



MK Nutrition



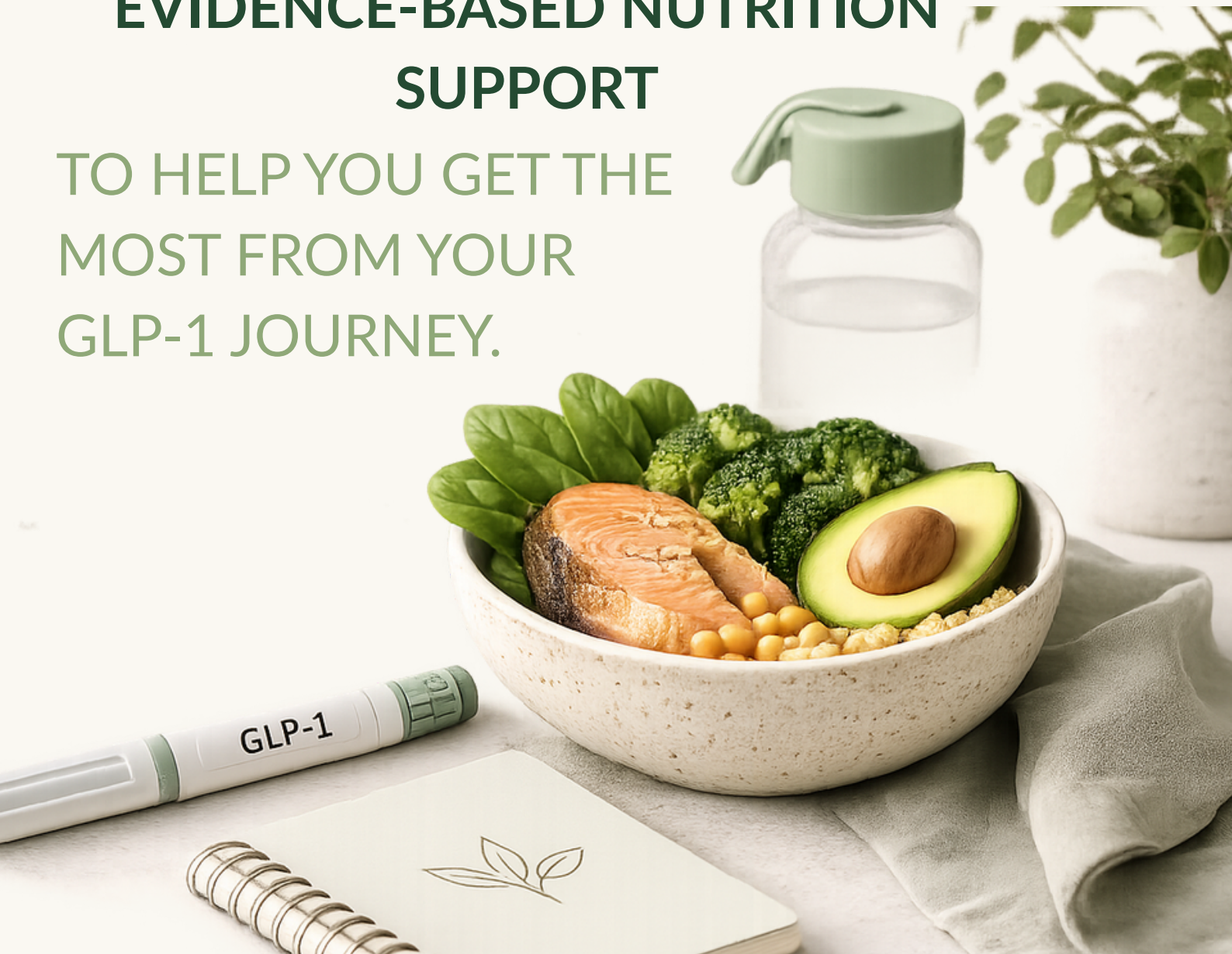
Real-life Nutrition.
Practical support. No pressure.

Your GLP-1 Starter Guide



EVIDENCE-BASED NUTRITION SUPPORT

TO HELP YOU GET THE
MOST FROM YOUR
GLP-1 JOURNEY.



WELCOME TO YOUR GLP-1 JOURNEY



Taking your first step

Starting a GLP-1 medication can feel exciting, but it's normal to have questions too.

