



reclaim.

A FUNCTIONAL NUTRITION TOOLKIT FOR LIFE AFTER GLP-1S

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A Note Before You Begin

This toolkit is educational content from a functional nutrition perspective. It is not medical advice, and it isn't intended to diagnose, treat, cure, or prevent any condition. It is not a substitute for the guidance of your prescriber or another qualified healthcare provider.

If you are currently on a GLP-1 medication, tapering, or have recently stopped, please continue working with your prescriber on anything related to dosing, pacing, or medical symptoms. Nothing here is meant to influence those decisions — this toolkit lives alongside your medical care, not in place of it.

The optional AI Thinking Partner prompts throughout are offered as reflection aids. Responses generated by AI tools are not medical advice and shouldn't be treated as such — they're a way to think out loud, not a second opinion.

Your body's response to a GLP-1 medication, and to coming off of one, is genuinely your own. This toolkit offers a structure for paying attention to it — not a universal protocol.

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Module 1: What's Actually Happening in Your Body

If you've lost weight on a GLP-1 and felt better in some ways but worse in others, you're not imagining it. These medications reach into digestion, hormones, inflammation, mood, and the brain's reward system. This section walks through each system so you can get specific about what to keep and what needs repair — whether you're still on it, tapering, or already off.

Appetite & Satiety

GLP-1 slows stomach emptying and quiets 'food noise' — the background hum of constant food thoughts. Many people love the mental space this creates; others find it tips from peace into disconnection, where eating starts to feel like a chore rather than a source of pleasure.

Did the quiet feel like peace, or like disconnection? What's different about how you think about food now?

Digestion

Slowed gastric emptying can bring nausea, reflux, constipation, bloating, or gallbladder strain. Some people notice less reactivity to foods that used to bother them; others find a new, unpredictable stomach.

Is your gut calmer, or just quieter because you're eating less of everything — including what supports it?

Nutrient Status

Reduced appetite often means protein, fiber, and key micronutrients fall short even when intake 'feels fine.' Fatigue, hair thinning, and brain fog are common and easy to mistake for something else.

If you tracked one week honestly, would your protein and fiber actually hit what your body needs?

Hormones, Inflammation, Brain/Mood/Reward, and Muscle/Bone/Body Composition continue from here in the full toolkit, each with its own reflection space — followed by the functional nutrition bridge and your keep-and-repair synthesis.

Module 2: The Taper Window

Being on a GLP-1 is one phase. Being fully off, settled into a new normal, is another. But the window in between — while the dose is dropping or has just stopped — is its own distinct, physiologically real phase, and it's often the one nobody prepared people for.

What's Actually Happening as the Dose Comes Down

- Hunger hormones rebound — ghrelin returns, sometimes higher than baseline for a while.
- Food noise comes back, often gradually, sometimes catching people off guard.
- Regain is common and physiological — not a discipline problem. Research consistently shows most people regain a substantial share of lost weight within about a year of stopping.
- Abrupt stopping tends to hit harder and faster than a planned, gradual taper.

Reframing the Regain Curve

Regain during and after this window is a known, expected pattern — not a verdict on your effort. The people who navigate it best aren't the ones who avoid all regain; they're the ones who expected some shift, built structure ahead of it, and treated a hard week as information.

What stays with your prescriber versus what's yours to work on, a full reflection set for this window, and the optional AI prompts continue from here in the full toolkit.

Module 3: The Rebuild

This is where your keep-and-repair list becomes action. None of these domains work well in isolation — protein without appetite trust just becomes another number to hit.

Protein & Muscle

A meaningful share of weight lost on a GLP-1 can be muscle, not fat — often from under-eating protein without noticing. A general starting range many practitioners use is roughly 1.0-1.6g protein per kg body weight daily — a conversation with your counselor or provider, not a self-imposed rule. Spread it across meals. Resistance train 2-3x/week — consistency over intensity.

Where does protein show up in a typical day, and where is it thin or missing?

Appetite Re-Education

This is the piece the medication temporarily did for you. Slower eating, fewer distractions, and checking in mid-meal (not just start/end) all help. 'I don't know if I'm hungry' is useful information, not a failure.

Four more domains, the Nourishing the Repair food guide, and both a baseline and active food/hunger tracker continue from here in the full toolkit.

This Is Just the Beginning

You've seen the starting point. Here's what's waiting inside the full toolkit.

Module 1: What's Actually Happening in Your Body

All seven body/mind systems — appetite & satiety, digestion, nutrient status, hormones, inflammation, brain/mood/reward, and muscle/bone/body composition — each with reflection space, plus the functional nutrition bridge and your keep-and-repair synthesis.

Module 2: The Taper Window

What's happening physiologically as your dose comes down, what stays with your prescriber versus what's yours to work on, and a full reflection set for navigating this window.

Module 3: The Rebuild

Six connected domains — protein & muscle, appetite re-education, gut rehab, bone health, mental/emotional layer, and sleep/stress/rhythm — plus the Nourishing the Repair food guide and both a baseline and active food/hunger tracker.

Module 4: Bringing It All Together

A synthesis worksheet for reading your reflections and tracker data as one connected picture, plus AI cross-referencing prompts for spotting patterns across everything you've gathered.

Module 5: The Handoff

What 'done' actually looks like, an honest word on the long-term unknowns, and a closing reflection to carry forward.

Throughout

An AI Thinking Partner framing guide (fully optional), and a worked example showing how one person's reflections, tracker, and rebuild connect in practice.

Delivered as a fillable PDF — write directly into your toolkit, on screen or in print.

Get the full toolkit

Available now at justtheg.com/nutrition

Thank you for taking this first step toward nourishing your body well beyond the medication.

Keep listening.

— monica g.

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