

SEMAGLUTIDE & TIRZEPATIDE CHEAT SHEET



HOW TO MAKE THE MOST OF YOUR WEIGHT LOSS JOURNEY

- 1. YOU MUST DRINK THE WATER!** A MINIMUM of 64 ounces of water a day required for the medicine to do its job!
CHEAT IT: What counts as water? Unsweetened tea, sparkling water, flavored water (Mio, Crystal Light), Powerade or Gatorade zero!
If a jug of water seems overwhelming, set a mini goal: two bottles of water by 10 am and two bottles of water by 2 pm and you've met your minimum.
Hot tip: Cocktails are okay, but they don't count as water :) #nicetry
- 0. YOU MUST TAKE THE FIBER!**
CHEAT IT: If every day feels like too much, start with half a serving of fiber every other day!
Hot tip: We recommend PGX or Metamucil. For how to take PGX, check out our "Shed It" Playlist at [youtube.com/jayamcsharma!](https://youtube.com/jayamcsharma)
- 3. FATTY & FRIED FOODS** can cause nausea at any dose. Eat the queso with caution just in case!
CHEAT IT: Take your fiber before you eat to increase satiety.
Hot tip: We do not provide a specific diet at the beginning because we want you to focus on fiber and water. *Eat as closely to the Mediterranean diet as possible and increase plant-based portions in general.* WHEN YOU ARE READY, e-mail our nutritionist meganmabery@hotmail.com for your free & personalized nutrition evaluation.
- 0. STOP EATING WHEN YOU FEEL FULL** to avoid bloating and nausea. If you're still hungry 30-60 minutes later, it's okay to eat more.
- 5. START OVER THE COUNTER PRILOSEC DAILY ON AN EMPTY STOMACH** to prevent nausea and heartburn symptoms if needed.
- 6. CELEBRATE EVERY VICTORY!** Lost inches? Lost bloat? Feeling better? Lost 2 lbs.? **RING THE VICTORY BELL** at your next visit!
- 7. MOVE MORE!** Even if it's 10 minutes a day. You know we had to say it!
- 8. YOU ARE GOING TO NEED AN EXIT PLAN!** Discuss this with your provider as you get closer to your health goals. There is no fast start or stopping!

Remember it takes a village, and **WE ARE YOUR VILLAGE!**

XOXO,

Maegan Young NP, and Dr. Jaya McSharma, Medical Director