This guide will help you understand what to expect, reduce common side effects and make sure you're giving your body the nutrition it needs while your appetite is reduced.



Before your first injection

- ✓ Choose a regular injection day.
- ✓ Stock up on protein-rich foods.
- ✓ Keep a water bottle nearby.
- ✓ Don't skip meals to try and lose weight faster.



What to expect

During the first few weeks you may notice:

- Feeling fuller much sooner.
- Eating smaller portions.
- Less interest in food.
- Mild nausea or changes to your bowels.

Remember, everyone responds differently. Some people lose weight quickly, while for others it takes a little longer.



MK Nutrition Tip

Your goal isn't to eat as little as possible.

Your goal is to eat enough of the right foods to nourish your body while your appetite is reduced.

COMMON SIDE EFFECTS

Most side effects improve with time

Many people experience mild side effects when they first start a GLP-1 medication or when the dose is increased. These are usually temporary and often improve as your body adjusts.

If your side effects are severe or persistent, always speak to your prescribing healthcare professional.



The most common side effects



Nausea

- Eat slowly and stop when comfortably full.
- Choose smaller meals more often if needed.
- Bland foods such as toast, crackers or plain rice may feel easier.
- Avoid large, rich or greasy meals.



Constipation

- Drink plenty of fluids.
- Include fibre-rich foods where possible.
- Gentle movement, such as walking, can also help.



Diarrhoea

- Keep hydrated.
- Choose simple, easy-to-digest foods until symptoms settle.
- Avoid high-fat meals if they make symptoms worse.



Feeling tired

- Make sure you're eating enough.
- Prioritise protein at each meal.
- Stay well hydrated.



Don't ignore persistent symptoms

Seek medical advice if you experience:

- Severe or persistent vomiting.
- Severe abdominal pain.
- Signs of dehydration.
- Side effects that don't improve or are worrying you.



MK Nutrition Tip

Many side effects are linked to how you eat rather than what you eat. Eating slowly, stopping when you're comfortably full and avoiding very large meals can often make a noticeable difference.

PROTEIN

Why is protein so important?

When you're eating less, every mouthful counts.

Protein helps to:

-  Maintain muscle while losing weight.
-  Keep you feeling fuller for longer.
-  Support energy and recovery.
-  Help keep your body strong and healthy.

Aim to include a source of protein every time you eat, even if you're only managing a small meal or snack.



Good Protein Choices

- | | |
|--|--|
|  Eggs |  Greek yogurt or cottage cheese |
|  Chicken or turkey |  Fish |
|  Cheese |  Nuts and seeds |
|  Milk or fortified soya milk |  Beans, lentils and chickpeas |
|  High-protein yogurts or drinks (if you're struggling to eat enough) | |



Small appetite?

If you're finding meals difficult, try choosing foods that provide more nutrition in smaller portions, such as:

- ✓ Greek yogurt with berries
- ✓ Cheese and crackers
- ✓ Peanut butter on toast
- ✓ Scrambled eggs
- ✓ A homemade smoothie with milk, yogurt and fruit



 MK Nutrition Tip

Don't wait until dinner to eat protein.

Spreading protein throughout the day is often easier than trying to eat a large amount in one meal.

When your appetite is smaller, your nutrition becomes even more important. Choosing protein first is one of the simplest ways to support your health while taking a GLP-1 medication.

FIBRE AND HYDRATION

Looking after your gut

Changes in appetite, eating less and slower digestion can all affect your bowel habits while taking a GLP-1 medication.

Getting enough fibre and fluids can help keep your digestive system moving and reduce constipation.

Fibre-rich foods

Try to include a variety of fibre-rich foods throughout the day, such as:

-  Fruit
-  Vegetables
-  Wholegrain cereals
-  Wholemeal bread
-  Beans, lentils and chickpeas
-  Nuts and seeds

Remember, if you've been eating very little fibre, increase it gradually to give your body time to adjust.

Stay hydrated

Aim to sip fluids regularly throughout the day, even if you don't feel thirsty.

Good choices include:

-  Water
-  Milk
-  Herbal teas
-  Sugar-free squash

Many people find it easier to drink small amounts often rather than large glasses all at once.

Constipation?

