



Dietary Guidelines while using Semaglutide/B12 and Tirzepatide/B12

- Daily caloric intake: females – 1200; males - 1800 (will vary depending on your activity level).
- Make sure to eat every three hours to avoid going into starvation mode
- Water: drink half of your body weight in fluid ounces (if you weigh 200 lbs, you should drink 100 ounces of water).
- Add lemon or lime to water, use Doterra lemon drops, or apple cider vinegar capsules to increase alkalinity.
- Breakfast, lunch and dinner should consist of a protein, veggie and a healthy fat. Proteins and veggies should be balanced in quantity. Healthy fats include olive oil, avocado oil and coconut oil.
- Proteins: chicken, turkey, fish. Avoid inflammatory proteins during weight loss.
- No fruit for the first two weeks.
- Stay under 40 grams of total carbohydrates per day. Do not drink your carbs. Always read your nutrition facts.
- If you work out, drink a protein shake within 30 minutes of completing your workout.
- For evening snacking, only have proteins after 6 pm or 4 hours before bed. No fruits, veggies or carbs since they will convert into fat.

Recommended Snacks

Veggies: celery sticks, cauliflower, cucumbers, broccoli, zucchini, spinach, bell peppers, snap peas, cabbage, romaine, sprouts, kale, radish, onions, carrots and green beans. May have hummus with raw veggies.

Fruit: one cup of blueberries, strawberries, blackberries, raspberries, or ½ of a grapefruit. Remember to avoid fruit the first two weeks.

Nuts: pumpkin seeds (Superseedz Brand), pistachios, walnuts, pecans, almonds (Emerald brand).

Other snacks: edamame, kale chips (Rhythm brand), pork rinds (Epic brand), turkey jerky or low sodium deli meat, plant-based protein bars and shakes.

Foods to Avoid for assuring Weight Loss

Fast foods, fried foods and processed foods

sugar

dairy including milk, cheese, butter, whey

inflammatory starches: pasta, bread, oatmeal, white potatoes

Foods that will interfere with Weight Loss (limit these and/or add these in when reaching goal)

Starches: Rice, quinoa, sweet potatoes

inflammatory meats: red meat, eggs, processed meats

beans: black, pinto, garbanzo, lima

nuts and oils: walnuts, almonds, olive and avocado oil

Fruits with Lower and Higher Sugars

Lower Sugars (pick these): all berries, grapes, citrus, apples, grapefruit

Higher Sugars (avoid or severely limit): bananas, dates, pineapple, mangos, dried fruits

Exercise

Focus on moving your body at least twenty minutes a day. Set goals for yourself to increase your movement. Walking and swimming are good for starters.

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