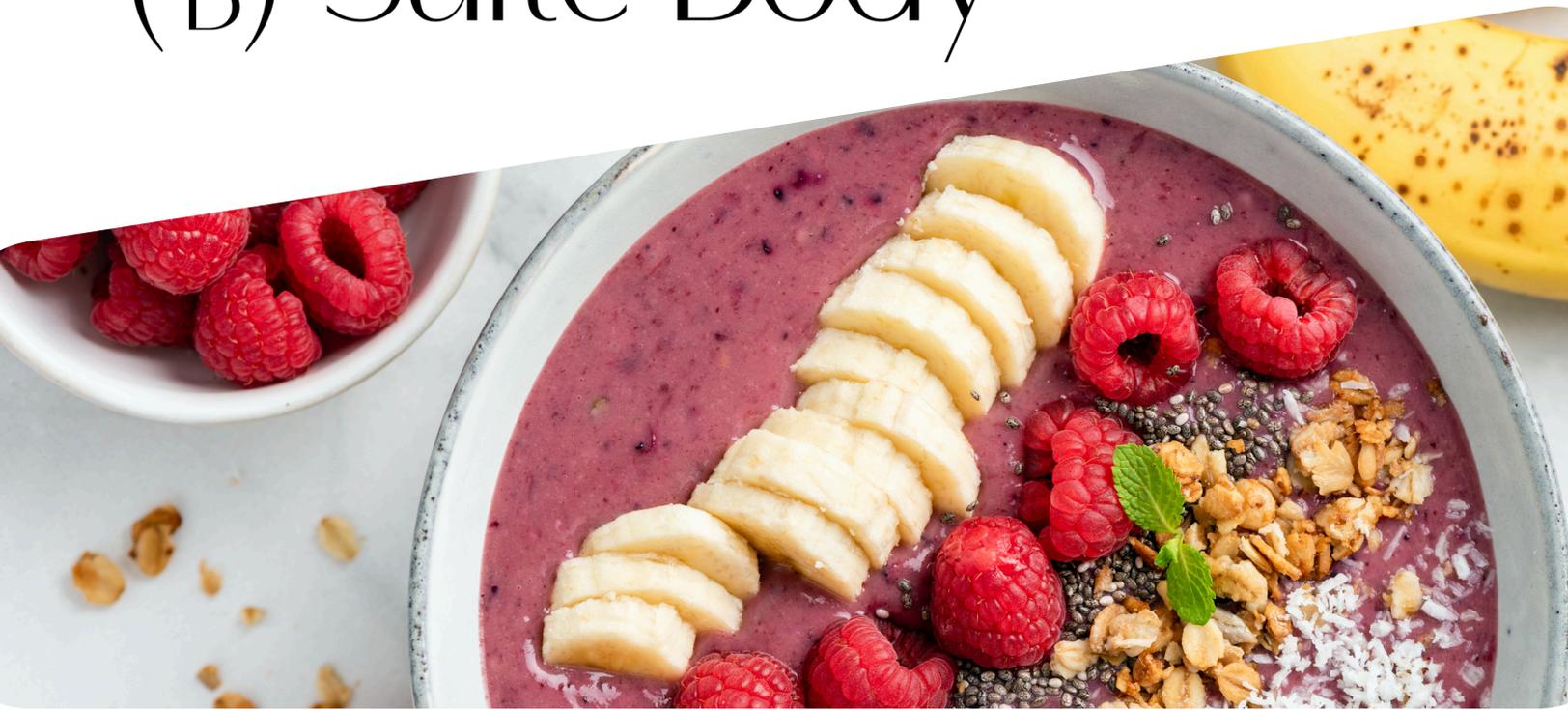


# (S) (B) Suite Body



@yoursuitebody

# NUTRITION SUPPORT

Get the most out of your medical weight loss program with dietitian-approved recommendations for successful and healthful outcomes.\*

*\*Disclaimer: This guide is intended solely for educational purposes and is not a replacement for professional medical advice. Suite Skin Med Spa cannot be held responsible for any potential negative arising from the utilization of this guide. This guide is not designed to treat, cure, or prevent any disease. For any health concerns please seek advice from a medical professional.*

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# GETTING STARTED



- Optimizing your diet can enhance effectiveness of the medication while prioritizing adequate nutrient intake
- Eating right can help you reach and maintain goals for weight management and overall health

# SATIETY & HUNGER

Remember, even though your appetite is diminished, your body continues to need fuel! With decreased overall intake, the nutritional value of a food becomes more significant. *Consider taking a **multivitamin** to bridge the nutrient gap that results from eating less.*

Be aware of physical signs of hunger:

- Headache
- Irritability
- Lack of energy
- Lightheaded
- Lack of focus
- Shakiness



## EAT SMARTER

Make your food choices count! Create balanced snacks and meals ahead of time to stay successful.

Prioritize **whole foods** that are rich in nutrients, have their fiber intact and the greatest macro/micronutrient availability. Preserve muscle tissue by ensuring protein needs are met.

Reduce or avoid processed foods.



