

 Lesson 1

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belle



What We'll Cover In This Course

Lesson 1 | Understanding how GLP-1 medications work and why nutrition still matters

Lesson 2 | Protein Power: Protecting Strength and Satiety

Lesson 3 | Fiber, Fluids & Fullness

Lesson 4 | Building Balanced Plates with Less Appetite: Macros 101

Lesson 5 | Blood Sugar Balance & Gentle Meal Planning

Lesson 6 | Managing Side Effects Through Food

Lesson 7 | Mindset Reset: Rethinking “All or Nothing”

Lesson 8 | Gut Health on GLP-1s

Lesson 9 | Hunger, Fullness & Rebuilding Body Trust

Lesson 10 | Emotional Eating

Lesson 11 | Transitioning Off GLP-1s

Lesson 12 | Sustainable Nutrition & Confidence for Life





Thriving on GLP-1s

What We'll Cover Today:

- How GLP-1 medications work
- Why nutrition still matters
- The three nutrition priorities to focus on right now





How GLP-1s Work

GLP-1 = glucagon-like peptide-1

A hormone your small intestine releases naturally after you eat. It travels through the bloodstream and signals several organs.

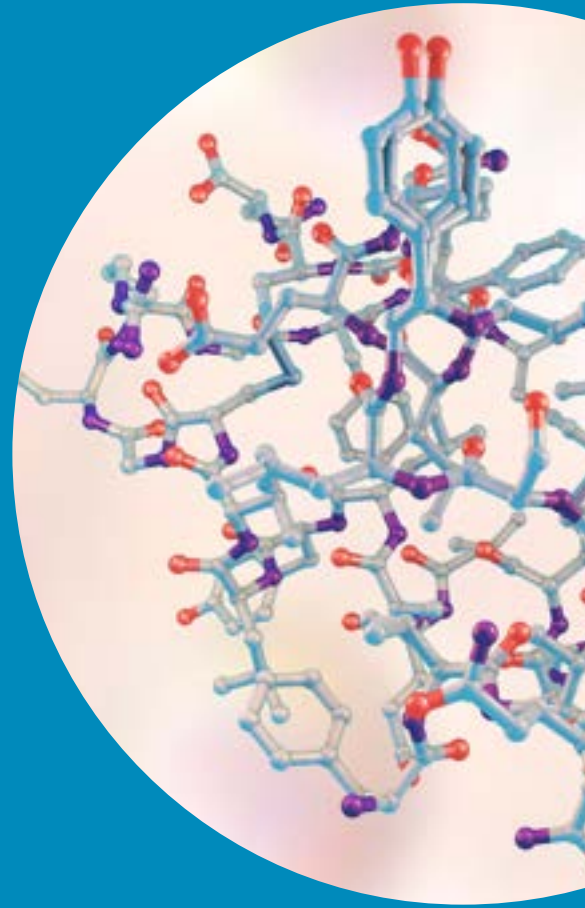
How it works:

Increases insulin and reduces glucagon

Slows how quickly food leaves the stomach

Reduces appetite, increases satiety, and lowers food reward

There is also emerging evidence on potential benefits to the heart and kidneys, but those mechanism are still being studied.





What this means for your nutrition

- Less cravings and steadier blood sugar
- Smaller appetite → harder to meet nutrient needs
- Every bite counts to meet needs
- Risk of muscle and bone loss
- Poor appetite could impact energy

Appetite suppression is powerful, but it's not selective — you eat less of everything, including protein, fiber, and micronutrients. That's why small, purposeful meals matter.



You might need smaller, more frequent meals



You may not tolerate high-fat or high-sugar foods



Weight Loss - But What Kind?

“I want to lose fat, not muscle.”

Early research warned that as much as 20 to 40 % of that loss might come from lean tissue, including muscle. However, recent studies shows muscle can be preserved with lifestyle factors.

- + Avg weight loss: 15 – 25 % of starting weight (with starting BMI > 30)
- + Early trials: up to 20 – 40 % of loss may be muscle
- + With proper nutrition + activity, lean-mass loss can be less than 20 % of total weight loss





Thriving on GLP-1s

Why This Matters for Metabolism

- Muscle burns calories, even at rest
- More muscle = easier weight maintenance
- Protein intake protects your metabolism
- Target protein intake: $\approx 1.2\text{--}2.0$ g/kg/day
- Strength training + quality protein = better muscle preservation

This is why nutrition isn't optional —
it's protective



You will need more protein to spare muscle



Strength training is vital to spare muscle





Thriving on GLP-1s

Why Nutrition Still Matters

- Smaller meals → higher nutrient risk
- Protein + fiber defend muscle & gut health
- Quality fuel supports energy and comfort





Thriving on GLP-1s

Momentum + Maintenance

Medication

+

Nutrition

Medication gives you momentum. Nutrition builds the results you keep.

