

Retatrutide
Checklist: 7
Non-
Negotiable
Rules Before
You Inject

Table of contents

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Table of contents

Disclaimer

Retatrutide at a Glance: Essential Facts

Rule 1: RETA Is the Accelerant, Not the
System

The Three Pillars Before Your First Injection

Rule 2: Optimize Testosterone First

Rule 3: Bloodwork + Titration Are Mandatory

Rule 4: RETA \neq Tirzepatide

RETA vs. Tirzepatide: Key Differences

Rule 5: Nutrition Must Be Engineered

Rule 6: Monitor Cardiovascular Stress

Rule 7: Plan Your Exit Before You Start

Top Tips for a Successful RETA Exit

The 3 Biggest Mistakes

The Missing Piece: Systems Over Shortcuts

Your Next Steps: High Performance Coaching

Call to Action: Start Your Transformation

Disclaimer

This ebook is strictly for educational purposes and does not constitute medical advice. The information shared herein is designed to help you make informed decisions about the use of Retatrutide (RETA) and related protocols, but it should NEVER replace the guidance of a qualified healthcare professional. RETA and other peptides, medications, or hormone protocols can have significant effects on your health. Always consult your physician or a certified health provider before making changes to your health, wellness, or medication regimen. Your safety must come first. Informed, supervised use of these compounds is essential for long-term success and well-being.

Retatrutide at a Glance: Essential Facts



What is RETA?

Retatrutide (RETA) is a triple-agonist peptide that targets GLP-1, GIP, and glucagon receptors. It's being explored for its powerful fat loss effects.



Why Caution Matters

Inappropriate use can lead to muscle wastage, hormonal disruptions, and cardiovascular risks. Proper protocol minimizes harm.



Consult a Professional

RETA is not for everyone. Lab work and individualized assessment are required before starting any protocol.

Rule 1: RETA Is the Accelerant, Not the System

Retatrutide (RETA) has exploded in popularity due to its impressive appetite suppression and fat loss results—but it's crucial to remember that RETA is an accelerant, not the entire system. While using RETA may dramatically speed up fat loss by curbing hunger, it does not provide the conditions needed to preserve muscle mass or create a sustainable physique transformation. If you rely solely on the appetite suppression and resultant calorie deficit from RETA, you will lose more than just fat: you risk losing valuable muscle tissue, damaging your metabolism, and encountering rebound weight gain post-cycle.

A successful RETA protocol is built upon a foundation of structured resistance training, consistent protein intake, and a well-considered post-cycle strategy. Lifting weights triggers the anabolic signals your body requires to build and maintain muscle. Tracking your daily protein intake ensures your muscles receive the raw materials they need for recovery and growth—aim for a daily protein target tailored to your lean body mass. Just as important is a plan for what happens after you stop RETA. Without a clear transition strategy, you will likely face weight regain and lost progress.

- Have a structured resistance training program in place.
- Track your daily protein target (don't estimate—use actual numbers).
- Develop a post-cycle plan before your first dose.

RETA alone delivers short-term results. Pair it with intelligent training, nutrition, and a long view if your goal is a lasting transformation.



**If you rely on RETA alone, you don't have a strategy—you
have a shortcut that will fail.**

John Franco

The Three Pillars Before Your First Injection



Resistance Training

Structured strength training is the single most effective way to protect muscle mass during aggressive fat loss phases. Aim for at least three sessions per week targeting all major muscle groups.



Protein Tracking

Consistently hitting your protein target ensures your body has the materials needed for muscle repair and growth. Track intake diligently, especially when appetite is low.



Post-Cycle Planning

A well-structured exit strategy prevents rapid fat regain and sets you up for sustained results once RETA is discontinued. Take this as seriously as your active cycle.

Rule 2: Optimize Testosterone First

Before you embark on a RETA protocol, one non-negotiable requirement stands between you and a successful body transformation: hormonal health, with optimized testosterone at its center. Why? Testosterone is the master anabolic hormone for men, crucial for maintaining muscle mass, energy, and even your ability to effectively burn fat. If you plunge into a large calorie deficit—inevitable with RETA—without sufficient anabolic support, your body will break down muscle tissue alongside fat for fuel. The result is a smaller, but softer, less functional physique.

Optimizing testosterone means more than achieving 'normal' or 'in-range' lab values. Target the higher end of the reference range for your age. Free testosterone, not just total, is especially important—sex hormone binding globulin (SHBG) can falsely suppress the active portion despite a 'good' total T reading. Address any hormonal deficiencies—whether they involve thyroid, estrogen balance, or others—either before or alongside your RETA protocol.

