



THE GLP-1 BODY BLUEPRINT

What To Eat While On GLP-1
How To Preserve Muscle Mass

www.helixseven.com

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A practical nutrition guide to support fat loss, muscle preservation, and long-term metabolic health

GLP-1 medications reduce appetite, slow gastric emptying, and help regulate blood sugar. For many people, this naturally leads to eating less.

While this can be highly effective for weight reduction, it also means that **food quality becomes significantly more important**.

When intake decreases, every meal carries more weight nutritionally.

The goal is not simply to eat less.
The goal is to eat **with precision**.

Your body still requires adequate protein, hydration, minerals, and nutrient density to support lean tissue, hormone balance, energy production, digestion, and metabolic resilience.



1. Understand Your Basal Metabolic Rate

Your **Basal Metabolic Rate (BMR)** is the approximate number of calories your body requires daily at rest to maintain essential biological function – including breathing, circulation, organ support, and cellular repair.

This does **not** include exercise, walking, or daily activity.

It is your baseline starting point.

Approximate BMR by Body Weight

Body Weight	Approximate BMR (Women)	Approximate BMR (Men)
120 lbs	1,200–1,320 calories	1,320–1,440 calories
130 lbs	1,300–1,430 calories	1,430–1,560 calories
140 lbs	1,400–1,540 calories	1,540–1,680 calories
150 lbs	1,500–1,650 calories	1,650–1,800 calories
160 lbs	1,600–1,760 calories	1,760–1,920 calories
170 lbs	1,700–1,870 calories	1,870–2,040 calories
180 lbs	1,800–1,980 calories	1,980–2,160 calories
190 lbs	1,900–2,090 calories	2,090–2,280 calories
200 lbs	2,000–2,200 calories	2,200–2,400 calories

For a more individualized estimate, use:

<https://www.calculator.net/bmr-calculator.html>

A helpful principle:

Consistently eating far below your baseline for prolonged periods may increase fatigue, muscle loss, hair shedding, and metabolic slowdown.

2. Track What You Eat

Reduced appetite often creates the illusion that nutritional needs are automatically met. In reality, many people unintentionally under-eat protein and essential nutrients.

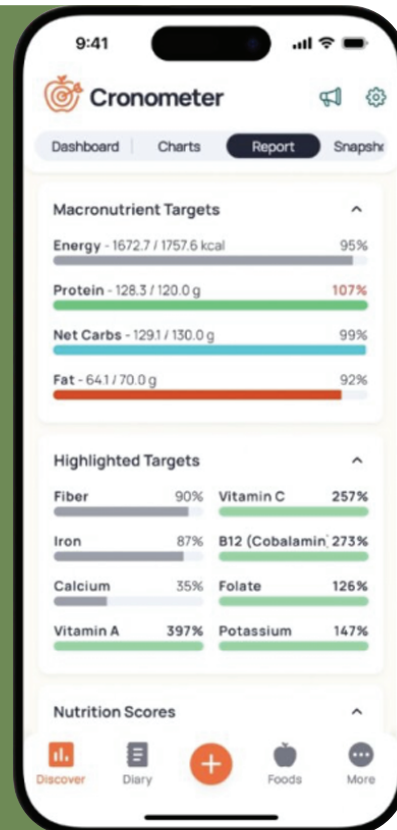
We recommend using:

- Cronometer (*our preferred option*)
- MyFitnessPal
- MacroFactor

These help you monitor:

- › protein
- › calories
- › micronutrients
- › hydration

Even short-term tracking often improves awareness significantly.



3. Personalize Your Food Choices

Not every healthy food feels healthy in every body.

Some foods create stable energy and comfort. Others may contribute to heaviness, bloating, digestive slowing, cravings, or fatigue.

Helix Seven can provide additional wellness insight into which foods may currently align best with your body, especially during periods of digestive change.

Because GLP-1 medications slow digestion, food sensitivities often become more noticeable.

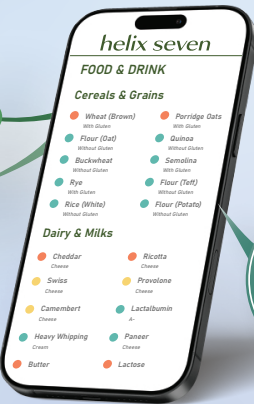
As Helix Seven and Advanced Food Intolerance Labs operate under the same parent group, you may use code **AFILCUSTOMER** to receive **\$100 off every month through Helix Seven, along with free quarterly Helix Seven Food Sensitivity, Vitamins & Gut Health Test (Powered by AFIL)** for as long as you remain an active Helix Seven customer.

INCLUDED

\$100 OFF each month on **GLP-1**
+Free Helix Seven Wellness Tests every quarter



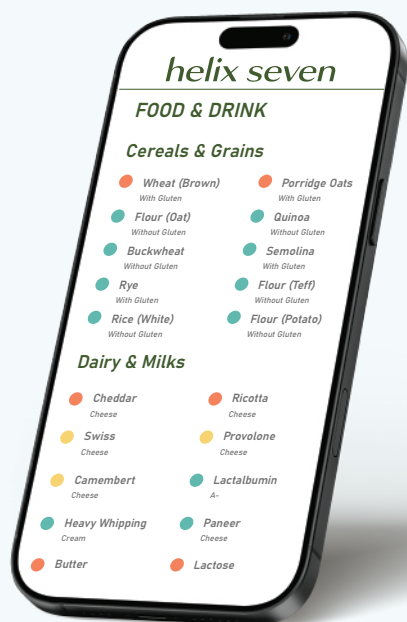
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LIMITED TIME OFFER • AVAILABLE WITH AN ACTIVE PLAN



FREE

Helix Seven Food, Vitamin & Gut Health wellness tests every 3 months for active customers

Use Code: **EBOOK100** on the Helix Seven checkout

Includes \$100 off every month on all GLP-1 plans

This allows medically guided weight support and ongoing wellness insight to work together.

