

MP Weight Loss

YOUR GUIDE TO GETTING STARTED WITH GLP-1 TREATMENT

What to expect. How to succeed. How to avoid common mistakes.



WHAT GLP-1 MEDICATION DOES

 <p>REDUCES APPETITE</p> <p>Helps you feel full sooner and eat less.</p>	 <p>SLOWS STOMACH EMPTYING</p> <p>Helps you feel full longer.</p>	 <p>HELPS REDUCE FOOD NOISE</p> <p>May quiet cravings and constant thoughts about food.</p>	 <p>SUPPORTS SUSTAINABLE WEIGHT LOSS</p> <p>Works best with healthy habits.</p>
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★ **Medication helps create the opportunity.**
Your daily habits determine results.

WHAT TO EXPECT IN THE FIRST 8 WEEKS

- WEEKS 1-2**
 - ✓ Learning hunger signals
 - ✓ Mild appetite changes
- WEEKS 3-6**
 - ✓ More consistent fullness
 - ✓ Clothes may fit differently
- WEEKS 6-8+**
 - ✓ Weight trend becomes clearer
 - ✓ Habits become easier to maintain


COMMON SIDE EFFECTS (NORMAL)

- ✓ Nausea
- ✓ Constipation
- ✓ Mild fatigue
- ✓ Reduced appetite
- ✓ Feeling full faster

CONTACT THE CLINIC (NOT NORMAL)

- Persistent vomiting
- Severe abdominal pain
- Unable to tolerate fluids
- Severe dehydration



 We're here to help.
Contact us if you are concerned.

YOUR MEDICATION

Drug: _____

Units: _____

HOW TO GET THE BEST RESULTS

Your daily habits matter.

YOUR DAILY TARGETS

 <p>PROTEIN</p>	 <p>WATER</p>	 <p>FIBER</p>	 <p>MOVEMENT</p>	 <p>CALORIES</p>
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Targets may be adjusted based on your individual needs.


5 HABITS THAT MAKE GLP-1 WORK BETTER

- 1 Eat protein first
- 2 Stop when comfortably full
- 3 Avoid drinking calories
- 4 Strength train 2-3x per week
- 5 Stay consistent between visits



INJECTION DAY TIPS

- ✓ Eat lighter meals
- ✓ Hydrate early in the day
- ✓ Rotate injection sites
- ✓ Avoid waiting until starving to eat

 Consistency makes a big difference.

FOLLOW-UP EXPECTATIONS

- APPOINTMENTS EVERY ~6 WEEKS**
We monitor your progress and make adjustments to keep you moving forward.
- WE MONITOR:**
- ✓ Weight progress
 - ✓ Side effects
 - ✓ Dose adjustments
 - ✓ Long-term success



RESOURCES AT YOUR FINGERTIPS


- Scan the QR code to access:
- Follow-up form
 - Protein guide
 - Pricing
 - Appointment booking


We're here to support you every step of the way.



MP Weight Loss

 903.708.7533

 304 West 20th Street
Mount Pleasant, TX 75455

 MPWeightLoss.com

YOU DON'T HAVE TO DO THIS ALONE. WE'RE WITH YOU.

MP Weight Loss Clinic - Semaglutide/Tirzepatide

Being overweight increases the risk of diabetes, arthritis, high blood pressure, heart disease, infertility, pregnancy complications, and more. We offer prescription options for weight loss while encouraging exercise and a healthier diet.

- Under the skin injection given at home **once weekly** by the patient (abdomen preferred)
- Creates a feeling of fullness (decreased appetite)
- Offers slow, sustained weight loss
- Can use long term for weight loss & prevention of weight regain
- **Motivated patients can lose up to 20% of their body weight with Semaglutide & up to 30% with Tirzepatide**
- Can cause nausea and constipation
- **Don't use these medications if you have a history of pancreatitis or some thyroid cancers. If you have diabetes requiring insulin, check with your PCP.**
- **Delivered** to your home by a compounding pharmacy based in Texas.
- Follow-up visits: \$75 per visit every 6 weeks. Maintenance visits: \$75 per visit every 12 weeks.