- Confirm total testosterone is well-optimized, not just 'normal'.
- Measure free testosterone and address high/low SHBG.
- Correct hormonal deficiencies prior to starting RETA.

The real goal of any fat loss protocol isn't just losing weight on the scale. It's recomposing your body: maximizing visible muscle and minimizing fat. That outcome is impossible without robust testosterone function.



A large calorie deficit without an anabolic signal leads to muscle loss.

John Franco

Rule 3: Bloodwork + Titration Are Mandatory

Blindly starting a RETA protocol without comprehensive baseline bloodwork is like racing down a highway at night with no headlights. You must know your hormonal, metabolic, and cardiovascular status before your first dose—and track these markers throughout your protocol. Key labs include total and free testosterone, estradiol, SHBG, LH, FSH, fasting glucose, insulin, HbA1c, liver enzymes, lipid panel, blood pressure, and resting heart rate. This full metabolic and cardiovascular snapshot ensures you aren't putting yourself at unnecessary risk.

Titration—that is, starting at a low dose and cautiously increasing at set intervals—significantly reduces your risk of serious side effects like nausea, headaches, or dangerously elevated heart rate. Most new users begin with 0.5 mg weekly, increasing every two weeks by small increments. The majority find therapeutic benefit in the 3–4 mg range, with maximum effects at 6 mg. Rushing titration nearly always backfires: the faster you escalate dosing, the more likely you'll have severe side effects, making adherence and results harder.

- Perform all baseline labs: hormonal, metabolic, cardiovascular.
- Start with low dose (≈ 0.5 mg if new), titrate up no faster than every 2 weeks.
- Do not exceed recommended dose—more is not better.

Data, not guesswork, should guide every step of your RETA journey.

Rule 4: RETA ≠ Tirzepatide

A common mistake, even among experienced peptide users, is assuming RETA can be used identically to Tirzepatide. While both target GLP-1 and GIP receptors, only RETA activates the glucagon receptor as well. This seemingly minor difference has a major impact: glucagon can further increase fat oxidation and boost metabolic rate, but it also raises the overall 'stress' your system experiences during aggressive fat loss. Consequently, RETA requires unique dosing logic.

Copying a Tirzepatide (Mounjaro) protocol or ramping up dosage aggressively risks intolerable side effects and metabolic burnout. Instead, target your maximum dose over a gradual 8–12-week period. This allows your system time to adapt to glucagon's effects, preventing energy crashes, sleep disturbances, and excessive muscle loss.

- Do not use Tirzepatide dosing protocols with RETA.
- Understand: more rapid escalation increases system stress.
- Reach final dose over 8–12 weeks for safety and sustainability.

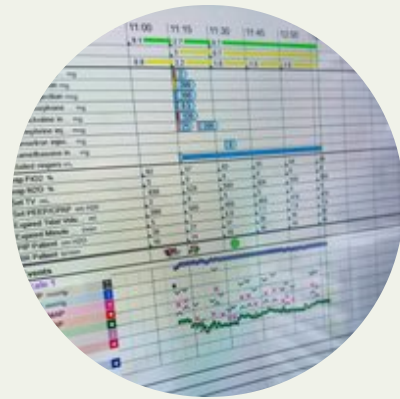
Every aspect of your RETA plan must respect these unique pharmacological properties—your results and health depend on it.

RETA vs. Tirzepatide: Key Differences



Triple vs. Dual Agonist

RETA targets GLP-1, GIP, and glucagon receptors, whereas Tirzepatide only engages GLP-1 and GIP. This extra receptor boosts fat burning but also increases total body stress.



Dosing Protocols

RETA's glucagon activation means you must escalate dosing over 8–12 weeks, not 4–6. Rushing increases risk and reduces benefits.

Rule 5: Nutrition Must Be Engineered

Retatrutide has a remarkable ability to suppress hunger, often leaving users with little to no appetite. Although this can be extremely helpful for creating a calorie deficit, it also creates the risk of undernourishing your body—especially when it comes to protein and calories. Muscle mass is not preserved by default; it requires intentional strategy. Minimum protein intake should be set around 1 gram per pound of lean body mass, while total calories should rarely dip below 1,600–1,800 per day. Extreme undereating is a fast path to metabolic damage and muscle loss, even if the scale weight plummets.

Never eat 'intuitively' on RETA. Instead, schedule your meals and plan macronutrients—particularly carbohydrates—around training sessions to fuel performance and recovery. Rigid adherence to these rules ensures you retain muscle, feel energetic, and maintain a healthy metabolism as body fat drops.

