Protein Planner

FREE BONUS 1 · LOSE FAT, NOT MUSCLE BY NELSON VERGEL

Protein is what tips your body away from burning muscle for fuel during a calorie deficit. On a GLP-1 your appetite is small, so the plan is simple: know your number, and eat protein first (Chapter 4).

Step 1: find your daily target

Body weight in kilograms (pounds divided by 2.2) × 1.6 to 2.2 grams. Start at the lower number and build toward the upper end. Older adults, people in an aggressive deficit and people training hard sit at the higher end.

My numbers

My weight: _____ lb ÷ 2.2 = _____ kg
Lower target: _____ kg × 1.6 = _____ g a day Upper target: _____ kg × 2.2 = _____ g a day
If you carry a lot of excess fat, some clinicians base the target on goal or lean body weight. With kidney disease, set the target with your provider.

Body weight	Lower target (1.6 g/kg)	Upper target (2.2 g/kg)
130 lb (59 kg)	~95 g	~130 g
160 lb (73 kg)	~115 g	~160 g
180 lb (82 kg)	~130 g	~180 g
200 lb (91 kg)	~145 g	~200 g
230 lb (104 kg)	~167 g	~230 g
260 lb (118 kg)	~189 g	~260 g

Step 2: eat protein first, every meal

A GLP-1 slows your stomach, so you fill up fast. Eat the protein before the vegetables, fats and carbohydrates. The first bites may be all you get.

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Step 3: pick dense protein foods

Food	Serving	Protein (g)	Why it helps
Whey protein isolate	1 scoop	25-30	Fast and leucine-rich; best when solids are hard
Egg-white protein	1 scoop	20-25	Dairy-free option
Chicken breast	4 oz	35	Lean staple; keep some pre-cooked
Fish (cod, tilapia)	4 oz	25-30	Gentle on a small appetite
Greek yogurt (nonfat)	1 cup	20-25	Soft and easy
Cottage cheese	1 cup	25	Slow protein; good before bed
Eggs	2 large	12-14	Soft-cooked is easiest
Tuna (canned)	1 can	25-30	No cooking
Tofu / tempeh	4 oz	10-20	Plant option; tempeh is higher
Lentils / beans	1 cup	15-18	Protein plus fiber, helps constipation

Values are approximate, per typical serving (Appendix A, Table A.1). A shake plus one pre-cooked animal protein and a legume covers most of a daily target with little cooking.

Step 4: daily tally

Day	Breakfast (g)	Midday (g)	Snack (g)	Dinner (g)	Total (g)	Hit target?

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