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- A white water bottle with a grey band around the middle. The word 'belle' is written vertically in yellow on the grey band. Below the band is a yellow sunburst logo.
- Reduce appetite and cravings
 - Improve blood-sugar control
 - Create natural calorie reduction
 - Common GI side effects with high fat or high sugar foods

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- A collage of fresh produce including red radishes, a halved grapefruit, green beans, purple onions, a potato, and eggs.
- Protect muscle, bone, and metabolism
 - Support digestion and energy
 - Maximize nutrient intake
 - Build habits for life and weight management after medication





Thriving on GLP-1s

Your Top Three Nutrition Priorities

Healthy food provides the nutrients your body needs to function optimally. Focus on whole, unprocessed foods.

Protein + Nutrient
Dense Foods

Fiber + Hydration

Balanced Plate For
Life





Thriving on GLP-1s

Priority 1 – Protein & Nutrient Density



Preserves muscle



Supports recovery and immune health

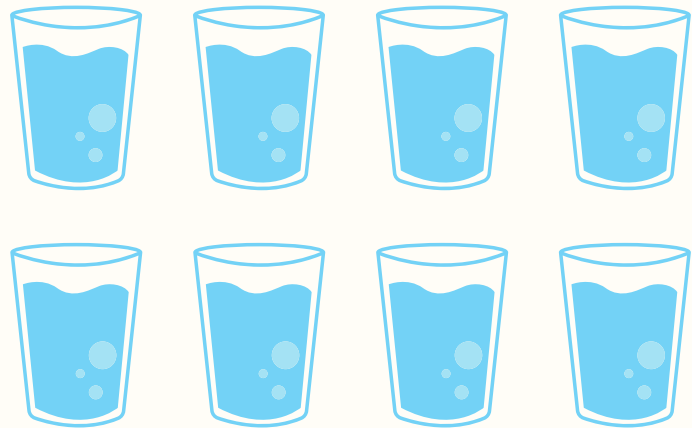


Include at least a palm sized protein source each meal

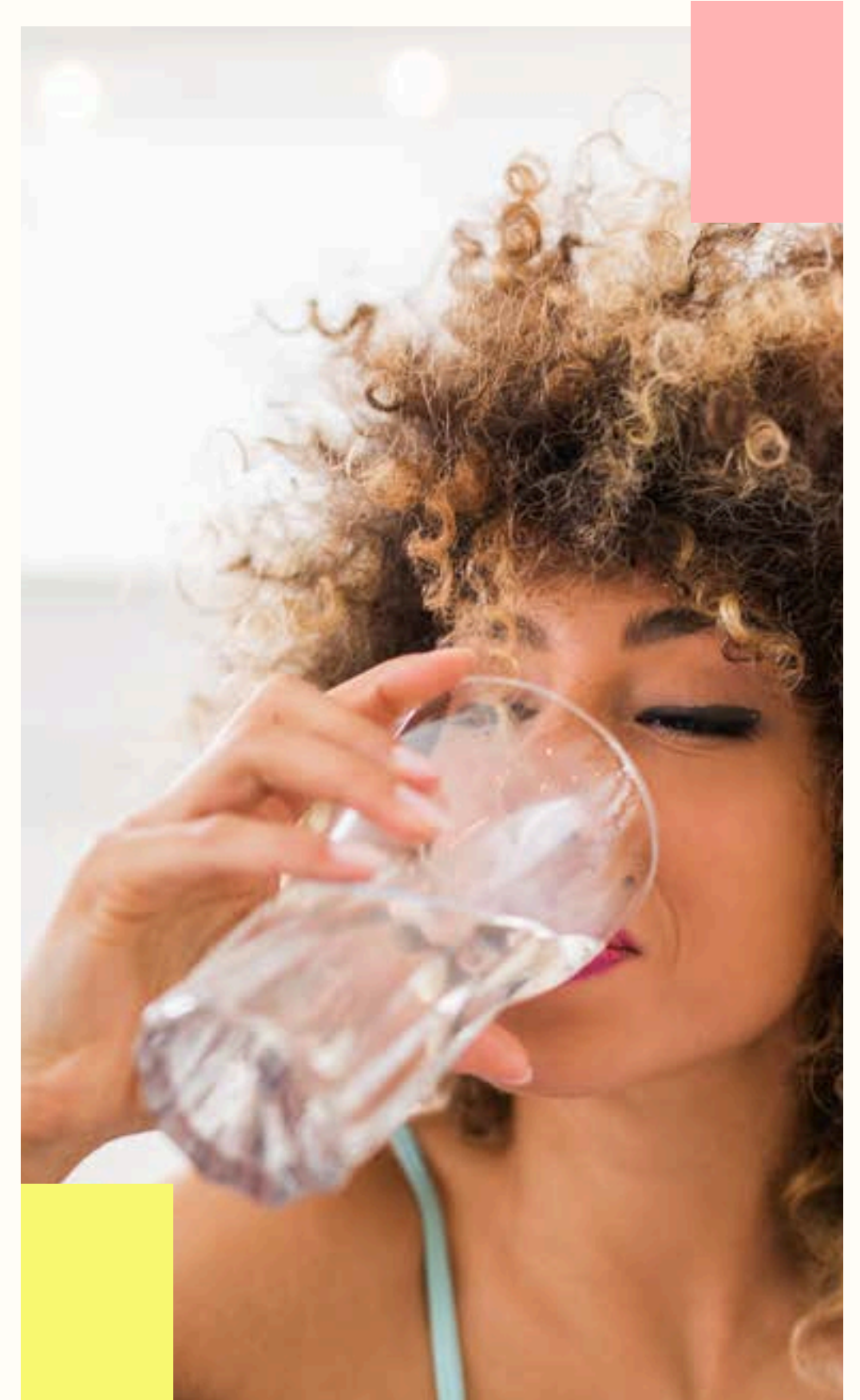


Priority 2 – Fiber & Hydration

- Fiber supports digestion, fullness, heart health, GI health & feeds good gut microbes
- Water reduces bloating & constipation
- Both are essential for overall health



- Add a high fiber food each meal + 1 glass water before meals
- Aim to drink 1 glass of water between meals