AXTELL - Semaglutide 2.5 mg/mL | Glycine 10 mg/ml | Cyanocobalamin (B12) 0.5 mg/mL

Dose/mg	Units	Qty/mL/vial	Cost	# of injections
0.25	10	0.5 mL	\$60.00	5
0.625	25	2 mL	\$105.00	8
1	40	3 mL	\$130.00	7
1.5	60	4 mL	\$155.00	6
2	80	5 mL	\$200.00	6
2.5	100	8 mL	\$275.00	8
3.6	50	4 mL	\$350.00	8
5.0	70	4 mL	\$350.00	5
7.2	100	4 mL	\$350.00	4*

Direct Axtell Rite-Value Pharmacy phone number: 903-564-6156 | lifefile@arvpharmacy.com

AXTELL - Tirzepatide 30 mg/10 mg/mL | Glycine 10 mg/ml | Cyanocobalamin (B12) 0.5 mg/mL

Dose/mg	Units	Qty/mL/vial	Cost	# of injections
2.5	8	0.5 mL	\$115.00	6
4.2	14	1 mL	\$200.00	7
6	20	1.5 mL	\$300.00	7
7.5	25	2.0 mL	\$330.00	8
10	33	2.0 mL	\$330.00	6
12.5	42	3.0 mL	\$400.00	7
15	50	3.0 mL	\$400.00	6

Office consult fees · \$200 Established GYN patients w/ Dr. Moore · \$225 New patients · \$75 follow up visit

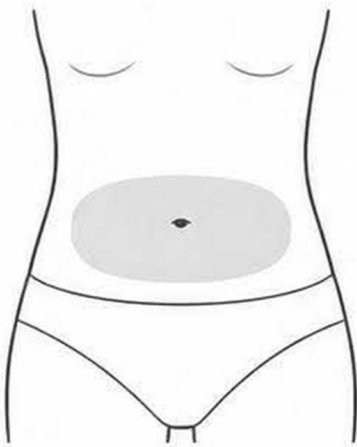
GLP-1 Injection Guide

Simple steps for safe and confident injections



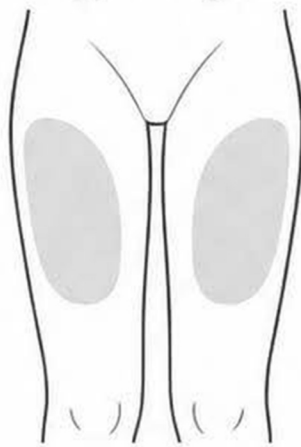
1 Recommended Injection Sites

Abdomen



At least 2 inches
away from the navel.

Upper Thighs



Use the outer or
front area of the thigh.



3 Helpful Tips



Rotate injection sites.



Use a clean syringe each time.



Store the vial in the refrigerator.



Follow your prescribed dose.



2 How to Inject

1



Wipe the vial and
injection site with
an alcohol swab.

2



Draw up the desired
dose in the syringe and
push the plunger to
remove any air.

3



Pinch skin at the
injection site and
insert the syringe
needle into the skin.

4



Dispose of the needle
in a sharps container
and place the vial in
the refrigerator.



4 Bring to Follow-Up

Medication _____

Dose / Units _____

Questions _____



Your GLP-1 Success Guide

A simple roadmap for your first weeks on treatment

1

2

3



Weeks 1–2 | Adjust
Your body is adapting.
Focus on consistency.



Weeks 3–4 | Build Habits
Build simple habits that
support your goals.



Weeks 5–6 | Build Momentum
Stay the course and
celebrate progress.



What to Expect

- Appetite reduction may happen quickly or gradually.
- Smaller meals often feel better than large meals.
- Protein, hydration, and consistency matter more than perfection.
- Weight can fluctuate from week to week.



