



Your GLP-1 Kickstart

A Step-by-Step Beginner's Guide



The information provided is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment.



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Our Commitment to Your Weight Loss Journey

At Mavn Health, we believe weight loss should feel supported, informed, and within your control.

We have taken the time to review the science, understand what people truly need in a weight loss journey, and build a system that offers more than access alone.

That includes carefully selected U.S.-based pharmacy and provider partners, practical support tools, educational guidance, and a care experience designed to help you make confident decisions about your health. This is built around a compliant telehealth platform that gives you access to your provider team on your terms.

Our goal is to bring you *More*. More insight. More support. More control over your weight loss and metabolic health journey.

All treatment decisions are made by licensed medical professionals. Additional medical and safety information is included later in this guide.

Mavn Means More.

For important medical and safety information, please see the disclaimer later in this guide.



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Welcome to the GLP-1 Guide

Starting GLP-1 can feel exciting, unfamiliar, and even a little overwhelming. This guide is here to make the process easier to understand.

Inside, you will learn what GLP-1 does, what changes to expect, how to support your results with simple daily habits, and how to feel more confident as you get started.

This is not about doing everything perfectly. It is about building steady progress with the right tools, the right support, and a better understanding of how your body works.

This guide is designed to help you understand the basics of GLP-1 medications, manage your expectations, and dispel common myths.

For personalized advice and information, always consult with your healthcare provider.

Why Weight Loss Feels Hard Today

Many people are not just struggling with willpower. They are working against disrupted signals in the body.

Stress, poor sleep, highly processed foods, inflammation, blood sugar swings, and years of dieting can affect the natural systems that help regulate hunger, fullness, and energy balance.

When those signals are off, you may feel hungry more often, crave food more intensely, and have a harder time feeling satisfied after eating.

That is one reason weight loss can feel harder than it should.

GLP-1 medications help support the body's natural signaling in a way that can make appetite, fullness, and food choices feel easier to manage.



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How GLP-1 Supports Weight Loss

GLP-1 works with your body's natural systems to make weight loss feel more manageable. It can help you:



**Feel full
sooner**



**Stay satisfied
longer**



**Reduce
cravings**



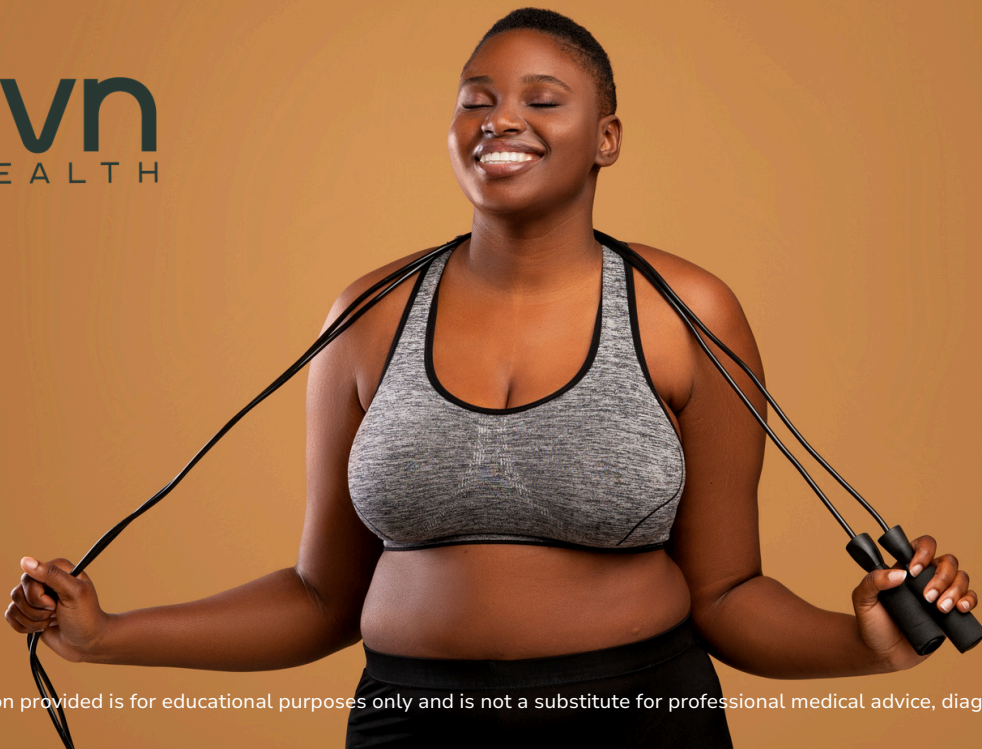
**Eat less without
feeling as deprived**

Over time, this can help your body use stored fat for energy and support steady weight loss.

