

Semaglutide Protocol - Patient Care

Congratulations on starting your Weight Loss Protocol with Semaglutide! We are excited to lead you to a healthier lifestyle.

Here are some tips to help with your initial questions:

You will receive all your 'Weight Loss Protocol with Semaglutide' materials today at your appointment. Four-week Semaglutide Rx with all injection supplies and Patient Take Home packet.

Semaglutide-L-Carnitine 2.65mg-100mg/ml

Weekly Weight Loss Tracker in packet. Please maintain weekly updates with weight and notes.

1. Breakfast, Lunch, Dinner: choose high protein and low glycemic index food (see protein list).
2. Grazing smartly throughout day may be an easier plan, rather than trying to eat 3 large meals.
3. Suggested Exercise: Aerobic Training: Walking at a moderate pace for 30 minutes 3-5x a week OR swimming 20-30 min 3x weekly OR run/jog 15 min 3x weekly, OR biking/spin 30 min 3x weekly.

Semaglutide Overview

Semaglutide is a medication that mimics a naturally occurring hormone called glucagon-like peptide-1 (GLP-1) to regulate blood sugar, suppress appetite, and slow stomach emptying.

Semaglutide is injected under the skin, once weekly at any time of day, with or without food, and should be injected on the same day each week.

Semaglutide is generally well tolerated. The most common side effects are GI symptoms such as nausea, diarrhea, constipation, headache, fatigue, decreased appetite, and/or dizziness, most often due to low blood sugar (hypoglycemia). These symptoms may occur when the dose is increased but often improve or go away after a few days. Although semaglutide by itself usually does not cause hypoglycemia, blood sugar can be affected by stress, illness, alcohol use, surgery, and skipping meals. Hypoglycemia can make you feel very hungry, dizzy, irritable, or shaky, along with rapid heartbeat, and/or tingling hands or feet.

Semaglutide should not be used in patients with a personal or family history of medullary thyroid cancer (MTC) or in patients with Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

L-Carnitine Overview

L-carnitine is a naturally occurring amino acid that plays a vital role in energy production by transporting fatty acids into the mitochondria of your cells. It is produced by the kidneys, liver, and brain, and is also found in foods like red meat and dairy.

L-carnitine is a nutrient and dietary supplement. It plays a crucial role in the production of energy by transporting fatty acids into your cells' mitochondria.

L-carnitine helps move more fatty acids into your cells to be burned for energy, so it's sometimes used as a weight loss supplement.

Protein Content of Foods

To increase fat burning, sports nutritionists recommend eating about 2/3 gram of protein per pound daily (so, a 200-pound patient should strive for roughly 125 grams of protein per day). It's also important to set aside time for mid-morning and mid-afternoon protein snacks to achieve your weight loss goals!

Chicken-6oz 56 gm	Steak-6oz 52 gm	Turkey-6oz 50 gm	Pork-6oz 44 gm
Ham-6oz. 28 gm	Lamb-6oz 46 gm	Egg-1 6 gm	Scallops-6oz 28 gm
Salmon-6oz 44 gm	Tuna 6 oz 44 gm	Shrimp-6oz 40 gm	Tilapia-6oz 44 gm
Beef jerky-2oz 20 gm	Hummus-½ cup 9 gm	Chili-½ cup 10 gm	Tofu-2oz 6 gm
Pinto beans-½ cup 11 gm	Lentils-½ cup 9 gm	Edamame-½ cup 9 gm	Quinoa-½ cup 4 gm
Green peas-½ cup 4 gm	Spinach-½ cup 3 gm	Broccoli-1 cup 3 gm	Corn-½ cup 8 gm
Wild rice-1 cup 7 gm	Asparagus-1 cup 4 gm	Peanuts-2oz 14 gm	Cashews-2oz 8 gm
Peanut Butter-2oz 14 gm	Almonds-2oz 12 gm	Walnuts-2oz 8 gm	Chickpeas-½ cup 7 gm
Cottage cheese-½ cup 14 gm	Soy milk-1 cup 8 gm	Skim milk-1 cup 8 gm	Ricotta-½ cup 12 gm
Mozzarella -2oz 14 gm	String cheese-1oz 6 gm	Am. Cheese-1 sl. 5 gm	SF pudding-½ cup 4 gm
Whole wheat-1 sl. 3 gm	Cereal-½ cup 3 gm	Pasta-1/3 cup 3 gm	Rice- ½ cup 4 gm
Premier Protein shakes 30 gm	Quest bars 20 – 24 gm		

Low glycemic index (GI) foods:

Foods with a low GI help to facilitate weight loss and promote fullness. People who have or are at a risk for Type II (adult-onset) diabetes should consider eating foods with a low GI. Low-glycemic foods are metabolized to sugar gradually and can help prevent high sugar spikes after meals. Sugar is assigned a GI of 100. So, if a food has a GI of 30, it means it will boost blood sugar by only 30%.

