

GLP ATHLETE

The GLP Athlete Starter Kit

Lose weight without losing strength, energy, or your life.

A practical 7-day reset for active, busy people using GLP-1 medications

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Who This Is For

This kit is for active people who are busy, imperfect, and trying to stay powerful while losing weight. You may not call yourself an athlete — but you care about energy, strength, movement, and performance in real life.

The Audience Thread

- You want to be healthy. You are very busy.
- You shop at Costco, BJ's, Sam's, or a regular grocery store.
- You've tried meal boxes or prepared meals — they didn't fully solve it.
- You watch Netflix and still like snacks.
- You get off a call at 6:45 PM and think: what is for dinner?
- You started a GLP-1 medication, food sounds boring, dinner gets skipped — then junk wins three hours later.
- You're losing weight, but performance is starting to suffer.

Six real problems this kit solves

Problem	Starter Kit Solution
I am never hungry	Protein-first, small high-density meals.
Nothing sounds good	Flavorful defaults, meal delivery, sandwich systems.
Losing weight but feel weaker	Strength, protein, fueling, and recovery built in.
Workouts feel different	Pre-planned workout carbs and post-workout recovery.
Real life still happens	Default restaurant orders and no-guilt portions.
Healthy eating feels like work	Costco lists, meal delivery, and emergency meals reduce friction.

THE FRAMEWORK

The GLP Athlete Plate

Protein first. Flavor always. Fuel when it matters.

Smaller appetite means every bite has to work harder. Build every plate in this order: protein, then vegetables or fruit, then training carbs if the day calls for them, then real flavor — cheese, sauces, hummus, olive oil. Bad flavor breaks adherence faster than any diet rule.

Plate Type	Use
Normal Plate	Protein + vegetables/fruit + smart carb + flavor sauce.
Training Plate	Protein + larger carb + vegetables + sodium/fluids, before/after hard sessions.

Low Appetite Plate	Small, dense protein + fruit or easy carb. No giant salads that block protein.
Restaurant Plate	Protein-led order, share sides, box leftovers early.
Recovery Plate	Protein + carbs + fluids + sodium, inside the recovery window.

Protein-first targets for this household

Who	Daily Target	Note
Primary athlete	160–180 g/day	During a hard training build.
Active partner	70–90 g/day	Adjust for appetite and tolerance.

These are operating targets, not medical prescriptions.

YOUR FIRST WEEK

The 7-Day GLP Athlete Reset

A practical week to rebuild the kitchen around protein, training fuel, and real life — not a diet, a decision system.

Day	Theme	Action
0	Prepare	Clean the fridge, order groceries, stock protein, choose 5 emergency meals.
1	Protein first	Hit a realistic protein target using food plus ready-to-drink shakes.
2	Hydration	Add fluids and electrolytes around workouts and on low-appetite days.
3	Lunch system	Build 2 signature lunches and prep the ingredients.
4	Workout fuel	Practice carbs before/during workouts instead of relying on hunger.
5	Restaurant plan	Eat out using default orders and smaller portions, without guilt.
6	Strength & recovery	Prioritize strength, sleep, protein, and post-workout recovery.
7	Review	Score energy, training, appetite, GI symptoms, and what worked.

Five 10-minute emergency meals

- **Rotisserie chicken plate** — chicken + microwave vegetables + potato or rice.
- **Meal delivery plus salad** — heat a prepared meal + bagged salad or fruit.
- **Turkey hummus toasted sandwich** — turkey + hummus + cucumber + greens + cheese.
- **Muscle Milk plus PB toast** — ready-to-drink protein + peanut butter toast + banana.
- **Shrimp bowl** — frozen shrimp + microwave rice + salsa/teriyaki + greens.

STOCK THE KITCHEN

Costco / BJ's / Grocery List

Buy the system. Stop random shopping — if it doesn't support a meal, snack ladder, training fuel, or planned treat, it needs a reason to enter the cart.

Category	Buy
Protein	Chicken thighs, rotisserie chicken, salmon, shrimp, steak, ground turkey, eggs, turkey slices.
Ready protein	Muscle Milk, Fairlife-style shakes, Greek yogurt, cottage cheese.
Carbs	Rice, potatoes, sweet potatoes, oats, whole grain bread, tortillas.
Produce	Berries, bananas, apples, salad kits, cucumbers, peppers, greens.
Flavor	Hummus, salsa, real cheese, mustard, hot sauce, marinades, olive oil.
Training	Electrolytes, sports drink, gels/chews, pretzels, bananas.
Convenience	Prepared meals, frozen vegetables, microwave rice, soups.

Training Fuel Card

Workout	Before	During	After
Easy <60 min	Normal meal timing	Water as needed	Protein at next meal
Hard 60–90 min	Small carb + fluid	Water/electrolytes	Protein + carb within 1–2 hrs
Long ride/run	Carb meal 2–3 hrs before	Planned carbs + sodium + fluids	Protein, carbs, fruit, electrolytes

Rule: do not let appetite suppression decide your workout fuel. Weight loss should come from the week, not from starving the workout.

REAL LIFE

Restaurant Defaults

Scenario	Default Strategy
Pizza night	Pizza plus salad. Eat slowly. Stop before stuffed. Planned, not guilty.
Mexican / bowls	Double protein if needed, rice/beans by training load, salsa, cheese.
Sushi	Sashimi/nigiri plus rice rolls; skip turning it into fried-appetizer night.
Steakhouse	Steak or fish, vegetable, potato if training load supports it. Box leftovers.
Airport / travel	Protein drink, yogurt, sandwich, fruit, nuts, water. Don't arrive starving.

Weekly GLP Athlete Tracker

Metric	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight							
Protein hit?							
Hydration good?							
Training energy 1-10							
Junk episode?							

KEEP IT SAFE

The GLP Athlete Rules

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- Protein first.
- Fuel workouts even when appetite is low.
- Do not confuse weight loss with performance improvement.
- Keep five 10-minute meals in the house at all times.
- Use meal delivery when it prevents bad decisions.
- Restaurants are part of the system, not a failure.
- If the plan feels like another job, reduce friction.

Weekly red flags — slow down and check in

- Weight dropping faster than planned plus training energy is declining.
- Long workouts feel unusually flat or recovery takes longer than expected.
- Protein targets are consistently missed.
- Dizziness, dehydration signs, vomiting, or severe GI symptoms.

If red flags appear: simplify training, prioritize hydration/protein/carbs, and check in with the appropriate clinician.

A note on medical safety

This kit is not medical advice and does not recommend medication, dosing, switching, or stopping decisions. Medication choices belong with a licensed clinician. This kit focuses on food, training, hydration, recovery, shopping, and real-life routines. Ozempic, Wegovy, Mounjaro, and Zepbound are trademarks of their respective owners; GLP Athlete is independent and not affiliated with or endorsed by those companies.

Want more? This Starter Kit is the first piece of the full GLP Athlete system — the Performance Kitchen, the book, and a companion tracker app are all in progress at gpathlete.com.