

# Tirzepatide Weight Loss Plan

## A Comprehensive Guide for Effective Weight Management

### Overview

This guide outlines a structured plan to support weight loss using tirzepatide (e.g., Mounjaro, Zepbound) alongside diet and exercise. Always follow under medical supervision.

## 1 Weekly Dosing Schedule

- **Starting Dose:** Inject 2.5 mg once weekly for 4 weeks.
- **Dose Escalation:** Increase by 2.5 mg every 4 weeks (e.g., 5 mg, 7.5 mg) as tolerated, up to 15 mg.
- **Administration:** Use subcutaneous injection in the abdomen, thigh, or upper arm. Rotate sites weekly.

## 2 Diet and Exercise Tips

- **Diet:** Follow a 1,500–2,000 calorie diet rich in lean proteins, vegetables, and whole grains. Limit sugars and processed carbs.
- **Exercise:** Aim for 150 minutes of moderate aerobic activity (e.g., brisk walking) and 2 strength-training sessions weekly.
- **Meal Timing:** Eat small, frequent meals to reduce nausea and maintain satiety.

## 3 Side Effect Management

- **Nausea:** Start with small meals, avoid fatty foods, and consider ginger tea or over-the-counter anti-nausea aids.
- **Hydration:** Drink 8–10 glasses of water daily to support digestion and reduce side effects.
- **Monitoring:** Report severe symptoms (e.g., abdominal pain, vomiting) to your doctor immediately.

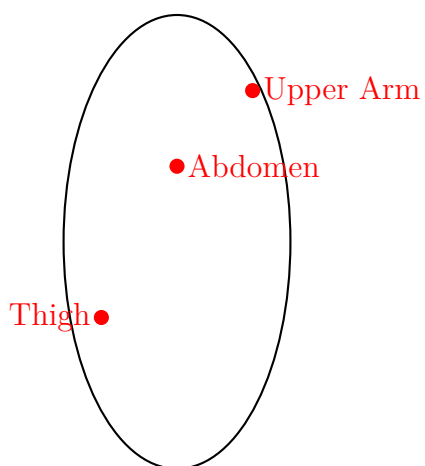
## 4 Progress Tracking Table

Monitor weight, waist circumference, and side effects weekly.

Week	Weight (lbs)	Waist (in)	Side Effects	Notes
1				
2				
3				
4				
5				
6				
7				
8				

Table 1: Weight Loss Progress Tracker

## 5 Visual Guide: Injection Sites



Rotate injection sites weekly

## Disclaimer

This guide is for informational purposes only. Consult your healthcare provider before starting tirzepatide.