

# 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

2. **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.

4. **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,

Dr. Jaya McSharma, The Oui Doctor