How to Build a Protein Shake to Support GLP-1 Medications for Weight Management

Importance of Protein

When taking injectable Semaglutide or Tirzepatide (sometimes referred to as GLP-1 medications)* for weight management, your protein needs are higher: **1.2–2 g of protein per kg of body weight** (about 0.55–0.9 g of protein per lb of body weight) per day.

Protein plays an important role by:

- Building and preserving muscle is essential for maintaining muscle mass, especially during weight loss with injectable Semaglutide or Tirzepatide.
- Keeping you feeling fuller for longer and helping to manage hunger.
- Boosting metabolism and aiding in fat loss while protecting muscle.

**Brand names include Wegovy and Ozempic (injectable Semaglutide) and Zepbound and Mounjaro (injectable Tirzepatide). Other GLP-1 medications exist, but these are the most effective and popular for weight management.*

Why Protein Shakes Can Help

Protein shakes can be useful for a variety of reasons:

- **Quick and convenient**: Protein shakes provide an easy way to increase protein intake, especially for those with a reduced appetite while on a Semaglutide or Tirzepatide injectable medication.
- **Supports muscle recovery**: Ideal for post-workout or when you need an extra boost of protein throughout the day.
- **Customizable**: Tailor shakes to meet your nutritional needs with a variety of ingredients.



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Step 1: Choose a Protein Base





- **Whey protein (dairy-based)**: Quick digestion, ideal for post-workout.
- **Plant-based protein**: Pea, hemp, or soy protein for those avoiding dairy.
- Aim for 20-30g of protein per shake.

Step 2: Add Liquid



- Almond milk, dairy milk, or water depending on your calorie and nutritional needs.

Step 3: Boost with Nutrient-Dense Add-ins





- **Leafy greens**: Add leafy greens like spinach for a boost of fiber and micronutrients like calcium.
- **Fruits**: Blend in fruits like berries for antioxidants and extra fiber.

Step 4: Optional Add-ons:







- Greens powder for extra micronutrients.
- Cinnamon or cocoa powder for flavor without extra sugar.
- Healthy fats like chia seeds or avocado.

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Alternatives

Greek Yogurt



- **Protein**: 1 cup = 20g protein
- **Benefits**: High in calcium and probiotics, thickens shakes for a creamy texture.
- **How to Use**: Add 1 cup to your shake for a natural protein boost.

Cottage Cheese



- **Protein**: 1/2 cup = 12g protein
- **Benefits**: Rich in casein protein, which digests slowly, providing a longer-lasting feeling of fullness.
- **How to Use:** Blend with fruits for a smooth, protein-rich shake.

Silken Tofu



- **Protein**: 1/2 cup = 10g protein
- **Benefits**: Great plant-based option, adds creaminess to shakes, and is rich in iron.
- **How to Use**: Add 1/2 cup to your smoothie for a smooth, high-protein base.

Nut Butter (Peanut or Almond Butter)



- **Protein**: 2 tbsp = 8g protein
- **Benefits**: Provides healthy fats and a good source of protein, adds a rich texture and flavor.
- **How to Use**: Add 1-2 tablespoons to your shake for added protein and healthy fats.

Hemp Seeds



- **Protein**: 3 tbsp = 10g protein
- **Benefits**: High in omega-3 fatty acids and fiber, provides a mild nutty flavor.
- **How to Use**: Sprinkle 2-3 tablespoons into your shake for plant-based protein.