

The Post-GLP-1 Transition Guide

Keep the weight off — for good.



by Kobie Wilkinson

WHAT'S INSIDE

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Read it before you stop, then keep it close for the first 90 days.

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WHY THIS GUIDE EXISTS

The medicine helped. Now it's your turn.

GLP-1 medicines quiet hunger while you lose weight. When you stop, that quiet fades. The habits you build now decide what happens next.

The honest truth

Weight regain after stopping is common — and it's **biology, not a lack of willpower**. The good news: you can plan for it. People who go in with a plan do better than people who just stop and hope.

UNDERSTAND

Know what your body will do, so nothing surprises you.

BUILD

Five simple pillars that protect your results.

PROTECT

An early-warning system that catches regain fast.

How to use this guide

- 1 **Read Part 1 before your last dose** and talk with your prescriber.
- 2 **Start the 5 pillars now**, while the medicine still helps.
- 3 **Follow the 90-day roadmap** on page 26.
- 4 **Check in weekly** with the trackers in Part 4.

PART 1

What happens when you stop

Three things change in your body. Knowing them takes away the guilt — and shows you where to focus.

1 Hunger comes back

The medicine slowed your stomach and turned down appetite signals. As it leaves your system over several weeks, hunger and "food noise" usually return.

Your plan: protein, fiber, and a hunger toolkit (page 11)

2 Your body defends its old weight

After weight loss, your body burns a bit less and pushes hunger a bit higher. This is called metabolic adaptation — it's normal.

Your plan: find your true maintenance number (page 16)

3 Muscle matters more than ever

Some weight lost on GLP-1s can be muscle. Less muscle means a slower metabolism. Building it back is one of your best defenses.

Your plan: strength training 2–3x a week (page 12)

2/3

of lost weight was regained within a year after people stopped semaglutide in the STEP 1 trial extension.

~14%

body weight regained over a year by people switched off tirzepatide in the SURMOUNT-4 trial.

In those trials, people stopped without a structured maintenance plan. Results vary from person to person.

NO SURPRISES

The first year: what to expect

Everyone is different, but most people notice changes in this order.

WEEKS 0–2**Business as usual**

The medicine is still in your system. Appetite feels about the same. **Best time to lock in habits.**

WEEKS 2–8**Hunger wakes up**

Portions start to feel small. Cravings and food thoughts get louder. Digestion may speed up. **Lean on protein and fiber.**

MONTHS 2–6**The danger zone**

This is when most regain starts — slowly, a pound here and there. **Weekly weigh-ins and the buffer zone matter most now.**

MONTHS 6–12**New normal**

Habits feel automatic. Your body settles at its new set point. **Keep strength training and keep checking in.**

Remember: A few pounds of water weight in the first weeks is normal as eating patterns shift. Watch the trend over a month, not one day.

DO THIS FIRST

Before you stop: your checklist

Never stop on your own without a plan. Take this list to your prescriber.

Questions to ask your prescriber

- ☐ Should I taper my dose down slowly or stop all at once?
- ☐ Is a lower "maintenance dose" an option for me?
- ☐ What weight gain would mean I should call you?
- ☐ Should any of my other medicines change when I stop?
- ☐ Should I get labs (A1C, cholesterol, etc.) before and after?
- ☐ When should we check in — 1 month, 3 months, 6 months?

Get ready at home

- ☐ Write down your current weight — this is your "anchor weight."
- ☐ Set your buffer zone (page 17).
- ☐ Start strength training 2x a week **before** your last dose.
- ☐ Stock your kitchen with protein and fiber staples (page 25).
- ☐ Tell one person your plan — support makes a difference.
- ☐ Print the trackers on pages 27–28.

PART 2

The 5 pillars of keeping it off

You don't need to be perfect. You need these five things done most days.

1**Protein**

Keeps you full and protects muscle. **25–30g at every meal.**

2**Fiber**

Slows digestion and feeds a healthy gut. **25–35g a day.**

3**Strength**

Builds muscle that keeps your metabolism up. **2–3 sessions a week.**

4**Movement**

Burns energy all day long. **Walk daily — build toward 7,000–10,000 steps.**

5**Sleep & stress**

Poor sleep and stress turn hunger up. **Aim for 7–9 hours.**

Plus one safety net: a weekly weigh-in with a 5-pound buffer zone, so small slips never become big ones.