Your Daily Targets

-  Protein Goal _____ (g)
-  Water Goal _____ (oz)
-  Fiber Goal _____ (g)
-  Movement Goal _____ (min)
-  Sleep Goal _____ (hours)







Quick Success Checklist

- Eat protein first
- Avoid drinking calories
- Keep meals simple
- Track symptoms
- Bring questions to follow-up



Call Us If...

-  Persistent vomiting
-  Inability to keep fluids down
-  Severe abdominal pain
-  Concerns about side effects



Questions for My Next Visit



How to Maximize Your Results

Simple daily habits that help GLP-1 treatment work better



1) Your Core Habits



Protein

Aim to include protein at each meal to support fullness and muscle retention.



Hydration

Sip fluids throughout the day and prioritize water.



Fiber

Fiber helps support digestion and regularity.



Movement

Light daily movement supports energy and progress.



Sleep

Sleep helps regulate hunger and recovery.



2) Meal Rhythm Tips

- Eat slowly.
- Stop when comfortably full.
- Avoid oversized meals.
- Keep meals simple.
- Do not skip hydration.



3) Quick Wins Checklist

- Protein first
- Water bottle nearby
- Walk after meals
- Planned snacks
- Consistent bedtime



4) My Goals This Week

 Protein Goal _____

 Water Goal _____

 Movement Goal _____

 One Habit I'm Working On _____



5) Reminder

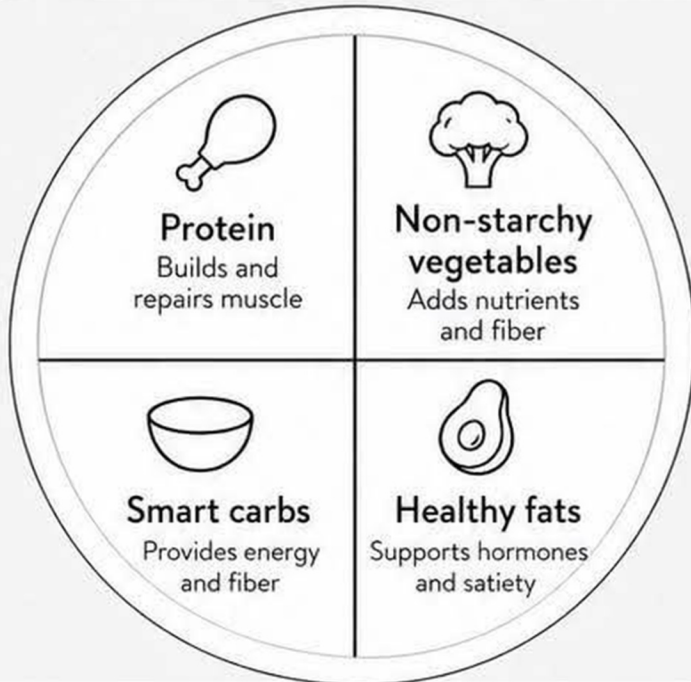
*Progress is not
always linear.
Consistency beats
perfection.*





GLP-1 Nutrition Cheat Sheet

Food choices that support treatment and help you feel your best

1 Build Your Plate



2 High-Protein Ideas

-  Greek yogurt
-  Eggs
-  Cottage cheese
-  Chicken
-  Turkey
-  Tuna
-  Protein shakes
-  String cheese

3 Easy Meal Ideas

-  Scrambled eggs with fruit
-  Greek yogurt with berries
-  Grilled chicken and vegetables
-  Turkey roll-ups with a side salad

4 Foods That May Worsen Symptoms

-  Fried foods
-  Greasy foods
-  Very sugary foods
-  Large meals
-  Carbonated drinks if they worsen bloating

5 Keep on Hand

- Protein shake
- Water bottle
- Yogurt
- Fruit
- Lean protein
- Fiber-rich snack







6 Helpful Tip

When appetite is low, focus on protein and fluids first.



