

3-Month GLP Protocol Guide

A Progressive Plan for Sustainable Fat Loss, Energy, and Long-Term Success

Program Overview

This 12-week GLP-based protocol is designed to help you:

- Achieve steady fat loss without constant hunger.
- Improve metabolic health and energy balance.
- Build long-term lifestyle habits that last beyond the program.

The plan integrates dosing, mixing, injection technique, nutrition, hydration, training, and recovery into one simple structure. Every detail is designed to minimize side effects and maximize results.

Progressive Dosing Schedule

Week	Days	Dosage	Notes
1	1-7	2.5 mg	Loading phase — body adapts, nausea minimized
2	8-14	2.5 mg	Continued adaptation
3	15-21	5.0 mg	Appetite suppression begins
4	22-28	5.0 mg	Sustained appetite control
5	29-35	7.5 mg	Fat-loss acceleration
6	36-42	7.5 mg	Steady suppression, tolerance builds
7	43-49	10 mg	Stabilization phase
8	50-56	10 mg	Balanced suppression and tolerance
9	57-63	12.5 mg	Escalation phase (if tolerated)
10	64-70	12.5 mg	Advanced control,

			steady state
11	71-77	15 mg	Peak phase — maximum standard dose
12	78-84	15 mg	Maintain at peak for final phase

Mixing & Injection Instructions

Mixing

- Standard Mix (10 mg vial): Add 2 mL bacteriostatic water → final concentration = 5 mg/mL.

- 0.50 mL = 2.5 mg
- 1.00 mL = 5 mg
- 1.50 mL = 7.5 mg
- 2.00 mL = 10 mg

- Extended Mix (20 mg vial): Add 4 mL bacteriostatic water → final concentration = 5 mg/mL.

- 0.50 mL = 2.5 mg
- 1.00 mL = 5 mg
- 1.50 mL = 7.5 mg
- 2.00 mL = 10 mg
- 3.00 mL = 15 mg
- 4.00 mL = 20 mg

Storage:

- Refrigerate between 36–46°F (2–8°C).
- Use within 30 days of mixing.
- Always label vial with date and concentration.

Injection

- Use U-100 insulin syringes (29–31 gauge).
- Inject subcutaneously in abdomen, thighs, or flanks.
- Rotate injection sites weekly.
- Clean vial top and injection site with alcohol.
- Pinch skin and inject slowly (5–10 seconds).

Lifestyle Integration

Nutrition

- Protein: 0.7–1.0 g per lb goal body weight.
- Macro balance: 40% protein / 30% carbs / 30% fats.
- Choose whole, minimally processed foods.
- Cut processed sugars, fried foods, and alcohol.

Hydration

- Drink 80–100 oz water daily.
- Add electrolytes during workouts or heavy sweating.
- Keep hydration consistent to reduce side effects.

Training

- Strength training: 3–4x per week.
- Cardio: 2–3x per week (moderate intensity).
- Daily movement: aim for 7,000–10,000 steps.

Recovery

- Sleep: 7–8 hours every night.
- Stress management: meditation, journaling, yoga.
- Schedule active recovery (walking, cycling, stretching).

Troubleshooting Guide

- Nausea → Hold current dose longer, eat smaller meals.
- Constipation → Increase fiber, hydration, and magnesium.
- Plateau → Add cardio or adjust nutrition macros.
- Fatigue → Ensure electrolytes, evaluate thyroid/testosterone.
- Muscle loss → Increase protein, resistance training, add creatine.

Weekly Progress & Dosage Tracker

Week	Dosage	Injection ✓	Protein ✓	Water ✓	Training ✓	Notes
1	2.5 mg					
2	2.5 mg					
3	5.0 mg					
4	5.0 mg					
5	7.5 mg					
6	7.5 mg					
7	10 mg					
8	10 mg					
9	12.5 mg					
10	12.5 mg					
11	15 mg					
12	15 mg					

Tip: Track appetite, energy, sleep, and progress photos weekly. Consistency beats perfection.