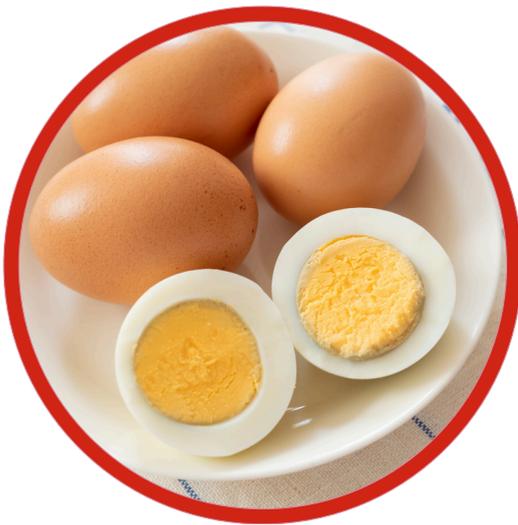
# MEALS

- Eat **fiber** and **protein** first
- In the beginning, if you feel full quickly, start with half a meal (~3-4oz of protein and 1/4 plate of non-starchy vegetable) until you are able to eat the standard meal described below
- If your appetite has not changed, aim for half your plate fiber from non-starchy vegetables ~1-1.5 cups and the other half of the plate (~6oz) of protein or about 15-30 grams worth
- When you have reached your weight loss goal add 1/2 cup whole grain or starchy vegetable to meal
  - *Remember. fiber sources include fruits, vegetables, whole grains, nuts/seeds, and beans*
- If your BMI is greater than 40, aim for 2 meals a day plus 3 snacks
- If your BMI is 30 or less, aim for 1 meal a day plus 3-4 snacks



# SNACKS

- Think of snacks as small balanced portions of food to be consumed in between meals
- Ideal snacks should be fresh food options for maximum nutrition, contain less than 150 calories and contain protein and fiber
- Depending on your level of activity you may need 3-4 snacks a day



## Snack Suggestions:

- 1 cup of celery with 1 tbsp of natural peanut butter
- 1 small apple with the skin and 1 oz part skim cheese
- 1/2 cup fresh grapes and 2-3 brazil nuts
- 1 hard boiled egg with 1 medium cucumber
- 3/4 cup plain low-fat greek yogurt topped with berries
- 1 cup edamame in the pod

# SAMPLE DAY:



MEAL

**Veggie Egg Omelette:** 2 eggs, half diced medium onion, 1/2 cup chopped cherry tomatoes, 1/2 cup diced mushrooms

SNACK

**Half a medium banana with 1 tbsp natural peanut butter**

SNACK

**1 cup steamed edamame with drizzle of low sodium soy sauce or coconut aminos**

SNACK

**1/2-1 cup cottage cheese with 1 small apple (with the peel)**

MEAL

**6oz of wild salmon with vegetable medley of 1 cup broccoli and 1/2 cup roasted brussels sprouts**



# SIDE EFFECTS & MANAGEMENT

The most common adverse effects experienced by clients on our Semaglutide and Tirzepatide Medical Weight Loss Program are gastrointestinal.

Specifically:

- Nausea
- Constipation
- Diarrhea
- Abdominal Pain
- Vomiting
- Loss of appetite



Try these foods to help:

Nausea - Eat bland foods such as whole grain toast, boiled/baked chicken, steamed carrots, and bone broth

Constipation - High fiber foods (specifically insoluble fiber) such as prunes, berries, broccoli, lentils, whole grains, nuts and seeds. Drink plenty of water.

Diarrhea - Foods rich in soluble fiber such as banana, baked apple, oats, and barley. Probiotic foods like yogurt, kefir, and sauerkraut.



# BEST PRACTICES

## Recommendations:

- Reduce meal portion sizes, consider using smaller plates at meal time
- Eat small, balanced portions of food every ~3 hours
- Avoid skipping meals or snacks as it can encourage larger portions due to increased hunger
- Practice mindfulness;
  - Stop eating when feeling full
  - Resist eating when not hungry
- Avoid foods that are high in fat or spicy
- Make water your first choice for hydration
  - Omit alcohol, sweetened beverages, juice and/or carbonated beverages if side effects are present



# PHYSICAL ACTIVITY

Exercise is a vital part of your medical weight loss journey and can enhance the effects of treatment while simultaneously promoting overall health!

- A well-rounded fitness regimen includes:
  - Endurance
  - Balance
  - Strength
  - Flexibility
- Evidence-based guidelines emphasize **weight training** to preserve and/or improve lean muscle mass while on GLP-1 medication.

Consider:

- weight bearing exercises
- using resistance bands
- lifting weights



# EXERCISE VIDEOS

If you are new to exercise gradually increase intensity and duration.

- Start with low-impact aerobic activities such as walking/jogging, swimming, or cycling
- Incorporate strength training exercises, such as bodyweight exercises, using resistance bands, machines, or dumbbells 2-3 times weekly to build muscle and support bone health
- Aim for minimum 150 minutes of exercise per week

*Ready to get started?*

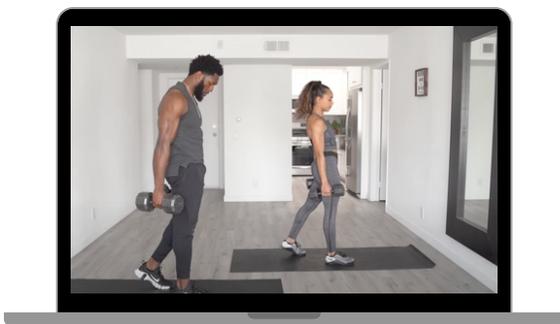
*Try one of these 30-min at home workouts:*



BEGINNERS - LOW IMPACT



MODERATE - WITH WEIGHTS



ADVANCED - WITH WEIGHTS

Remember: Always consult your healthcare provider before starting any new exercise program, especially if you have underlying health conditions. Our Medical team is only responsible for your weight loss management. Suite Body does not provide Primary Care medical management.



# CONTACT US

We are here to support you  
and celebrate in your health  
successes.

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