



FREE CHEAT SHEET • GLP-1 USERS

From Coach Mike Lipsey • CPT • Certified Sports Nutrition Coach

GLP-1 PROTEIN CHEAT SHEET

Less appetite can mean less protein. These 3 habits help protect your muscle:

80-120 G

PROTEIN A DAY

A simple daily target from the 2025 joint advisory (or the proposed ~1.2-1.6 g/kg/day). Calculate yours on page 2.

3X / WEEK

STRENGTH TRAINING

Strength train at least 3x a week, plus 150+ min/week of moderate cardio, to help preserve muscle and bone.

PROTEIN FIRST

AT EVERY MEAL

Eat the protein part of your plate first, so you get it in before you fill up.

HIGH-PROTEIN FOODS • GRAMS PER SERVING

Protein values: USDA FoodData Central, cooked/prepared weights, rounded to the nearest gram.

MEAT & SEAFOOD

Chicken breast, roasted	3 oz	26 g
Turkey breast, roasted	3 oz	26 g
Ground beef 93% lean, cooked	3 oz	25 g
Shrimp, cooked	3 oz	20 g
Canned light tuna (in water)	1 can, drained	20 g
Cod, cooked	3 oz	19 g
Salmon (farmed), cooked	3 oz	19 g

DAIRY & EGGS

Greek yogurt, plain nonfat	6 oz (170 g)	18 g
Cottage cheese, 2%	1/2 cup (113 g)	12 g
Milk, 2%	1 cup	8 g
Mozzarella, part-skim	1 oz	7 g
Egg, hard-boiled	1 large	6 g
Egg white	1 large	4 g

PLANT

Tofu, firm (calcium sulfate)	1/2 cup (126 g)	22 g
Edamame, prepared	1 cup	18 g
Lentils, boiled	1 cup	18 g
Black beans, boiled	1 cup	15 g
Peanut butter, smooth	2 tbsp	7 g

PROTEIN POWDER / SHAKES

Varies a lot by brand. Read the label. Shakes can help close the gap on low-appetite days.

/// CALCULATE YOUR PROTEIN

FIND **YOUR** DAILY RANGE

STEP 1 Weight in lbs $\div 2.2$ = your weight in kg.

STEP 2 kg $\times 1.2$ = low end. kg $\times 1.6$ = high end. That's your daily range in grams, the range the 2025 joint advisory says has been proposed during weight loss.

STEP 3 Compare it to the simple **80-120 g/day** target. Higher body weight or kidney disease? Ask your care team which weight to use and which target fits you.

Why ask? For people with obesity, the advisory says it's unclear whether to use actual, adjusted, or ideal body weight (or lean mass), because actual weight can significantly overestimate protein needs. One approach it cites uses adjusted body weight.

WORKED EXAMPLE

200 LB $\div 2.2 =$ **90.9 KG** $\times 1.2$ to $1.6 =$ **109-145 G/DAY**

$90.9 \times 1.2 = 109.1$ g $\cdot 90.9 \times 1.6 = 145.4$ g, rounded to 109-145 g. This uses actual body weight; the top of the range is above 120 g, so this person should ask their care team which weight and target to use.

/// SAMPLE DAY

ABOUT **97 G** A DAY. NO HUGE MEALS.

BREAKFAST	Greek yogurt, plain nonfat, 6 oz	18 g
LUNCH	Light tuna, 1 can drained, on crackers or salad	20 g
SNACK	2 hard-boiled eggs	13 g
AFTERNOON	Cottage cheese 2%, 1/2 cup	12 g
DINNER	Chicken breast, 3 oz, + vegetables	26 g
EVENING	Milk 2%, 1 cup	8 g
TOTAL		≈ 97 g

Example only, built from the USDA values on page 1. It lands inside 80-120 g/day. Your care team sets your target.

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Education only. Not medical advice. Talk to your doctor.

LOW APPETITE? TRY THIS

GET IT IN WHEN YOU'RE NOT HUNGRY

- Protein first. Eat the protein on your plate before anything else.
- Small and steady. If nausea hits, eat breakfast, then small meals every 3–4 hours. Large meals make vomiting more likely.
- Go low-volume, high-protein: fish, eggs, Greek yogurt, cottage cheese, nuts, seeds, and nut butters.
- Drink a shake, if you need to. Protein shakes, bars, and fortified foods can help you reach your target.
- Sip fluids all day. Nausea, vomiting, or diarrhea can dehydrate you. Tell your prescriber if symptoms are severe or don't let up.
- Protein isn't enough on its own. Pair it with strength training, and track your lifts, not just the scale.

DM FREAK

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Coach Mike Lipsey · CPT · Certified Sports Nutrition Coach · Austin, TX

SOURCES

Mozaffarian D, et al. Nutritional priorities to support GLP-1 therapy for obesity: joint advisory of ACLM, ASN, OMA & The Obesity Society. Obesity Pillars 2025;15:100181. [pmc.ncbi.nlm.nih.gov/articles/PMC12264624](https://pubmed.ncbi.nlm.nih.gov/articles/PMC12264624) (80–120 g/day and 1.2–1.6 g/kg/day targets; actual vs. adjusted/ideal body weight; 3x/week strength + 150 min cardio; protein first; small meals; fluids; food & shake suggestions).

USDA FoodData Central, fdc.nal.usda.gov. FDC IDs: chicken 171477 · turkey 171496 · beef 174755 · shrimp 175180 · tuna 334194 · cod 171956 · salmon 175168 · Greek yogurt 330137 · cottage cheese 172182 · milk 171267 · mozzarella 171244 · egg 173424 · egg white 172183 · tofu 172475 · edamame 168411 · lentils 172421 · black beans 173735 · peanut butter 172470.

Unit conversion: 1 kg ≈ 2.2 lb (2.2046), so results are rounded.

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