

The After GLP-1 Reset

Your 7-Day Plan to Protect Your Progress

A step-by-step guide for life after Ozempic, Wegovy, Mounjaro, or Zepbound



AFTERGLPSHOT

You did the hard part.

NOW LET'S PROTECT WHAT YOU BUILT

Coming off a GLP-1 medication can feel confusing, especially after you worked hard to lose weight and build momentum. It is normal to wonder what happens next, whether your appetite will change, and how to keep your progress steady. This guide gives you a simple first-week reset: focus on protein, strength, hydration, sleep, and a few tracking habits that help you feel grounded. Think of this as a calm starting point, not a strict rulebook.

Important note

This guide is educational, not medical advice. Always consult your healthcare provider before making changes to your diet, exercise routine, or medication.

P

Protein

make every bite count

S

Strength

protect lean muscle

R

Rhythm

repeat small habits

What to expect

IN THE FIRST WEEKS

Normal / common

- 2-5 lb weight fluctuation, often water and food volume, not instant fat gain
- Appetite gradually returning
- Mild GI changes
- Feeling emotionally different
- Clothes fitting slightly differently

Talk to your doctor if

- Rapid weight gain over 10 lbs in 2 weeks
- Severe nausea or vomiting
- Dizziness or fainting
- Extreme mood changes
- Symptoms that feel sudden, intense, or unsafe

Traffic light check-in



Expected



Monitor



Call

Most of what you're experiencing is your body recalibrating. It is not failure.

Why the scale lies

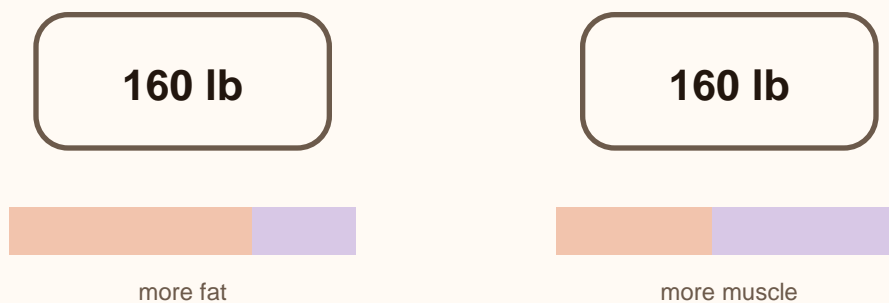
AFTER GLP-1S

Weight loss and body recomposition are not the same thing. Weight loss means the number on the scale changes. Recomposition means your body makeup changes: more lean tissue, less fat, or a better balance between the two.

That is why the scale can rise a little while your waist gets smaller or your clothes fit better. Water, glycogen, digestion, menstrual cycle changes, and new exercise soreness can all move the scale before fat has changed.

Muscle matters because it supports strength, movement, glucose use, and daily energy needs. During weight loss, some lean mass can be lost along with fat. Research from GLP-1 weight-loss trials suggests lean mass can be a meaningful share of total weight lost, so rebuilding strength is a smart next step.

Same weight, different body



Protein is your #1 priority

RIGHT NOW

Protein helps preserve and rebuild muscle, supports metabolism, and can make meals feel more satisfying as appetite returns. A practical target many people discuss with their clinician is 0.8-1.0g per pound of body weight.

Daily target example

If you weigh 160 lb, aim for about 128-160g protein per day.



Chicken breast, 4 oz

35g



Greek yogurt, 1 cup

18g



Eggs, 2 large

12g



Protein shake

25-30g



Salmon, 4 oz

25g



Cottage cheese, 1 cup

28g



Turkey deli meat, 4 oz

22g



Lentils, 1 cup cooked

18g



Edamame, 1 cup

17g



String cheese, 1 stick

7g

Tip Eat protein first at every meal. When your appetite is small, make every bite count.

Rebuild muscle

WITH 3 DAYS PER WEEK

Strength training helps preserve remaining muscle, build new muscle, improve body composition, and support metabolism. Start with beginner-friendly movements and progress slowly.

