

Navigating GLP-1 Medications

A Nutrition Centered Workbook

WCNT



Module 2

Module 2: Starting, Titration & Early Adjustment

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2A | My Starting Experience



GOAL: Normalize and track your experience.

Early changes I've noticed...

Appetite: _____

Digestion: _____

Routine changes: _____

Emotional/mental changes (including thoughts):



REFLECTIONS:



What has felt easier than expected on the medication?



What has felt much harder than expected on the medication?



Has anything caught me off guard or has been unexpected?

2B | Dose Time-Line

GOAL: Connect the dose to your **experience**

Date	Dose	Changes	Feelings

REFLECTIONS:



What's improved with dose changes?



What has gotten worse with dose changes?



Dose I start to notice I may not be eating adequately?



What dose feels sustainable nutrition-wise?

GOAL: Notice **symptoms**, not just "results (ie weight loss)"

A 6x7 grid of empty squares, totaling 42 squares, for drawing.

2D | Before Increasing My Dose (**Important** section. Do not skip)

Questions I have for my medical provider about increasing:

Don't just
monitor weight

Signs I may be ready for an increase

- Symptoms are manageable
- Able to eat regularly (3 meals and 1-2 snacks)
- Energy is solid (minimal fatigue, not dizzy, sleeping well, stable mood)
- Regular bowel movements (3-7 days a week)

**Signs I may NOT be ready for an increase**

- Struggling to eat regular and adequate
- Fatigue, irritability
- Significant nausea
- Constipation
- Dizzy upon standing
- Life feels difficult



Signs I have noticed that indicate that I'm ready for an increase:



Signs I have noticed that indicate that I'm **NOT** ready for an increase:

2E | Red Flag Awareness



GOAL: Honesty is the best policy



Ask yourself honestly:

- Am I eating adequately to function and meet my nutritional needs?
- Am I drinking enough fluids?
- Am I feeling weak, dizzy or overall depleted?
- Am I just “pushing through” symptoms to see fast results?

REFLECTIONS:



What symptoms have I been minimizing (to lose weight faster)?



What do I need to do to treat my body more compassionately (yep, weight loss may be slower)?

2F | My Definition of a “Safe Start.”

A “safe” dose for me means the following:

(think regular eating, minimal nausea, functionality)


