

# 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.

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.

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.? Let's celebrate 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. Cara Permenter and Dr. Jaya McSharma, The Oui Doctors