PILLAR 1

Protein: your hunger shield

Protein is the most filling thing you can eat. When appetite returns, it's your first line of defense.

DAILY TARGET

$$\text{Goal weight (lbs)} \times 0.6$$

= grams of protein per day · split across 3–4 meals

Easy 25-gram meals

- 3 eggs + ½ cup cottage cheese
- 1 cup Greek yogurt + 2 tbsp nuts
- 4 oz chicken, fish, or lean beef
- 1 can tuna + ½ cup white beans
- 1 cup lentils + 1 oz cheese

Protein rules

- **Protein first** — eat it before sides
- **Front-load** — a strong breakfast curbs evening snacking
- **Never skip it** — even snacks get some
- **Pair with fiber** for staying power

Breakfast matters most

A 25–30g protein breakfast is one of the easiest ways to cut evening cravings. If mornings are rushed, prep overnight oats or egg bites ahead.

If you have kidney disease or another condition, ask your doctor about the right protein amount for you.

PILLAR 2

Fiber & gut health

Fiber does part of what the medicine did: it slows digestion and helps you feel full longer.

25–35g

fiber a day is a good target for most adults. Most Americans get about half that.

+5g

a week is a gentle way to increase it without bloating.

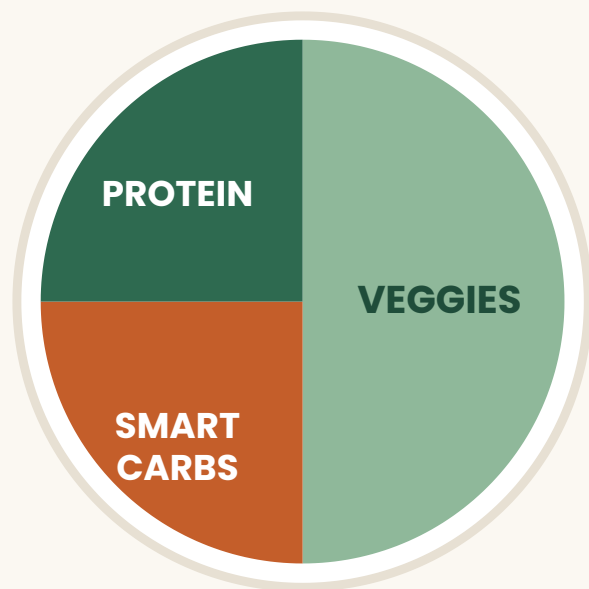
Food	Serving	Fiber
Lentils	½ cup cooked	~8g
Black beans	½ cup cooked	~7g
Chia seeds	1 tbsp	~4g
Raspberries	1 cup	~8g
Pear (with skin)	1 medium	~6g
Broccoli	1 cup cooked	~5g
Oats	½ cup dry	~4g

Gut tip: Drink more water as you add fiber — aim for a glass with every meal. Fiber without enough fluid can cause constipation instead of preventing it.

NO COUNTING REQUIRED

The maintenance plate

Build most meals this way and portions take care of themselves.



- **½ plate: non-starchy veggies**
Salad, broccoli, green beans, peppers
- **¼ plate: protein**
Palm-sized portion, about 4 oz
- **¼ plate: smart carbs**
Beans, brown rice, potatoes, fruit
- **Add: a thumb of healthy fat**
Olive oil, avocado, nuts

What it looks like

Meal	Protein	Veggies	Smart carb
Breakfast	2–3 eggs	Peppers & spinach	1 slice whole grain toast
Lunch	Grilled chicken	Big green salad	½ cup black beans
Dinner	Baked salmon	Roasted broccoli	Small sweet potato

Use a smaller plate

A 9-inch plate makes the same food look like more.

Serve, don't graze

Plate your food and put the pots away.

Pause halfway

Wait 2 minutes, then decide if you need more.