If you're struggling with constipation, try these simple steps:

- ✓ Drink a little more fluid.
- ✓ Include fibre-rich foods each day.
- ✓ Keep moving with gentle activity, such as walking.
- ✓ Don't ignore the urge to open your bowels.

If constipation is severe, persistent or causing significant discomfort, speak to your healthcare professional.



MK Nutrition Tip

Think "little and often".

Small sips of fluid throughout the day are often easier than trying to drink a large bottle in one go.

FREQUENTLY ASKED QUESTIONS

Your Questions Answered

There's a lot of information online about GLP-1 medications, and it can be difficult to know what to believe. Here are answers to some of the questions I hear most often.



? What if I'm not hungry?

It's normal for your appetite to reduce.

Instead of skipping meals altogether, try choosing small, nourishing meals or snacks that include protein and fluids. Your body still needs energy and nutrients, even if you don't feel hungry.



? Why am I not losing weight?

Weight loss isn't always steady.

Some people notice changes within the first few weeks, while others lose weight more gradually. Factors such as your starting weight, dose, lifestyle and other health conditions can all influence progress.

Try to focus on long-term habits rather than weekly numbers on the scales.



? Can I eat my favourite foods?

Yes.

There are no "forbidden" foods.

Many people naturally eat smaller portions because they feel full sooner. The aim is to build a balanced way of eating that you can maintain long after the medication has finished.



? Will I need to stay on the medication forever?

Everyone's journey is different.

For many people, obesity is a long-term health condition, and your prescriber will discuss how long treatment is appropriate for you. Building healthy habits while taking the medication can help you maintain progress in the future.



? Should I exercise?

If you're able to, yes.

Regular movement has many health benefits and, alongside eating enough protein, can help maintain muscle while you're losing weight.

Choose activities you enjoy and start gradually if you're new to exercise.



♥ MK Nutrition Tip

Weight loss isn't the only measure of success.

Better energy, improved mobility, healthier food choices and feeling more confident around food are all important signs that you're making positive changes.

YOU ARE NOT ALONE

This page isn't about nutrition. It's about **you**.



Your GLP-1 journey is unique

It's easy to compare yourself with other people online, but everyone's journey is different.

Some people lose weight quickly.

Others take longer.

Some experience side effects.

Others don't.

Progress isn't about being perfect—it's about making small, sustainable changes that support your health.



How MK Nutrition can help

Whether you're just starting your medication or you've been taking it for a while, I'm here to provide practical, evidence-based nutrition support without judgement.

I can help with:

- ✓ Managing side effects through nutrition
- ✓ Eating enough protein
- ✓ Improving fibre and hydration
- ✓ Meal planning
- ✓ Building healthy habits
- ✓ Support alongside your GLP-1 medication



Join the Community

 Join my FREE Facebook Community for:

- Weekly tips
- Practical meal ideas
- Nutrition Q&As
- Support from others on a similar journey



♥ Remember...

GLP-1 medication is one part of your journey.

The habits you build today are what will support your health for years to come.

A NOTE FROM MK NUTRITION

GLP-1 medications can be a helpful treatment for many people when prescribed appropriately.

As a Registered Associate Nutritionist (ANutr), **I do not prescribe medications or advise whether you should start, stop or change your treatment.**

My role is to help you:

- Get the most from your nutrition while taking a GLP-1 medication.
- Manage common nutrition-related side effects.
- Build sustainable eating habits that support your long-term health.
- Understand when a personalised nutrition review may be helpful.

If you're considering GLP-1 medication or have questions about your prescription, please speak to your GP, specialist or prescribing healthcare professional.

"Is a GLP-1 medication right for me?"

Not everyone who struggles with weight needs medication.

Sometimes there are other factors worth exploring first, such as:

- Perimenopause and menopause
- Lifestyle changes over time
- Sleep
- Stress
- Eating habits
- Medical conditions

A personalised nutrition review can help you understand what's contributing to weight changes and explore the most appropriate next steps for you.

Ready for your next step?

Whether you're just starting your GLP-1 journey or would like personalised nutrition support, I'd love to help.



Book a 1:1 consultation



Join the free Facebook community



Explore more resources at www.mknutritionist.com

Disclaimer

This guide provides general nutrition information and should not replace personalised medical advice. Always follow the advice of your prescribing healthcare professional.