Low GI (<55), Medium GI (56-69) and High GI (70>)

Grains / Starches		Vegetables		Fruits		Dairy		Proteins	
Rice Bran	27	Asparagus	15	Grapefruit	25	Low-Fat Yogurt	14	Peanuts	21
Bran Cereal	42	Broccoli	15	Apple	38	Plain Yogurt	14	Beans, Dried	40
Spaghetti	42	Celery	15	Peach	42	Whole Milk	27	Lentils	41
Corn, sweet	54	Cucumber	15	Orange	44	Soy Milk	30	Kidney Beans	41
Wild Rice	57	Lettuce	15	Grape	46	Fat-Free Milk	32	Split Peas	45
Sweet Potatoes	61	Peppers	15	Banana	54	Skim Milk	32	Lima Beans	46
White Rice	64	Spinach	15	Mango	56	Chocolate Milk	35	Chickpeas	47
Cous Cous	65	Tomatoes	15	Pineapple	66	Fruit Yogurt	36	Pinto Beans	55
Whole Wheat Bread	71	Chickpeas	33	Watermelon	72	Ice Cream	61	Black-Eyed Beans	59
Muesli	80	Cooked Carrots	39						
Baked Potatoes	85								
Oatmeal	87								
Taco Shells	97								
White Bread	100								
Bagel, White	103								



Eight Ways to Sabotage Your Weight Loss

1. **Drinking too much alcohol**

Alcohol is the number one reason that weight loss is difficult or impossible. Not only does alcohol provide lots of extra calories, but it also simply inhibits fat metabolism, just like the effects of sugar (see #5). Limiting or eliminating alcohol intake significantly improves the chances for weight loss.

2. **Skimping on protein**

When you take in limited dietary protein, your body must burn its own muscle for fuel (which is an easier energy source to burn compared to fat). This results in decreased lean muscle mass, which inhibits fat burning capability. Low protein intake has been shown to cause increased carb cravings.

3. **Not drinking enough fluids**

Drinking water is one of the easiest ways to maximize your fat burning capacity. Water is a real chemical required to break down fat. When your body is dehydrated, it cannot burn fat. Drink water with every meal along with before, during, and after exercise.

4. **All-or-nothing dieting**

One of the biggest problems with "fad" diets is that they usually provide a very low-calorie allowance. Not only will this cause your body to burn fewer calories, but it may also make you more likely to binge.

5. **Eating too much sugar**

Sugars and refined carbs have the unique ability to dramatically stop fat metabolism. For example -- your body is in fat-burning mode, and suddenly it gets an influx of sugar. Your metabolic pathways will use the sugar as an easier energy source and promptly stop burning fat.

6. **No weight-training**

Aerobic exercise is a great way to accelerate your metabolism and stimulate fat burning. However, many studies show that adding weight training to your exercise regimen will accelerate your metabolism even faster. Your resting metabolism is directly affected by the amount of your muscle mass.

7. **"Eating" your exercise calories**

Some people keep track of their exercise calories to quantify it in terms of food, so they can justify eating a candy bar since they have already "burned" those calories.

8. **Not eating enough during the day**

Not eating enough during the day slows down metabolism and puts your body into "fasting mode." You might also make up for deficient calories in the late hours of the day, causing your body to slow metabolism through the night in preparation for another day of "fasting." Eat early (breakfast) and eat often.

Subcutaneous Injection Instructions

Where to Inject?

A subcutaneous (SC) injection deposits medication into the fat tissue below the skin. You can inject into the abdomen (except for one inch around the navel.)

Injection Technique

1. Wipe the area on the abdomen or outer thigh with alcohol pad.
2. Pinch the skin and fat with your non dominant hand.
3. Insert the needle at 45-90 degrees through the skin into the fat tissue.
4. Slowly push down on the plunger to inject the medication.