- Set a daily protein minimum (~1g/lb lean mass).
- Do not let calories fall below basal metabolic needs (1,600–1,800 minimum).
- Prioritize carb intake pre- or post-training.
- Plan all meals in advance; don't rely on hunger cues.

Engineered nutrition supports not only short-term fat loss but long-term health and athleticism.



Hunger disappears—but muscle loss doesn't.

John Franco

Rule 6: Monitor Cardiovascular Stress

RETA's effect on resting heart rate is well-established—most users experience an increase, sometimes substantially. For those over 40 or with pre-existing cardiovascular risk, diligent monitoring is absolutely non-negotiable. Everyone should track daily resting heart rate, weekly blood pressure, and—if possible—heart rate variability (HRV) throughout their protocol.

Watch for warning signs: if your resting heart rate spikes 8–10 BPM above usual, or if your blood pressure trends upward, dosing must be adjusted immediately. Ignoring these markers risks long-term heart strain and undermines your health goals. This simple tracking practice may seem tedious, but it can prevent catastrophic side effects and ensure your fat loss journey is as safe as it is effective.

- Daily resting heart rate tracking (morning, before caffeine).
- Weekly blood pressure checks—record trends, not just numbers.
- HRV monitoring for deeper cardiovascular insights (if available).

Your future health depends on proactively monitoring and responding to these cardiovascular markers.

Rule 7: Plan Your Exit Before You Start

Most people who lose weight rapidly on GLP-1s like RETA regain it just as quickly after stopping—unless they have a clear, actionable exit strategy before their first injection. The truth is, the appetite suppression and fat-burning effects of RETA are temporary—even for the most diligent users. As your protocol ends, your appetite will return, and your body will require more calories to sustain your new weight.

A successful exit strategy includes a 4–6 week taper, gradual calorie increases, maintenance-focused meal planning, and—most importantly—continued resistance training. This phased transition prevents metabolic shock and rebound weight gain, preserving your results for the long term. Establish your maintenance intake and training schedule before you end your RETA cycle, so you're not improvising at the very moment discipline matters most.

- Taper off RETA over 4–6 weeks—not suddenly.
- Gradually raise calories before and after finishing.
- Lock in your new maintenance intake and meal schedule.
- Stay consistent with resistance training throughout and beyond your cycle.

The difference between temporary and permanent results is the strength of your exit plan.

Top Tips for a Successful RETA Exit



Taper Your Dosage

Reduce your RETA dosage in small increments over 4–6 weeks instead of stopping suddenly. This gradual approach helps your metabolism adapt.



Reintroduce Calories Mindfully

Increase calories slowly to find your new maintenance while watching your weight trend. This supports sustainability and avoids fat rebound.

