Your GLP-1 first week checklist

Simple things that make week one easier: eating when you're not hungry, protein, water, a routine and when to reach out. Tick them off as you go.

1 Eat small, eat anyway

- [ ] Plan 3 small meals plus 1–2 snacks, even if you're not hungry
- [ ] Set a loose meal reminder on your phone
- [ ] Eat slowly and stop as soon as you feel full
- [ ] Go easy on greasy, fried or very rich foods if you feel queasy

2 Protein first

- [ ] Start each meal with the protein, then veggies, then the rest
- [ ] Easy options: eggs, Greek yogurt, cottage cheese, chicken, fish, tofu, beans
- [ ] Keep 2–3 grab-and-go proteins ready (cheese sticks, yogurt cups, boiled eggs)

3 Sip all day

- [ ] Keep a water bottle where you can see it
- [ ] Have a glass of water with every meal
- [ ] Add lemon, cucumber or berries if plain water is boring

4 Pick your routine

- [ ] If your medicine is weekly, pick one day and set a repeating reminder
- [ ] Write down how you feel each day (energy, appetite, any side effects)
- [ ] Take a 10-minute walk after a meal if you feel up to it

5 Know when to message your care team

- [ ] Nausea, vomiting, diarrhea or constipation that isn't easing
- [ ] You can't keep food or fluids down
- [ ] Any question about your dose or schedule

First-week grocery list

- [ ] Eggs
- [ ] Greek yogurt
- [ ] Cottage cheese
- [ ] Cheese sticks
- [ ] Chicken breast or rotisserie chicken
- [ ] Canned tuna or salmon
- [ ] Tofu or beans
- [ ] Bagged salad and easy veggies
- [ ] Berries and bananas
- [ ] Whole-grain crackers or toast
- [ ] Broth or soup
- [ ] Sparkling water

Week one tracker

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Protein at every meal							
Water with every meal							
Short walk							
Energy today (1–5)							

Get help right away for severe stomach pain that won't go away (with or without vomiting), signs of an allergic reaction, or if you think you have an emergency. Call 911 for emergencies.

General information, not medical advice. Follow your own clinician's instructions and your medication's label. Important Safety Information: rovymi.com/safety