

# Protein Intake While Taking GLP-1 Medication

## Why Protein Matters on GLP-1s

- Preserves lean muscle during weight loss
- Helps maintain metabolism and prevent metabolic slowdown
- Supports hormone balance and healthy aging
- Reduces hunger and stabilizes blood sugar

## How Much Protein Do You Need?

Most adults on GLP-1 therapy should aim for

- About 0.5g of protein per pound of body weight
- 25–30g per meal to support muscle protein synthesis
- Spread protein intake throughout the day

## Best Protein Sources

- Lean meats: chicken, turkey, lean beef, pork tenderloin
- Fish & seafood: salmon, tuna, shrimp, white fish
- Eggs & egg whites
- Greek yogurt & cottage cheese
- Protein shakes (whey, plant-based, collagen blends)
- Beans, lentils, tofu, tempeh

## Tips to Hit Your Protein Goals

- Start each meal with your protein source first
- Add a daily protein shake if needed
- Keep simple options on hand (hard-boiled eggs, protein bars)
- Track intake for a week to understand your baseline
- Pair protein with fiber-rich vegetables for fullness

## Bottom Line

Protein is essential for safe, effective, and sustainable progress while taking GLP-1 medications. Prioritizing protein protects your metabolism, strength, and long-term wellness.

[www.essentiallyyiyia.com](http://www.essentiallyyiyia.com)