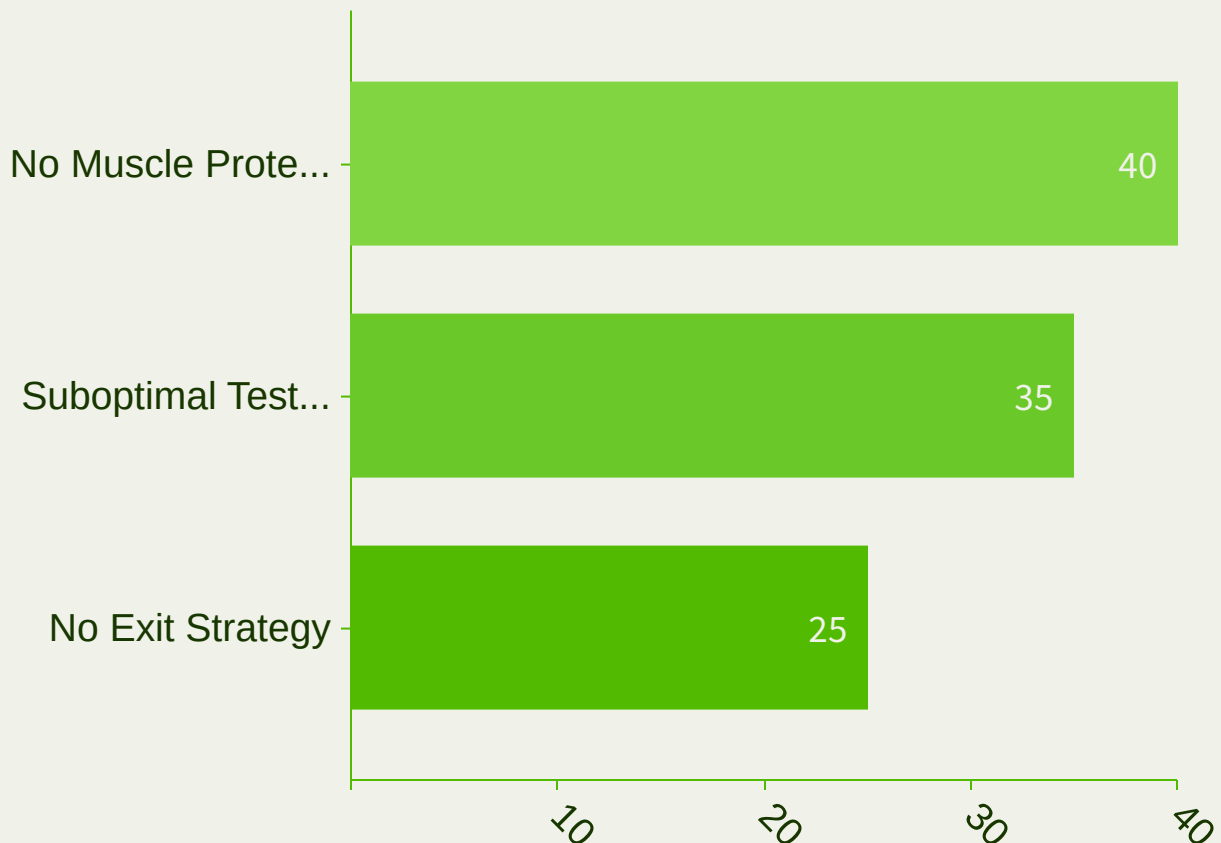


Keep Training Consistently

Resistance training must remain a staple after your RETA cycle ends. Training safeguards your new muscle and metabolic rate.

The 3 Biggest Mistakes

Top 3 Mistakes Before and During RETA Use



1. No muscle protection: If you ignore resistance training and protein intake, you'll lose not only fat but valuable muscle tissue. Muscle is metabolically active and makes your physique look stronger and leaner—not skinny and soft.
2. 'Normal' testosterone: Keeping testosterone in the 'low-normal' range generally yields poor results—low energy, plateaued fat loss, and increased mood issues. Insist on true optimization, not just 'acceptable' labs.
3. No exit strategy: Failing to plan what happens after you finish RETA is the surest way to regain weight (and more). With no maintenance phase, lost pounds are almost always replaced, and often, some extra.

Addressing these three mistakes maximizes your chance of permanent success.

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RETA gives you a window. Discipline determines if you keep it.

John Franco

The Missing Piece: Systems Over Shortcuts

Lasting transformation isn't about the next best shortcut, miracle peptide, or fasting trend—it's about building a system. Every man who holds on to his results after RETA has put systems in place: comprehensive lab work, dialed-in hormones, engineered nutrition, relentless training consistency, and regular monitoring of cardiovascular markers. Temporary fat loss comes from short-term discipline. Lifelong leanness comes from a repeatable structure that becomes part of your identity. RETA is powerful, but only within a framework that supports it long after the compound is gone.

- Establish baseline labs for personalized data.
- Optimize all major hormones before and during RETA use.
- Engineer your nutrition—don't guess.
- Commit to lasting training habits.
- Monitor your heart and health markers proactively.
- Plan your exit strategy before you begin.

Anyone can lose weight for a season. Systems are what keep it off for a lifetime.

Your Next Steps: High Performance Coaching



Precision, Not Guesswork

Tired of generic advice?
Customized, data-driven
protocols deliver next-level
results faster and safer.



Long-Term Results

Work with a coach who
focuses on sustainability, not
just fat loss. Retain results by
mastering proven habits and
systems.



Full Biohacking Optimization

Move beyond basic fat loss.
Optimize every facet:
hormones, metabolism,
energy, and confidence with a
holistic protocol.

Call to Action: Start Your Transformation

Can you honestly execute every rule in this checklist to perfection? If you're ready for true high performance—precision, accountability, and relentless results—the next step is clear. I built my High Performance Coaching for men like you. Whether you need help with bloodwork, customized nutrition, training, or a life-changing level of accountability, there's a path forward.

- DM “LABS” on Instagram for bloodwork guidance.
- DM “COACH” to apply for 1:1 coaching.

Don't settle for short-term. Build a system—and join the few who keep their results for life.

Follow [@johnfrancofit](#) on Instagram for evidence-based insights, daily tips, and direct access to coaching expertise. Your best transformation begins now.