Side Effects Survival Guide

Common symptoms and practical ways to manage them

SYMPTOM	WHY IT HAPPENS	WHAT TO DO
 Nausea	The stomach may empty more slowly.	<ul style="list-style-type: none"> • Eat smaller meals • Avoid greasy foods • Eat slowly • Sip water
 Constipation	Eating less and drinking less may slow digestion.	<ul style="list-style-type: none"> • Increase fluids • Increase fiber gradually • Stay active
 Reflux or Heartburn	Large meals may sit heavily.	<ul style="list-style-type: none"> • Eat smaller meals • Avoid lying down after eating • Reduce trigger foods
 Fatigue	You may be eating less than usual.	<ul style="list-style-type: none"> • Prioritize protein, fluids, and regular meals.
 Early Fullness	GLP-1 medications help you feel full sooner.	<ul style="list-style-type: none"> • Take smaller portions and stop when comfortably full.



Call the Clinic If...

- + You cannot keep fluids down
- + Vomiting is persistent
- + You have severe abdominal pain
- + Symptoms feel severe or unusual



Helpful Reminders

- Sip fluids throughout the day
- Protein matters
- Avoid oversized meals
- Report concerns at follow-up



Follow-Up Success Sheet

Bring this page to your next visit



1. Today's Medication

Medication Name _____

Dose / Units _____

Injection Day _____



2. My Progress

Current Weight _____ (lbs)

Protein Goal _____ (g)

Water Goal _____ (oz)

Energy Level _____ (1-10)

Appetite Changes



3. Symptoms I've Noticed

- Nausea
- Constipation
- Reflux
- Fatigue
- Headache
- None



4. Wins This Month



5. Questions or Concerns



6. Plan for Next Visit

Next Goal _____

Next Appointment _____ Date: _____

Notes _____



Small consistent habits create lasting results.



GLP-1 Exit Strategy

A thoughtful plan for reducing or stopping treatment



1. Why an Exit Strategy Matters

- Stopping without a plan can make hunger and old habits return quickly.
- A gradual transition helps protect the progress you have made.
- Your long-term habits matter just as much as the medication.



2. Before You Reduce or Stop

- Protein goal is consistent most days.
- Water intake is on track.
- Meals are regular and balanced.
- Strength or resistance activity is part of my routine.
- I have a follow-up visit scheduled.



3. Common Transition Options

1



Lower Dose

Some patients may move to a lower dose.

2



Longer Spacing

Some patients may extend the time between doses.

3



Maintenance Plan

Some patients may continue with a maintenance routine.

Your plan should be personalized with your clinic team.



4. Focus Areas During Transition

- Prioritize protein first at meals.
- Keep hydration consistent.
- Continue fiber and simple meals.
- Track weight weekly.
- Stay active and protect muscle.
- Watch for increased hunger or cravings.



5. Contact the Clinic If...

- Hunger becomes difficult to manage.
- Rapid weight regain begins.
- Side effects change or worsen.
- You are unsure how to taper or maintain.



6. My Exit Plan

My current medication: _____ My current dose: _____

My next follow-up: _____ My main habit goal: _____

Notes: _____

“The goal is not just to lose weight — it is to  to keep the habits that support your health.”

GLP-1 Maintenance Plan

How to maintain your results for the long term



1. What Maintenance Means

- Maintenance is about protecting your progress, not chasing perfection.
- Small routine habits help reduce the risk of weight regain.
- Ongoing follow-up keeps your plan realistic and sustainable.

2. Your Maintenance Pillars



Protein

Aim for regular protein intake to support fullness and muscle.



Hydration

Keep fluids consistent throughout the day.



Fiber

Support digestion and help manage hunger.



Movement

Include regular walking and strength work when possible.



Sleep

Sleep supports appetite control and recovery.



3. Monthly Check-In

- I weighed in this week.
- I reviewed my eating routine.
- I stayed active most weeks.
- I scheduled or kept my follow-up.
- I noticed early warning signs quickly.



4. Early Warning Signs

- Hunger is increasing significantly.
- Portion sizes are drifting up.
- Snacking is becoming more frequent.
- Weight is trending upward.
- Healthy routines are slipping.



