
-  Limit heavy cream sauces

Then, depending on what shops/cuisines you have access to, we have created a super general list of takeout options that you can aim for:

Chicken Shops:

Opt for a grilled chicken (not battered/crumbed) with a side of salad.

Sandwich/Wrap Shops:

Opt for brown multigrain bread or wraps and make sure there is some salad on it with a source of lean protein (e.g. grilled chicken)

Cafes/Pubs:

Opt for a grilled protein (steak, fish, chicken or tofu) with a side of veggies/salad instead of chips. Or, select from the all-day breakfast if available – poached eggs on sourdough or wholemeal toast with some veggie sides (e.g. baby spinach/mushrooms/tomatoes).

Burger Places:

(Grill'd is a good option!) If you are going for a burger – you can choose a naked burger (no bun) with no sides. Asian (any kind): Limit the fried or tempura options, stick with protein and vegetables stir-fried or clear broth soups. If it's a rice-based dish, opt for brown rice.

Vietnamese

This is a great option, aim for fresh rice paper rolls with a source of protein and lots of vegetables.

Japanese:

Sushi or sashimi with edamame, brown rice sushi, miso soup, seaweed salad.

Kebab:

Kebab plates are usually great (grilled meats, lots of salads and pickles), skip the chips and have sauces on the side.

Eating out: Takeaway Tips

General Takeaway Shop:

Grilled chicken or grilled fish with salads – sharing a serve of chips from time to time is also okay!

Italian:

Choose small entree-size pastas with tomato-based sauces and where possible choose toppings with vegetables and protein (meat, fish, etc). Instead of having pizza as the only component of your meal, opt to enjoy a few slices with a salad instead.

Mexican:

Try a naked burrito bowl (a burrito minus the tortilla!) Subway: Pick a salad with chosen lean protein (no crumbed/fried versions) or a 6- inch salad with turkey/grilled chicken on Multigrain or Wholemeal.

Service/Petrol Station:

Packs of raw nuts, protein bars, or something from the fresh section (such as a salad, an egg/chicken sandwich preferably on brown bread, or pre-chopped fruit and a small protein-rich yoghurt or vegetable sticks with hummus if that's available.) Cheese and cracker packs are also good.

The 5D's technique for managing cravings

Cravings have been compared to a wave in the ocean. They start out slow, increase in strength, rise to a crest and then gradually fade away over time. Using the 5 D's technique may help you manage your cravings. 🌊

The 5 D's are: Determine, Delay, Distract, Distance and Decide. 🤔🕒

1. Determine

Ask yourself if you are actually hungry or if you are eating for reasons other than hunger i.e. emotional eating. If you are truly hungry, it has been 3-4 hours since you last ate, your stomach is growling or you feel lightheaded, you should eat a nourishing snack or meal. 🍴

2. Delay

If you think you are eating for reasons other than hunger (i.e. boredom, stress, anxiety, anger, sad or tired), do not react on impulse. Acknowledge that this is just a craving and delay eating for 5-10 minutes. 🕒

3. Distract

It may be easier to delay a craving if you distract yourself with another enjoyable activity i.e. do a crossword puzzle, knit, read a book or call a friend. 🧩📖📞

4. Distance

Distance yourself so that you are not near food, i.e. go to a different room, go for a walk or take a relaxing bath. If your cravings occur at the same time each day, you may plan an activity that will get you out of the house during that time, such as taking a course or going to the gym. 🚿

5. Decide

After 5-10 minutes, decide whether you will eat a reasonable portion of the food you are craving, eat something more nourishing or try to delay your craving by another 5-10 minutes. If you decide to have a small portion of the craved food, that's completely fine! Eat it guilt free so you can move on. 🙌

Reducing alcohol intake


Alcohol can impact our weight loss journey in a couple of ways. Alcohol is not only high in calories, but it can also impact our food choices! We're more likely to make poorer food choices while drinking alcohol. For context, a standard glass of wine each night can lead to an extra 1200kcal a week!

Here are some ideas for drinking less alcohol:

Try alcohol-free alternatives of your favourite alcoholic beverages

Many supermarkets and bottle shops also stock alcohol-free spirits, beers, and wines. Alcohol-free versions of your favourite drinks are significantly lower in calories and will also help you stay hydrated

For every alcoholic drink, have a non-alcoholic drink (like water)

This strategy is a great way to not only reduce the amount of alcohol you have, but also help you stay hydrated  Explore other non-alcoholic low calorie beverages Other Juniper members have swapped alcohol for drinks such as kombucha, or flavoured mineral/sparkling waters.

Share your plans with family and friends

Sometimes being in a social setting, can add pressure on you to have to drink. Share your goals with your family and friends for support and accountability.

Delay your first drink

Delaying the time you have your first drink at, can help you reduce your intake of alcohol.

If you do choose to drink alcohol, we recommend that you drink according to the Australian guidelines which is no more than 2 standard drinks in one day, and no more than 10 across the week.

Calorie counting

Counting calories can be a useful short term tool to gain insights into your average energy intake. There are a few apps out there you can use to help you! Both My Fitness Pal and Easy Diet Diary are great, and are super simple to use! You can download both via the App store or Google Play store.

When you download the app, it does offer you to pay for the full subscription, but this isn't necessary. The free version is absolutely fine, so you can just skip/close the pop-up asking you to pay for the full version. Once you have downloaded the app, you can make an account and log in.

Calculating your maintenance calories:

- We recommend using this website to calculate your maintenance calories: <https://www.omnicalculator.com/health/calorie>
- You can use this when tracking your calories for a short period of time, in one of the recommended apps

To track your food, you will need to go into the app and add each ingredient of the meals and snacks you are having each day. For the most accurate data, you will need to be aware of the quantities of foods you are eating. The easiest way to do this is to use measuring cups or food scales so you can accurately log each ingredient you are eating. If not, you will need to use your best judgement to estimate portion sizes. You will be able to see your daily calorie intake on the Home page of the app.

Here are some helpful tips for how to navigate your day to day when tracking calories:

1. Weigh and measure your food: Get into the habit of weighing or measuring your food portions to accurately track your calorie intake. Kitchen scales and measuring cups can help with this process. Eyeballing portion sizes can lead to inaccurate estimations.
2. Don't forget about beverages: Calories from beverages can quickly add up, so be mindful of what you drink. Include beverages like soft drinks, juice, alcohol, and creamy coffee drinks in your calorie count.
3. Be aware of hidden calories: Be mindful of hidden sources of calories, such as cooking oils, butter, sauces, dressings, and condiments. These can significantly contribute to your daily calorie intake. Measure or estimate their quantities to include them in your calculations.
4. Focus on whole foods: Unprocessed foods are generally lower in calories and more nutrient-dense than processed alternatives. Fresh fruits, vegetables, lean proteins, whole grains, and legumes are excellent choices.
5. Practice portion control: Even if you're consuming healthy foods, portion sizes still matter. Be mindful of your portion sizes to ensure you're not inadvertently consuming more calories than you intend.