YOUR HUNGER TOOLKIT

When hunger comes back

Hunger isn't an emergency. It's a signal. These tools help you answer it the right way.

01

Rate it 1–10

Eat at a 3–4 (truly hungry). Stop at a 6–7 (satisfied, not stuffed).

02

Drink first

Thirst feels like hunger. Have a glass of water and wait 10 minutes.

03

Eat on a schedule

Regular meals every 3–5 hours keep hunger from building up.

04

Volume up

Soups, salads, and veggies fill your stomach with few calories.

05

Slow down

Fork down between bites. Fullness signals take about 20 minutes.

06

Quiet the food noise

Keep trigger foods out of sight — or out of the house.

The 10-minute rule

Craving hits? Set a timer for 10 minutes and do something else. If you still want it, have a small portion, sitting down, and enjoy it.

PILLAR 3

Strength: protect your metabolism

Muscle burns more energy than fat, even at rest. Keeping it is one of the strongest things you can do for maintenance.

2–3x

strength sessions a week

20–30

minutes is enough

Any age

muscle responds at 30, 50, or 70

Why it matters after GLP-1s

- Rapid weight loss can take some muscle with it.
- More muscle helps your body handle blood sugar better.
- Strength makes daily life easier — stairs, groceries, getting up off the floor.
- It helps your new body look and feel firmer.

Start simple

- **No gym needed.** A chair, a wall, and two water jugs will do.
- **Go slow.** Good form beats heavy weight.
- **Add a little each week** — one more rep or a bit more weight.

Your starter routine is on the next page. Check with your doctor before starting a new exercise program, especially if you have joint or heart issues.

2-3 DAYS A WEEK

The 6-move starter strength routine

Do every move in order. Rest 60 seconds between sets. About 25 minutes.

Move	How to do it	Sets × reps
Chair sit-to-stand	Sit, then stand up without using your hands. Lower slowly.	3 × 10
Wall or counter push-up	Hands on a wall or counter, lower your chest, push back.	3 × 8–12
One-arm row	Hand on a chair, pull a water jug or dumbbell to your hip.	3 × 10 each
Glute bridge	Lie on your back, knees bent, lift your hips and squeeze.	3 × 12
Farmer carry	Hold a weight in each hand and walk tall.	3 × 30 sec
Bird dog	On hands and knees, reach out the opposite arm and leg.	3 × 8 each

Too easy?

Add weight, slow the lowering to 3 seconds, or add a 4th set.

Too hard?

Do fewer reps, use a higher chair, or stand closer to the wall.

PILLAR 4

Daily movement

Many people who keep weight off for years stay active about an hour a day. Most of it is simple walking.

Build your steps slowly

WEEKS 1–2

**Your baseline +
1,000**

WEEKS 3–4

+ another 1,000

MONTH 2

7,000 a day

MONTH 3+

8,000–10,000

Step 1

Wear your phone or a tracker for 3 normal days. The average is your baseline.

150+

minutes a week of moderate activity is the basic health guideline. For maintenance, more helps.

Sneak in more movement

10-minute walk after meals

Helps blood sugar and digestion after eating.

Park farther away

Easy steps at work, stores, and church.

Move every hour

Stand, stretch, or walk 2–3 minutes.

Phone calls on foot

Walk while you talk — it adds up fast.

PILLAR 5

Sleep & stress

Short sleep and high stress raise hunger and cravings — especially for sweets and snacks. Protect your rest like you protect your plate.

Better sleep

- Aim for **7–9 hours** a night
- Same bedtime and wake time, even weekends
- No screens 30–60 min before bed
- Cool, dark, quiet room
- Stop caffeine by early afternoon
- Finish eating 2–3 hours before bed

Lower stress

- 5 slow, deep breaths before meals
- A daily walk outside
- Write down 3 things that went well
- Call or text a friend
- Prayer, quiet time, or music
- Say no to one thing this week

A simple wind-down routine

60 MIN

Kitchen closed.
Herbal tea or water only.

45 MIN

Dim the lights.
Phone on the charger.

30 MIN

Shower, stretch, or read a paper book.