GLP-1 works best when paired with simple nutrition habits, hydration, and regular movement.

The benefits go beyond weight loss.

GLP-1 therapy may also support improved energy, more stable mood, and a healthier metabolic profile. These changes may also support better cardiovascular health and overall wellbeing.



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What to Expect

As your body adjusts to GLP-1, you may notice some early changes.



Less hunger

You may feel less interested in food and more satisfied with smaller portions.



Slower digestion

Food may stay in your stomach longer, which can help you feel full longer after meals.



Fewer cravings

Many people notice less pull toward sugary or high-calorie foods.



Gradual progress

Weight loss is usually steady, not instant. The goal is lasting progress over time.



Possible side effects

Some people notice nausea, bloating, constipation, or diarrhea in the beginning. These effects are often most noticeable while your body is adjusting.

By understanding how GLP-1 works and what to expect in the first few weeks, you'll be better prepared to navigate your journey.

Remember, weight loss is a gradual process, and combining GLP-1 medication with mindful eating, portion control, and regular activity will lead to long-term success.

Getting Started With Your Habits

Before you change your routine, it helps to notice what is already happening.

Ask yourself:

- Do I eat when I am hungry, or out of habit?
- Do I eat too quickly?
- Do I often eat past the point of satisfaction?
- Do I snack even when I am not physically hungry?

The goal is not to judge yourself. The goal is to notice patterns so you can make small, useful changes.



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Step 2: Build a Simple Routine

GLP-1 can help manage appetite, but daily structure still matters.
Focus on these basics:

- ✓ Eat balanced meals at regular times
- ✓ Drink water throughout the day
- ✓ Include protein with meals and snacks
- ✓ Pay attention to hunger and fullness cues

Simple routines make results easier to maintain.

How can I include healthy meal planning in my daily routine?	How can I ensure I'm drinking enough water daily?	How can I add protein to my meals?
What daily tasks can I include in my routine to keep me on track to reaching my health goals?		

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Sample Meal Plan

A simple meal plan can make early decisions easier.

Balanced meals with protein, fiber, and healthy fats can help support fullness, energy, and more stable eating patterns throughout the day.

Day	Breakfast	Lunch	Dinner
1	Greek yogurt with berries and almonds	Grilled chicken salad	Baked salmon with steamed vegetables
2	Scrambled eggs with spinach	Turkey wrap with hummus and veggies	Stir-fried tofu with broccoli and quinoa
3	Oatmeal with chia seeds and nuts	Grilled chicken with quinoa and veggies	Shrimp and avocado salad
4	Protein smoothie with spinach and berries	Tuna salad on whole grain toast	Chicken stir-fry with bell peppers
5	Cottage cheese with sliced peaches	Veggie omelette with side salad	Grilled fish with roasted sweet potatoes

Tip: Focus on smaller portions that still meet your nutritional needs.



Portion sizes may feel different on GLP-1.

Because you may feel full sooner, smaller portions can still be enough. Learning what “enough” looks like can help you stay comfortable and consistent.

- ✓ **Palm for Protein:**
About the size of your palm.
- ✓ **Cupped Hand for Carbs:**
One cupped hand.
- ✓ **Handfuls for Vegetables:**
Two handfuls for leafy greens, one handful for denser veggies like carrots.

Smart Choices:

- ✓ Choose whole grains over refined carbs.
- ✓ Opt for lean proteins like chicken, fish, and legumes.
- ✓ Include healthy fats, such as avocado or olive oil, but in small portions.

One of the key factors in achieving weight loss success with GLP-1 medications is understanding and managing portion sizes.

Because GLP-1 helps you feel full with smaller meals, it's important to practice mindful portioning to avoid overeating, even with healthier foods.

Smart Snacking

Smart snacks can help you stay satisfied between meals.

The goal is not to snack constantly. The goal is to choose simple foods that help support fullness, energy, and portion control later in the day.

Quick Guidelines for Healthy Snacking

- ✔ **Focus on Protein:** Protein is key for satiety. Opt for snacks that include at least 7-10 grams of protein per serving.
- ✔ **Pair Protein with Fiber:** Combining protein with fiber-rich foods like vegetables, fruits, or whole grains keeps you fuller for longer.
- ✔ **Watch Portion Sizes:** Even healthy snacks can contribute to excess calorie intake if the portions are too large. Use the palm or fist-size guidelines to keep portions in check.