1

Day 1 - Upper Body

- Push-ups or wall push-ups
- Dumbbell rows
- Shoulder press
- Bicep curls

3 sets of 10-12 reps

2

Day 2 - Lower Body

- Squats, bodyweight or goblet
- Lunges
- Glute bridges
- Calf raises

3 sets of 10-12 reps

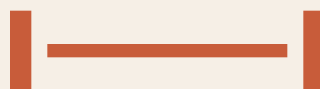
3

Day 3 - Full Body

- Light dumbbell deadlifts
- Chest press
- Leg press
- Plank, 30-60 sec

3 sets of 10-12 reps

Start lighter than you think. Form matters more than weight. If you've never lifted before, consider one session with a trainer to learn the basics. Rest 60-90 seconds between sets and at least one day between sessions.



The daily habits

THAT PREVENT REGAIN

You don't need to be perfect. You need to be consistent. Check off 5 out of 7 most days and you're doing great.

- Hit my protein target: _____g today
- Drank 8+ glasses of water
- Ate protein at every meal
- Strength trained today, or took a planned rest day
- Weighed myself, optional - weekly is fine too
- Got 7+ hours of sleep
- Took a 10+ minute walk



Aim for steady, not perfect

Your first 30 days

AFTER STOPPING

1

Week 1

Appetite may start returning. Weight may fluctuate 2-5 lb. Focus on protein and gentle movement.

2

Week 2

Energy may shift. Your body is adjusting. Start strength training if you have not yet. Cravings may appear.

3

Week 3

Weight may begin stabilizing. Measurements or clothing fit may change even if the scale is flat.

4

Week 4

Your first real checkpoint. Compare measurements to Week 1, not just weight. Celebrate consistency.

If measurements change while the scale stays flat or rises slightly, that can be recomposition working. Trust the process and watch the trend.

The metrics

THAT ACTUALLY MATTER

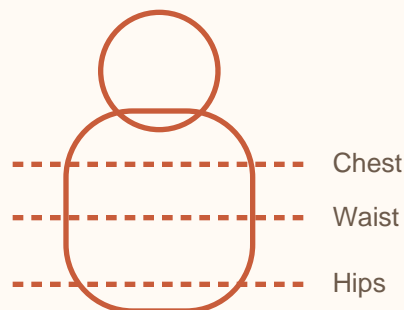
Track these

- Waist measurement weekly
- Protein intake daily
- Strength training days weekly
- How clothes fit
- Energy levels
- Progress photos monthly

Ignore these

- Daily scale weight; use weekly average
- Calories burned on cardio machines
- Other people's timelines
- Social media transformation photos
- One-off high or low weigh-ins

Simple measurement guide



Measure at the same time of day and under the same conditions. Morning before eating is most consistent.

Quick meals

WHEN YOU'RE REBUILDING YOUR APPETITE



Breakfast

Greek yogurt parfait with granola and berries **28g**

Egg scramble with turkey sausage and cheese **32g**

Protein smoothie with banana and peanut butter **35g**



Lunch

Grilled chicken salad with feta and chickpeas **40g**

Turkey and cheese wrap with veggies **30g**

Tuna salad on whole wheat plus cottage cheese **38g**



Dinner

Salmon with roasted vegetables and quinoa **38g**

Chicken stir-fry with edamame and rice **42g**

Ground turkey tacos with black beans **36g**



Snacks

String cheese plus almonds **14g**

Protein bar **20g**

Hard-boiled eggs x2 **12g**

These are starting points. Adjust portions to your appetite, preferences, and protein goal.

This is the hardest part.

And you're already here.

Stopping GLP-1s can feel isolating, especially when everyone talks about the weight-loss phase but not the transition after it. You are not starting over. You are learning how to protect your progress with habits that can carry you forward. Be patient with your body, focus on consistency over perfection, and keep choosing the next helpful step.

Share this with someone who needs it

This guide is just the beginning. Keep it somewhere visible during your first week and return to it whenever the transition feels noisy.

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Medical disclaimer

PLEASE READ

This guide is for educational and informational purposes only. It does not constitute medical advice, diagnosis, or treatment. Always consult your healthcare provider before making any changes to your diet, exercise routine, or medication. The information in this guide is based on publicly available research and is not a substitute for professional medical guidance.

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Selected research and nutrition sources

- Wilding et al., 2022, Diabetes, Obesity and Metabolism: STEP 1 extension on weight regain after semaglutide withdrawal.
- Wilding et al., 2021, Journal of the Endocrine Society: STEP 1 body composition analysis.
- Jager et al., 2017, International Society of Sports Nutrition position stand: protein and exercise.
- USDA FoodData Central: standard nutrition data used to approximate protein values.

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