LIGHTS OUT

Same time every night.

Night-shift or odd hours?

Keep the same sleep window as often as you can, use blackout curtains, and plan your meals around your shift — not the clock on the wall.

PART 3

Find your maintenance number

Maintenance is the amount of food that keeps your weight steady. Start with an estimate, then let your scale fine-tune it.

ROUGH STARTING ESTIMATE

Current weight (lbs) × 12–15

12 if you mostly sit · 13–14 if lightly active · 15 if very active

EXAMPLE

Weight: **180 lbs**, lightly active

$180 \times 13 = \text{about } 2,340 \text{ calories}$

MY ESTIMATE

Weight: _____ × _____
= _____ calories / day

Then adjust after 2 weeks

- **Weight steady?** That's your number. Keep it.
- **Going up?** Trim about 150–200 calories a day.
- **Still dropping?** Add about 150–200 calories a day.

This is a rough estimate, not a prescription. A registered dietitian can calculate a more precise number for you.

YOUR EARLY-WARNING SYSTEM

The 5-pound buffer zone

Weigh yourself at the same time, once a week (or daily and use the weekly average). Then check your zone.

GREEN ZONE

Within 3 lbs of your anchor weight

You're doing it. Keep your habits exactly as they are.

YELLOW ZONE

3–5 lbs above anchor

Tighten up for 2 weeks: protein at every meal, more steps, less snacking, cut back on alcohol and sweets.

RED ZONE

5+ lbs above anchor

Start the 3-day reset (page 22) and call your prescriber to talk about next steps — including whether to restart medicine.

My anchor weight: _____ lbs

Green up to: _____ Yellow up to: _____ Red at: _____

LEARN FROM THE BEST

Habits of people who keep it off

Research on people who maintain weight loss for years keeps finding the same simple habits.

01

They weigh in regularly

Catching a few pounds early is easier than losing 20 later.

02

They eat breakfast

A protein breakfast sets up the whole day.

03

They move every day

Usually about an hour, most of it walking.

04

They eat consistently

Similar meals on weekdays and weekends — no "free-for-all" days.

05

They watch less TV

Less screen time means more moving and less mindless snacking.

06

They cook more at home

You control the portions and the ingredients.

07

They plan ahead

Meals, snacks, and tough situations are thought out in advance.

08

They bounce back fast

A bad day is just a day. They get right back on track.

REAL LIFE

Eating out & social events

You don't have to skip the fun. You just need a game plan.

1 Look before you go

Check the menu online and pick your meal at home, when you're not hungry.

2 Order protein first

Grilled chicken, fish, steak, or fajitas. Ask for veggies instead of fries.

3 Box half right away

Restaurant portions are often 2–3 servings. Ask for a to-go box with your meal.

4 Watch the "extras"

Bread baskets, chips, dressings, and drinks add up fast. Pick one, not all.

5 At parties, eat first

Have a protein snack before you go. Then fill a small plate once and move away from the food table.

SPECIAL OCCASIONS

Holidays & travel

Holidays aren't the problem. Six weeks of "holiday eating" is. Enjoy the day — then get back to normal.

Holiday game plan

- Eat a normal protein breakfast
- Pick your 2 favorite treats — skip the rest
- Take a walk after the big meal
- Send leftovers home with guests
- Back to routine the very next day

Travel game plan

- Pack protein snacks: jerky, nuts, tuna packets
- Book a room with a fridge
- Grab Greek yogurt and fruit at a grocery store
- Walk to explore instead of driving
- Keep your sleep schedule close to normal

A word on alcohol

Drinks add calories and lower your guard around food. Set a limit before you go, alternate each drink with water, and choose light options. Some people find alcohol hits harder after weight loss — go slow.

The "one meal" mindset

One big meal can't undo your progress, just like one salad can't fix it. What you do most days is what counts.

THE HEAD GAME

Emotional eating

The medicine may have quieted emotional eating, too. When it returns, these steps help.

Ask: "Am I hungry, or am I..."

Bored? Tired? Stressed? Lonely? Sad? Celebrating? Name the feeling — that alone weakens the urge.