High Protein Snack Ideas

Snack	Details	Approx. Protein Grams
Greek Yogurt with Berries	A ½ cup of plain Greek yogurt paired with a handful of fresh berries	10–15 g
Hummus and Veggies	¼ cup of hummus with cucumber, carrots, or bell peppers	7–8 g
Boiled Eggs	Two boiled eggs are portable and packed with protein	12 g
Cheese and Apple Slices	Pair a slice of cheese with apple slices for a mix of protein and fiber	7–9 g
Almonds or Mixed Nuts	A small handful of almonds or mixed nuts provides healthy fats and protein	6 g per 1 oz

By incorporating these snacks, you'll stay energized and satisfied between meals, helping you maintain control of your portion sizes at mealtime.

Mindful Eating

GLP-1 can help you feel full faster, but slowing down still matters.

When you eat more mindfully, it becomes easier to:

- ✔ Notice when you are satisfied
- ✔ Avoid overeating
- ✔ Improve comfort during meals
- ✔ Enjoy food without rushing

Mindful eating supports the benefits of GLP-1 and helps build a better long-term relationship with food.





Tips for Practicing Mindful Eating

- ✓ **Eliminate Distractions:** Try to eat without distractions like TV, phones, or work. Focus on your food and the experience of eating.
- ✓ **Chew Slowly:** Take smaller bites and chew each one thoroughly. This allows you to savor flavors and gives your body time to signal when it's full.
- ✓ **Take Breaks During Meals:** Pause during your meal to check in with your hunger level. Are you still hungry, or starting to feel satisfied?
- ✓ **Appreciate Your Food:** Take a moment to notice the colors, textures, and smells of your food. This can increase enjoyment and satisfaction.
- ✓ **Listen to Your Body:** Tune into hunger and fullness cues, stopping when you're satisfied rather than stuffed.

By practicing mindful eating, you'll enhance the benefits of GLP-1 medications and improve your relationship with food, leading to long-term success.

Remember, every meal is an opportunity to nourish your body and mind, so slow down, savor, and enjoy the process.

Simple Movement for Beginners

You do not need extreme workouts to support your progress.

When you're new to exercising, focus on low-impact activities that are gentle on your joints and easy to fit into your routine. Aim to incorporate 20-30 minutes of movement into your day, which can be as simple as walking, light stretching, or yoga.

These exercises not only help boost your metabolism and energy levels, but also support the effectiveness of GLP-1 medications in your weight loss journey.

Start with movement that feels realistic and easy to repeat:

- ✓ **Walking:** Start with a brisk 10–15-minute walk around your neighborhood or on a treadmill. As you feel more comfortable, gradually increase your time to 20–30 minutes. Walking is one of the easiest ways to stay active and can be done anywhere!
- ✓ **Light Stretching:** Take 5–10 minutes each morning or evening to stretch your body. Stretching helps improve flexibility, reduces muscle tension, and gets your blood flowing. Focus on major muscle groups like your shoulders, back, legs, and hips.
- ✓ **Gentle Yoga:** Incorporate simple yoga poses like Child's Pose, Cat-Cow, or Downward Dog to increase flexibility and promote relaxation. Yoga can also help improve posture and reduce stress, which are great for overall well-being.

The goal is consistency, not intensity.



Injection Basics and Tracking

Starting injections can feel unfamiliar at first, but the process is usually simple and manageable once you learn the steps.

GLP-1 injections are given with a very small needle and are designed for safe, at-home use when prescribed and explained by a licensed healthcare provider.

A few basics matter most:

- ✓ Store your medication as directed
- ✓ Use proper technique
- ✓ Rotate injection sites
- ✓ Follow the instructions provided for your specific treatment

Tracking your injections can also help you stay consistent and notice any side effects or questions you want to discuss with your provider.



Regular use of this tracker will help you stay organized.
Share this information with your healthcare provider during
follow-up appointments to optimize your care.

Injection Tracker

Use this page to keep track of your dose, timing, and any side effects or questions.

Date	Time	Dose	Injection Location	Left / Right	Notes / Side Effects

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Before You Begin

Take a moment to think about what you want from this journey. You may want to write down:

- ✓ Why does this matter to me now?
- ✓ What has made weight loss hard for me in the past?
- ✓ What do I want to feel more of in my life?
- ✓ What kind of support will help me stay consistent?

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Contact Us



You are not expected to figure this out alone. Mavn is here to help you move forward with more clarity, more support, and more control.



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Disclaimer

Consult a Healthcare Professional

This guide is for educational purposes only. It does not replace medical advice, diagnosis, or treatment.

Always follow the guidance of your licensed healthcare provider before starting, stopping, or changing any medication, nutrition, or exercise routine.

GLP-1 treatment may not be right for everyone.

Individual results and side effects may vary.

If you have questions about your medication, injection technique, side effects, or your treatment plan, contact your healthcare provider.



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