



BLOG

Protecting Muscle on a Small Appetite: 3 Simple Habits

Protein at Every Meal

- Eggs, Greek yogurt or cottage cheese
- Chicken, turkey, fish or shrimp
- Beans, lentils, tofu or edamame

When Appetite Is Low

- Eat the protein on your plate first
- Try yogurt, eggs or a protein shake
- Keep meals small and frequent

Move to Keep Muscle

- Two or three sessions a week
- Weights, bands or body weight
- Squats, wall push-ups, step-ups



Read the full article

Protein While Losing Weight: How to Protect Your Muscle, Including on a GLP-1

hopeintegrativemed.com

(843) 737-0312

General information, not medical advice. Your provider can tell you
what is right for you.