Try the H.A.L.T. check**H — Hungry?**

Eat a real meal with protein.

A — Angry or anxious?

Walk, breathe, or write it out.

L — Lonely?

Call or text someone.

T — Tired?

Rest. Food won't fix tired.

My go-to swaps (fill these in)

When I feel _____, I will _____

When I feel _____, I will _____

If eating feels out of control or causes distress, talk with your doctor or a therapist who specializes in eating concerns.

SLIPPED UP? START HERE.

The 3-day reset

No guilt. No starving. Just three simple days to get back in your groove.

DAY 1

Clear the decks

Toss or put away trigger foods. Drink 8 glasses of water. Eat 3 protein-first meals. Take a 20-minute walk.

DAY 2

Back to the plate

Build every meal with the maintenance plate. Add a strength session. In bed on time.

DAY 3

Plan the week

Shop with the grocery list. Prep 2–3 protein options. Write down your meals for the next 4 days.

Reset meal ideas

Breakfast: veggie egg scramble · **Lunch:** chicken & bean salad · **Snack:** Greek yogurt + berries · **Dinner:** fish or chicken, roasted veggies, small potato

Do

Eat normal portions. Be kind to yourself. Focus on the next meal, not the last one.

Don't

Skip meals, "make up for it," or wait until Monday. Start at your very next meal.

PART 4

A sample maintenance day

About 100g protein and 30g fiber. Adjust portions to fit your maintenance number.

When	What you eat	Protein	Fiber
Breakfast	Greek yogurt bowl: 1 cup yogurt, ½ cup raspberries, 1 tbsp chia seeds	~24g	~8g
Lunch	Big salad with 4 oz chicken, ½ cup black beans, veggies, olive oil dressing	~37g	~10g
Snack	2 hard-boiled eggs + 1 pear	~13g	~6g
Dinner	4 oz salmon, 1 cup roasted broccoli, ½ cup brown rice	~30g	~7g
Daily total		~104g	~31g

Water

A glass with every meal and snack, plus more when active.

Treats fit too

Plan a small treat most days so you never feel deprived.

MIX & MATCH

7-day meal framework

A simple rotation so you never wonder "what's for dinner?"

Day	Breakfast	Lunch	Dinner
Mon	Yogurt bowl	Chicken & bean salad	Salmon, broccoli, rice
Tue	Veggie egg scramble	Leftover salmon bowl	Turkey chili
Wed	Protein overnight oats	Leftover chili	Sheet-pan chicken & veggies
Thu	Cottage cheese + fruit	Chicken wrap + side salad	Lentil soup + cheese toast
Fri	Veggie egg scramble	Tuna & white bean salad	Fajita bowl (eating out? See page 19)
Sat	Protein pancakes	Leftover fajitas	Grilled burger (no bun) + salad
Sun	Yogurt bowl	Big salad with leftovers	Roast chicken — prep for the week

Snacks (pick 1–2 a day): boiled eggs · Greek yogurt · cheese stick + apple · hummus + veggies · ¼ cup nuts · edamame · cottage cheese + berries

PRINT & SHOP

Maintenance grocery list

Keep these on hand and a healthy meal is always 10 minutes away.

Protein

- ☐ Chicken breasts or thighs
- ☐ Salmon or frozen fish
- ☐ Lean ground turkey or beef
- ☐ Eggs
- ☐ Canned tuna or salmon
- ☐ Greek yogurt & cottage cheese

Fiber

- ☐ Lentils & beans
- ☐ Oats
- ☐ Chia or ground flaxseed
- ☐ Berries (fresh or frozen)
- ☐ Pears & apples
- ☐ Brown rice or whole wheat wraps

Veggies

- ☐ Salad greens
- ☐ Broccoli
- ☐ Bell peppers & onions
- ☐ Frozen mixed veggies
- ☐ Green beans

Extras

- ☐ Olive oil
- ☐ Nuts & nut butter
- ☐ Hummus
- ☐ Salsa & spices
- ☐ Sparkling water

Shop the edges: most of this list is on the outside walls of the store — produce, meat, dairy. Go into the middle aisles with a plan.

