

FREE SAMPLE CHAPTER

Protecting *Your Muscle*

A taste of *Your Weight-Loss Journey* — the companion guide for anyone on weight-loss medication.

THE SINGLE MOST IMPORTANT CHAPTER



Ally Nutrients

YOUR ALLY ON THE JOURNEY

Protecting Your Muscle

If you read only one chapter, make it this one.

When you lose weight on any approach — including weight-loss medication — some of what you lose is fat and some is lean muscle. The goal is to keep as much muscle as possible. Muscle keeps you strong, keeps your metabolism healthy, and is a big part of why you look toned and energetic rather than depleted at the end of your journey.

Why muscle loss happens here

Two things stack up. First, when you eat far less, your body may break down some muscle for energy if it is not getting enough protein. Second, if you are not giving your muscles a reason to stay — through movement and resistance — the body treats them as optional. The fix is to send the opposite signal: enough protein, plus a little strength work.

How much protein you really need

Protein is the single most important nutrient on this journey. General guidance for preserving lean mass during weight loss often lands around **1.2 to 1.6 grams of protein per kilogram of body weight per day** — but the right number depends on your size, age, activity, and health, so confirm your target with your doctor or a registered dietitian.

Use this as a rough starting point:

Your body weight	Rough daily protein target
60 kg (132 lb)	72–96 g
70 kg (154 lb)	84–112 g
80 kg (176 lb)	96–128 g
90 kg (198 lb)	108–144 g
100 kg (220 lb)	120–160 g

How to hit your protein when you have no appetite

This is the real challenge. When a few bites fill you up, fitting in enough protein from regular meals can feel impossible. Tactics that work:

- **Eat protein first.** Spend your limited capacity on the protein before anything else.
- **Make every bite count.** Choose protein-dense foods — eggs, fish, poultry, dairy, legumes — over low-protein fillers.
- **Drink your protein when you cannot eat it.** A high-quality shake delivers a large dose in a small, easy-to-tolerate volume — ideal for low-appetite days.
- **Spread it through the day.** Several smaller servings are easier to tolerate than one large one.

The difference between two outcomes

Protect your muscle, and you arrive lighter, stronger, and energized. **Ignore protein**, and you can arrive lighter but weaker, more tired, and more likely to regain. Same number on the scale — a completely different result.

Key takeaways

- ✓ Some weight lost is muscle; your job is to keep as much as possible.
- ✓ Protein is priority number one — confirm your personal target with a professional.
- ✓ Eat protein first, make bites count, and use shakes on low-appetite days.
- ✓ Protecting muscle is what makes your results look and feel healthy.

THAT WAS ONE CHAPTER

Get the full guide

This is just one of eight chapters. The complete *Your Weight-Loss Journey* guide gives you the whole playbook — plus a hands-on toolkit you'll actually use:

- Managing every side effect, step by step
- Eating smart on small portions + a 7-day meal plan
- Your first 30 days, week by week
- Keeping your results after you stop
- Protein calculator, troubleshooter, checklist & FAQ

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Educational and nutritional support, not medical advice. Not intended to diagnose, treat, cure, or prevent any disease. Always consult your doctor.