

Patient Name: _____ Today's Date: _____

MPWeightLoss.com - GLP-1 Medication & Appointment Reminder

I am prescribed the following medication: Tirzepatide _____ or Semaglutide _____.

GLP-1 Medication Schedule

Week # Injection Date	Dosage (units)	Current Weight	Injection Location	Notes and/or Side Effects
1 _____				
2 _____				
3 _____				
4 _____				
5 _____				
6 _____				
7 _____				
8 _____				

Upcoming Appointments

Follow up Appointment: Date: _____ Time: _____

This appointment is in the Office _____ or by Phone _____.

Follow up appointments are **required** for a refill or adjustment to your current medication dose.

Can't make it to your appointment in the office switch it to phone appointment. We just need your weight from your home scale.

 **Notes:**

Reminder:

To help enhance effectiveness and minimize side effects, aim to consume 70–125g of protein, 21–28g of fiber, and at least 64 oz of water daily, along with daily cardio and strength training.

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Example Diet Plan	Key Components of a GLP-1 Diet:
Breakfast Option 1: Greek yogurt with mixed berries and a sprinkle of chia seeds Option 2: Whole grain oatmeal topped with sliced banana and a handful of nuts Option 3: Smoothie made with spinach, avocado, unsweetened almond milk, and a scoop of protein powder Mid-Morning Snack Option 1: An apple with a tablespoon of almond butter Option 2: A small handful of mixed nuts (almonds, walnuts, pistachios) Option 3: Carrot sticks with hummus Lunch Option 1: Grilled chicken salad with mixed greens, cherry tomatoes, cucumbers, avocado, and olive oil dressing Option 2: Quinoa bowl with black beans, corn, diced bell peppers, avocado, and a lime-cilantro dressing Option 3: Lentil soup with a side of whole grain bread Afternoon Snack Option 1: Celery sticks with peanut butter Option 2: A piece of fruit (such as a pear or orange) Option 3: Cottage cheese with pineapple chunks Dinner Option 1: Baked salmon with a side of steamed broccoli and quinoa Option 2: Stir-fried tofu with mixed vegetables (bell peppers, broccoli, snap peas) served over brown rice Option 3: Turkey meatballs with a side of roasted Brussels sprouts and sweet potato mash Evening Snack (if needed) Option 1: A small bowl of mixed berries Option 2: A few slices of cucumber with a bit of cottage cheese Option 3: Sugar Free Popsicles	High-Fiber Foods: Include plenty of vegetables, fruits, whole grains, and legumes. Lean Proteins: Opt for sources like chicken, fish, tofu, beans, and low-fat dairy. Healthy Fats: Include avocados, nuts, seeds, and olive oil. Low Glycemic Index Foods: These help manage blood sugar levels effectively. Hydration: Drink plenty of water throughout the day and include other low-calorie beverages like herbal tea. Additional Tips: Portion Control: Be mindful of portion sizes to avoid overeating. Regular Meals: Try to have regular meals and snacks to maintain steady blood sugar levels and avoid spikes. Limit Processed Foods: Avoid foods high in refined sugars and unhealthy fats, as they can negatively impact GLP-1 levels and overall health. Stay hydrated: Drink plenty of water throughout the day to help flush out toxins and maintain optimal hydration levels. Avoid sugary beverages and excessive alcohol consumption, as these can affect your blood sugar levels and overall health. Communicate with your healthcare provider: Keep your healthcare provider informed about any changes in your health status or any side effects you may experience while taking GLP-1. Your doctor can provide guidance and support to help you manage any issues that arise. Do not confuse hunger and thirst.

 **Notes:** _____

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