5. My Maintenance Targets

Goal weight range: _____

Protein goal: _____

Water goal: _____

Movement goal: _____

Sleep goal: _____



6. My Action Plan If Weight Starts Climbing

1

Re-focus on protein, water, and simple meals.

2

Increase consistency with movement.

3

Review weekly trends instead of one single day.

4

Contact the clinic for guidance early.



7. Next Follow-Up

Next appointment: _____

Questions for my visit: _____

One habit I will protect: _____



*Long-term success
comes from steady routines,
not all-or-nothing thinking.*



BREAKING THE STALL

on a GLP-1

Hitting a plateau is normal. Your body is smart and adapts.
Use these evidence-based strategies to get back on track.



A stall is typically defined as no weight loss for 3–4 weeks.
Be patient, stay consistent, and use this plan to break through!

1. CHECK THE BASICS FIRST



NUTRITION

- Track your intake for 3–5 days.
- Are you in a calorie deficit?
- Watch portions, liquid calories, and “grazing.”



HYDRATION

- Aim for 80–100 oz of water daily.
- Dehydration can slow metabolism and cause water retention.



PROTEIN

- Aim for 0.7–1.0g of protein per lb of lean body mass.
- Protein helps preserve muscle and supports fat loss.



SLEEP

- Aim for 7–9 hours per night.
- Poor sleep increases hunger hormones and slows fat loss.



STRESS

- High stress = higher cortisol = more cravings & water retention.
- Practice stress management daily.

2. REEVALUATE ACTIVITY



- Aim for 7,000–10,000 steps per day.
- Add 2–4 days of strength training.
- Increase daily movement (NEAT – non-exercise activity thermogenesis).

Muscle burns more calories at rest!

3. ADJUST CALORIES (IF NEEDED)



- Your body requires fewer calories as you lose weight.
- Recalculate your calorie needs.
- Create a new deficit of 300–500 calories/day if weight has been stalled for 3+ weeks.

4. EVALUATE MEDICATION DOSE



- You may need a dose increase if:
 - You’re not feeling the medication as much
 - Cravings or food noise have returned
 - It has been 4+ weeks on the same dose

Discuss options with your provider.

5. GIVE IT TIME & STAY CONSISTENT



- Fat loss is not linear.
- Stay consistent with your habits.
- Small, steady changes lead to big results.



EXTRA TIPS THAT CAN HELP

- Try a 24–48 hour calorie reset (back to baseline, whole foods, higher protein).
- Increase fiber (25–35g/day).
- Limit alcohol.
- Reduce sodium if bloated.
- Take progress photos, inches, and how your clothes fit – not just the scale.



REMEMBER: A stall is not failure – it’s feedback.
Small adjustments + consistency = your next breakthrough!

You’ve got this! ♥

First 30 Days Tracker

A simple daily check-in for your first month on treatment



1. Medication Name _____



2. Dose / Units _____



3. Injection Day _____



4. 30-Injection Check-In

Injection	Water Goal 	Protein Goal 	Bowel Movement 	Weight
Injection 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 6	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 7	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 8	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 9	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 10	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____

Injection	Water Goal 	Protein Goal 	Bowel Movement 	Weight
Injection 11	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 12	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 13	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 14	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 15	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 16	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 17	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 18	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 19	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 20	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____

Injection	Water Goal 	Protein Goal 	Bowel Movement 	Weight
Injection 21	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 22	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 23	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 24	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 25	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 26	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 27	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 28	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 29	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Injection 30	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____



5. What to Watch For _____

- Hydration helps with headaches, constipation, and fatigue.
- Protein matters even when appetite is low.
- Track nausea, reflux, bloating, or constipation.
- Weight may fluctuate from week to week.
- Bring this page to your follow-up visit.



6. Call Us If... _____

- ⊕ You cannot keep fluids down
- ⊕ Vomiting is persistent
- ⊕ You have severe abdominal pain
- ⊕ Symptoms feel severe or unusual



7. Weekly Reflection _____

Biggest win this week: _____

Main challenge this week: _____

One habit I want to improve: _____