Please note: medication eligibility is determined only after licensed clinical review. Discounts apply only to approved treatment plans and do not guarantee prescription approval.

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4. Protein Is Non-Negotiable

When body weight drops quickly, lean tissue can also decline if protein intake is too low.

This matters because lean muscle supports:

- › Metabolic rate
- › Strength
- › Shape
- › Recovery
- › Long-term weight maintenance



Daily Protein Target

A practical range:

0.5–0.7 grams of protein per pound of body weight

Example

150 lbs body weight:

$150 \times 0.6 = 90$ grams minimum protein daily

A simple structure	If appetite is low
Breakfast → 25g Lunch → 25g Dinner → 30g Snack → 10g	Eat protein first

5. Build Smaller Meals with Higher Value

When appetite is reduced, food must work harder nutritionally.

Prioritize Lean Protein

- Eggs
- Chicken
- Turkey
- Salmon
- Greek yogurt
- Tofu
- Lentils
- Cottage cheese

Add Digestive Fiber (*if tolerated*)

- Spinach
- Broccoli
- Brussels sprouts
- Zucchini
- Bell peppers

Use Smart Carbohydrates

- Oats
- Sweet potatoes
- Quinoa
- Brown rice
- Berries

Include Healthy Fats

- Avocado
- Olive oil
- Nuts
- Seeds

A simple sequence:

Protein first → vegetables second → carbohydrates third

Not sure what works for your body? Every active GLP-1 plan includes quarterly Helix Seven Food, Vitamins & Gut Health wellness tests to support more personalized dietary choices.

6. Limit What Commonly Feels Heavy

GLP-1 medications can make certain foods feel disproportionately uncomfortable.

Most commonly:

- Fried foods
- Heavy processed meals
- High sugar foods
- Large portions
- Alcohol



Smaller meals often improve comfort.

7. Hydration Comes First

Digestion often slows while using GLP-1 medications, which makes hydration especially important.

Aim for:

2 liters minimum daily

Hydration often improves:

- › constipation
- › fatigue
- › headaches
- general comfort

Electrolytes may help where needed.

A strong option: LMNT



A Simple Day of Eating

Breakfast

- › Greek yogurt
- › Berries
- › Chia Seeds



Lunch

- › Grilled Chicken Salad
- › Olive oil



Snack

- › Protein Shake



Dinner

- › Salmon
- › Kale
- › Sweet Potato



Approximate daily protein total: **105g**

Final Perspective

GLP-1 medications are highly effective tools — but long-term outcomes improve dramatically when nutrition is handled intelligently.

The objective is not simply less food.

It is:

- enough protein
- enough hydration
- better food choices
- steady muscle preservation
- sustainable metabolic support

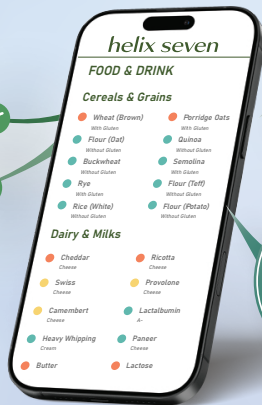
The people who do best long term usually treat nutrition as part of the therapy.

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[SEE IF I AM ELIGIBLE](#)

Disclaimer

This guide is provided for general educational and wellness information only and is not intended to diagnose, treat, cure, or prevent any disease or medical condition.

Downloading this guide does not guarantee medication approval, prescription eligibility, or acceptance into any treatment pathway, as all treatment decisions are made following licensed clinical review through the **Helix Seven website**.

Individual nutritional needs, calorie requirements, and responses to GLP medications may vary based on age, body composition, medical history, activity level, medications, and other personal health factors.

Basal Metabolic Rate (BMR), calorie ranges, and protein calculations included in this guide are approximate educational estimates and should not replace individualized medical, nutritional, or clinical advice.

GLP medications may affect appetite, digestion, hydration, and nutrient intake. It is important to work with a qualified licensed healthcare provider to ensure nutritional intake remains appropriate while using prescription medication.

Helix Seven is owned by the same parent company as Advanced Food Intolerance Labs. Advanced Food Intolerance Labs testing is intended for general wellness insight only and is not designed to diagnose allergies, disease, clinical, or medical conditions. Advanced Food Intolerance Labs services, offers, and test kits remain subject to their own separate terms, policies, and conditions.

If you are pregnant, breastfeeding, have a medical condition, or are taking prescription medication, consult your healthcare provider before making significant dietary or supplement changes.

Results, weight loss, appetite response, and nutritional needs vary from person to person.

If pregnant, breastfeeding, managing illness, or taking prescription medication, consult your healthcare provider before making dietary or supplement changes.