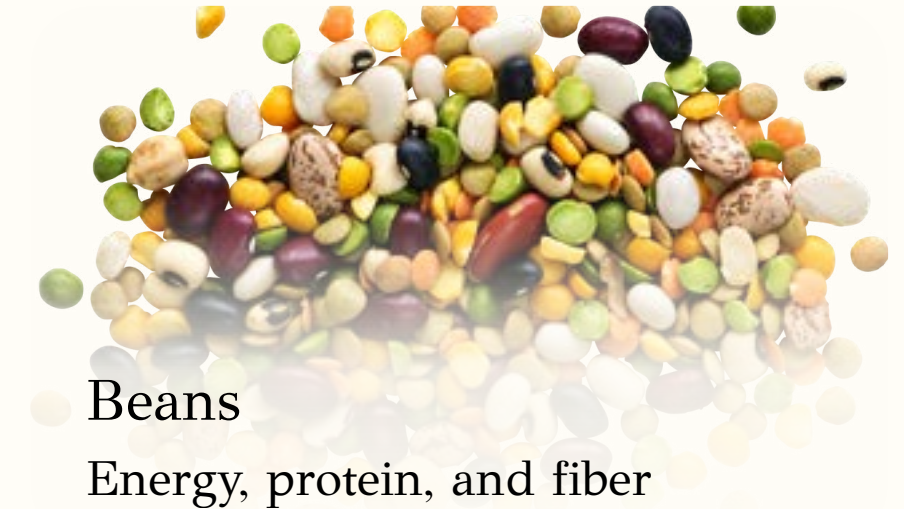




Thriving on GLP-1s

Fiber in Practice

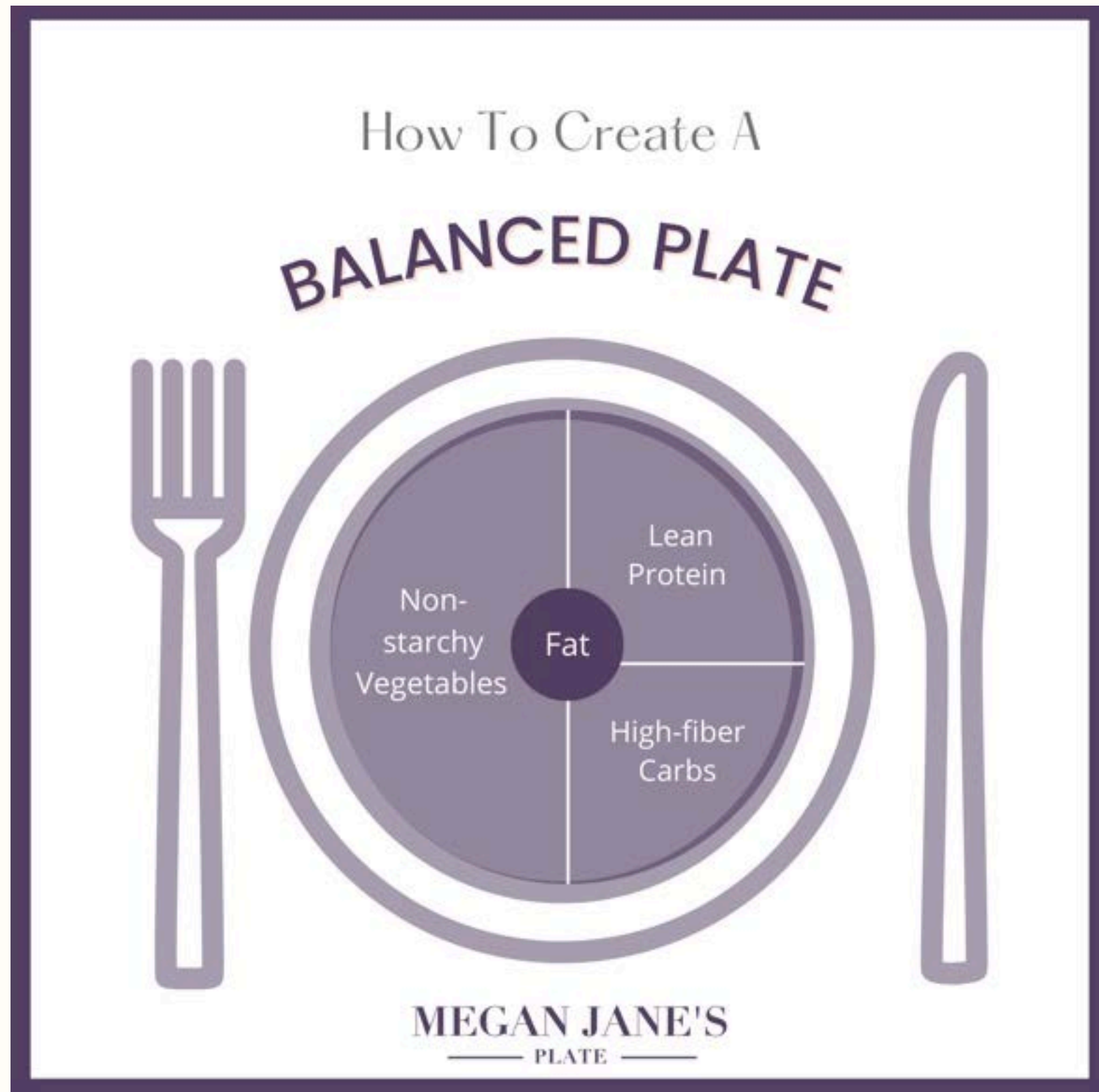
- Build up week by week
- Increase by 2-4 grams of fiber
- Work up to 30 grams a day
- Drink plenty of water



Fiber is found in all plant foods unless they are refined/highly processed.
These foods will all also provide vitamins, minerals, and phytonutrients.



Thriving on GLP-1s



Priority 3 – Balanced Plate Model

- + Lean Protein
- + Fruits and Vegetables
- + High-fiber carbs
- + Healthy Fats

Building Plates with Small Appetite

- Choose nutrient-dense foods
- Use soft textures (soups, smoothies)
- Combine food groups in small servings



