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A FUNCTIONAL NUTRITION TOOLKIT FOR THE START OF GLP-1S

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A Note Before You Begin

This toolkit is not medical advice. It is not intended to diagnose, treat, cure, or prevent any health condition. The information here is educational and is not a substitute for the guidance of a qualified healthcare provider.

If you are currently starting, titrating, or maintaining a GLP-1 medication, please work with your prescriber alongside this toolkit — nothing here replaces that relationship.

The optional AI Thinking Partner prompts are offered as thinking and exploration aids. Responses generated by AI tools are not medical advice and should not be treated as such.

epi-g. functional nutrition counseling offers education and coaching meant to work in support of any medical care you're currently receiving — not as a replacement for it. Working through this toolkit does not establish a clinical or medical relationship.

Your health is yours. This toolkit is simply an invitation to understand it a little earlier.

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Module 1: What's Actually Happening in Your Body

If you've just started a GLP-1 medication, or you're a few months in and still finding your footing, what you're feeling right now is real — your body is absorbing an entirely new set of signals, fast. This section walks through each system as it's changing right now, so you can start paying attention early — protecting what's working, and catching what needs support before it becomes a bigger repair later.

Appetite & Satiety

For many people, this is the most disorienting part of the first weeks: hunger that's been loud for years suddenly goes quiet, sometimes within days of a dose increase. It can feel like relief, like a switch you didn't know existed — or it can feel unsettling, like losing a signal you used to trust even when it wasn't serving you well.

Does the quiet feel like relief, or does it feel like something's missing? What surprised you most about how fast it happened?

Digestion

This is often where the earliest, most physical side effects show up — nausea, reflux, constipation, or a stomach that empties much more slowly than it used to. Titration tends to be when this is loudest; it often eases as your body adjusts to each new dose, but it's worth tracking rather than pushing through silently.

What's your stomach actually telling you right now — and have you mentioned the specifics to your prescriber, or just been managing it on your own?

Nutrient Status

A much smaller appetite from day one means protein, fiber, and key micronutrients can fall short before you've noticed a pattern — this is the earliest point where deliberate structure matters most, because deficits that start now compound quietly over months.

If you tracked one honest day right now, would it cover what your body actually needs — or is intake already thinner than it feels?

Hormones, Inflammation, Brain/Mood/Reward, Muscle/Bone/Body Composition, and Cardiovascular + Kidney Function continue from here in the full toolkit, each with its own reflection space — followed by the quick word on the approach and your protect-and-watch synthesis.

Module 2: The Titration Window

Starting a GLP-1 is one moment. The weeks right after — while your dose is actively stepping up — are a different, distinct phase, and it's often the one nobody prepared people for: the steepest appetite drop, the roughest GI days, and the least structure built around either.

What's Happening as the Dose Steps Up

- Appetite drop is often steepest right after a dose increase, then eases somewhat before the next step.
- GI symptoms — nausea, reflux, constipation — tend to cluster around these same windows.
- Under-eating is common and physiological here, not a discipline win. A quiet appetite this early doesn't mean less structure is needed — it usually means more.
- A slower, more gradual titration schedule tends to bring milder symptoms than a faster one, though this is ultimately your prescriber's call.

Reframing "I'm just not hungry."

Not being hungry can feel like the medication finally working — and often it is. But a body that isn't hungry still has needs the appetite signal isn't there to remind you of anymore. The people who move through this window best aren't the ones who eat the most; they're the ones who built a little structure around meals before they needed it.

What stays with your prescriber versus what's ours 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 Build

This is where your protect-and-watch list becomes action. None of these domains work well in isolation — protein without a plan for low-appetite days just becomes another number you're not hitting.

Protein + Muscle

On a much smaller appetite, protein is usually the first thing to fall short — not from a food choice, but because there's simply less room on the plate for anything. 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 whatever meals you're actually eating.

On a low-appetite day, where does protein actually end up — first, last, or missing?

Eating Without Full Hunger Cues

This is the piece that's genuinely new and disorienting: eating on a schedule or a plan rather than waiting for hunger to tell you when, because hunger may not show up reliably anymore. That's not a failure of willpower — it's the medication doing exactly what it does.

Seven more domains — including the practical realities of eating in a world built for bigger portions — plus the Nourishing the Build 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 eight body/mind systems — appetite & satiety, digestion, nutrient status, hormones, inflammation, brain/mood/reward, muscle/bone/body composition, and cardiovascular & kidney function — each with reflection space, plus the quick word on the approach and your protect-and-watch synthesis.

Module 2: The Titration Window

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

Module 3: The Build

Nine connected domains — protein & muscle, eating without full hunger cues, eating in a world built for bigger portions, gentle GI pacing, micronutrient safety net, bone health, hydration & cardiovascular support, mental/emotional layer, and sleep/stress/rhythm — plus the Nourishing the Build food guide and both a baseline and active food/hunger tracker.

Module 4: Bringing It 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 this early, 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 build connect in practice.

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

Get the full toolkit

Available soon at justtheg.com/nutrition

Thank you for taking this first step toward nourishing your body at the very start of this journey.

Keep building.

— monica g.

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