YOUR FIRST 3 MONTHS

The 90-day roadmap

One month at a time. Each month builds on the last.

MONTH 1

Protect

- Protein at every meal
- Strength training 2x a week
- Walk daily: baseline + 1,000 steps
- Weigh in weekly — set your buffer zone
- Practice the hunger toolkit

MONTH 2

Build

- Strength training 3x a week
- Reach 7,000 steps a day
- Find your maintenance number
- Fiber up to 25–35g a day
- Practice one restaurant meal with your game plan

MONTH 3

Own it

- Habits on autopilot — less tracking, more living
- 8,000–10,000 steps most days
- Check in with your prescriber
- Plan for your next holiday or trip
- Celebrate — you did it!

PRINT 13 COPIES — ONE PER WEEK

Weekly check-in

Week # _____ Date: _____

This week's weight

Change from anchor

My zone

☐ G ☐ Y ☐ R

This week, how did I do?	Great	Okay	Needs work
Protein at every meal	☐	☐	☐
Fiber & water	☐	☐	☐
Strength sessions	☐	☐	☐
Daily steps	☐	☐	☐
Sleep & stress	☐	☐	☐

My win this week

One thing to improve

CHECK OFF EACH DAY

Daily habit tracker

Week of: _____

Habit	M	T	W	T	F	S	S
Protein at every meal	☐	☐	☐	☐	☐	☐	☐
25g+ fiber	☐	☐	☐	☐	☐	☐	☐
8 glasses of water	☐	☐	☐	☐	☐	☐	☐
Strength training	☐	☐	☐	☐	☐	☐	☐
Step goal reached	☐	☐	☐	☐	☐	☐	☐
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐
Ate slowly, stopped at 6–7	☐	☐	☐	☐	☐	☐	☐
Stress break / walk outside	☐	☐	☐	☐	☐	☐	☐

Goal: Most boxes checked, most days. Perfect weeks are not required — consistent ones are.

STAY CONNECTED

When to call your doctor

Your prescriber is part of your team — before, during, and after you stop.

Call your prescriber if...

- You've gained **5+ pounds** and can't turn it around in 2–3 weeks
- Your **blood sugar or blood pressure** numbers are climbing
- Hunger feels **constant or out of control**
- You have **ongoing stomach problems** — constipation, diarrhea, or pain
- You feel **down, anxious, or hopeless** about your weight

Restarting is not failing

Obesity is a long-term health condition. For many people, staying on medicine — or going back on it — is the right medical choice, just like with blood pressure or cholesterol. That's a decision for you and your doctor, with no shame.

Get emergency care for

Severe stomach pain, signs of dehydration, chest pain, or trouble breathing.

YOU ASKED

Questions & answers

Will I definitely gain the weight back?

Not necessarily. Regain is common when people stop without a plan, but strong habits — especially protein, strength training, and weekly weigh-ins — improve your odds.

Should I taper off or stop all at once?

That's a question for your prescriber. Some prefer a gradual taper; there's no single right answer for everyone.

How soon will my appetite come back?

Most people notice it within a few weeks after the last dose, as the medicine clears their system.

Do I have to count calories forever?

No. Track for a few weeks to learn your maintenance number. After that, the plate method and weekly weigh-ins usually do the job.

I gained a few pounds the first month. Did I fail?

No. Early shifts are often water and food volume. Watch your 4-week trend and use the buffer zone.

Can supplements replace the medicine?

No supplement works like a GLP-1 medicine. Fiber and protein foods help with fullness, but be wary of products that promise "natural GLP-1" results.

YOUR CHEAT SHEET

Keep it off: 6 rules

- 1 Protein first** — 25–30g every meal
- 2 Fiber & water** — 25–35g a day
- 3 Lift** — 2–3 strength sessions a week
- 4 Walk** — every day, building to 8,000+
- 5 Sleep** — 7–9 hours
- 6 Weigh weekly** — act in the yellow zone

Want more GLP-1 gut health help?

Guides, tools, and real-life tips from someone on the same journey.

[Visit flowwellglp1.clinic](https://flowwellglp1.clinic)