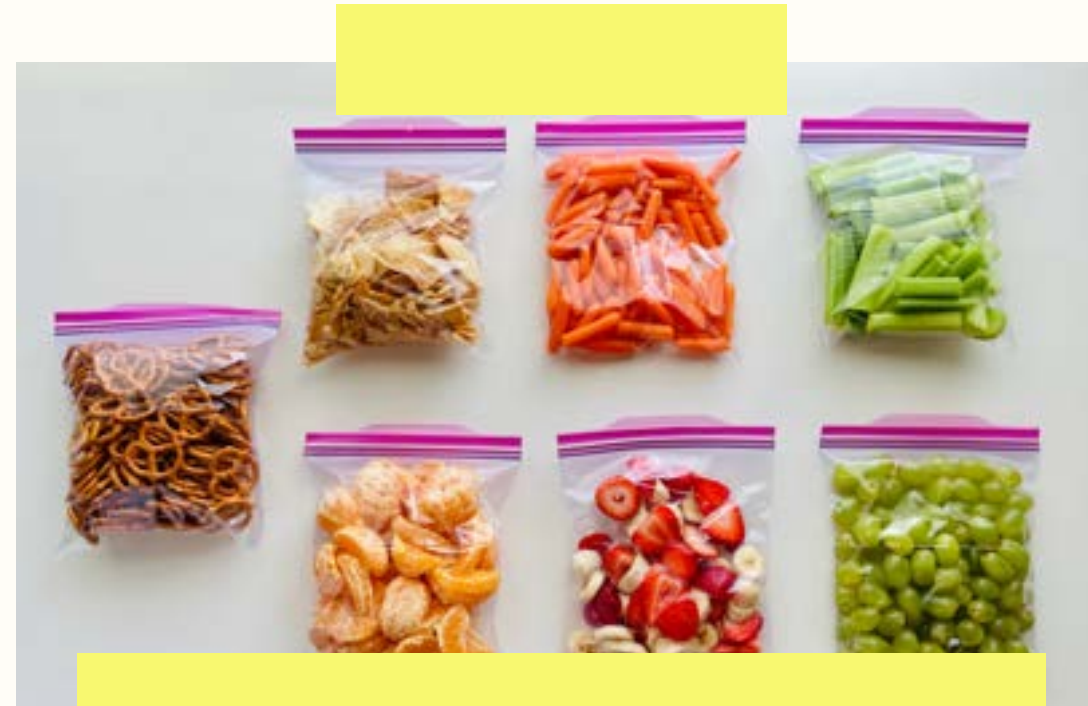


Common Pitfalls to Avoid

Don't assume the medication will do all the work.



Skipping meals completely



Living on “diet” or “light” foods



Not drinking water due to fullness



Thriving on GLP-1s



GLP-1s reduce
intake; nutrition
protects health
and function.

Embrace the Journey





Your Action Steps This Week

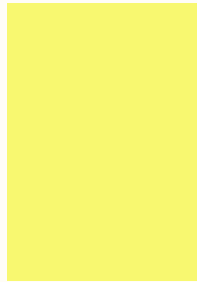
- Write your why for this journey
- Choose one nutrition priority to practice
- Ask each meal: Did I include protein, produce, hydration?

Weekly Goal = skill you practice this week

Minimum Habit = simpler version for busy days

Track 3 days this week to notice patterns

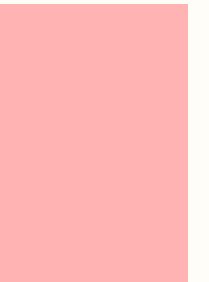




Next Steps

Lesson 2 → Protein Power:
Protecting Strength and Satiety

You're not just eating less — you're learning to
nourish intentionally.





References

Recent (2020–2025)

- Wilding 2021 (PMID 33567185) — weight-loss magnitude
- Look 2025 (PMID 39996356) — body-comp on tirzepatide
- Dublin 2024 (PMID: 39344838)— body-comp changes with GLP
- Uchiyama 2023 (PMID 37575352) — minimal muscle loss possible
- Tinsley 2025 (PMID: 41122508) — case study showing minimal muscle loss possible
- Kokura 2024 (PMID 39002131) — higher protein preserves muscle
- Nunes 2022 (PMCID PMC8978023) — protein + resistance training
- Wilding 2021 JES (PMCID PMC8089287) — composition shifts on semaglutide
- Karakasis 2024 (PMID 39719170) — meta-analysis of composition
- Johnson 2025 (PMID: 40352260) — nutrient intake during GLP use
- Ramezani 2023 (PMID: 38011755) — higher fiber linked to lower all-cause and CVD mortality; reinforces current intake targets
- van der Schoot A 2022 (PMID: 35816465) — higher fiber for constipation support

Foundational

- Mettler 2010 (PMID 19927027) — high protein reduces lean loss
- Knudsen/Lau 2019 (PMID 31031702) — GLP-1 mechanisms
- Reynolds AN 2020 (PMID: 32142510) — dietary fiber affects

