



GLP Elite

semaglutide • tirzepatide

Guidebook

Your Transformation Starts Now



You've taken the first step toward better health with **GLP Elite™**. We're thrilled to be part of your journey. Here's what you can expect:

1 Start your plan

We built this plan for YOU — your body, goals, and life:

- ✓ GLP Medication (Semaglutide or Tirzepatide)
- ✓ Monthly Check-Ins with our Clinical Team
- ✓ Customized Diet Plan
- ✓ Individualized Supplement Recommendations
- ✓ Weekly Fat Burner+ Boosters
- ✓ Digital Food Scale

What are GLPs, anyway?

Think of GLPs as your gut's little helper. They tell your brain when you are full. You'll be less hungry, have fewer cravings, and be more satisfied between meals. The best part? GLPs help you lose weight and improve your future health.

GLP Elite



2 Build your weight loss tool kit

Our **GLP Essentials Kit** is your trusty sidekick for tackling unwanted side effects. It also addresses other issues, such as muscle loss, sagging skin, and thinning hair.



3 Evaluate your progress

You'll meet with our Clinical Team to check-in and modify your plan (as needed). We'll also help you overcome any roadblocks getting in your way and fine-tune your meds to keep you on track for success.



4 Continue your GLP plan

Once you achieve your goal weight, we'll provide you with a new **Lifetime Maintenance** diet plan, adjust your GLP medication, and recommend supplements to prevent rebound weight gain.



Your Weight Loss Plan

Your prescribed tools

Date: _____

GLP-1 medication

- ☐ Semaglutide (GLP-1)
- ☐ Tirzepatide (GLP-1/GIP)

Other medications

- ☐ _____
- ☐ _____

Vitamins & supplements

- ☐ GLP Essentials Kit
- ☐ BPC-157 Peptide
- ☐ Fat Burner+ Boosters
- ☐ CLA
- ☐ Collagen MSB
- ☐ Ignite®
- ☐ Carb Control
- ☐ Probiotic Plus
- ☐ Multi 365
- ☐ Viviscal™ Hair Growth Vitamins

Your diet plan

Refer to the food lists and serving sizes in this guidebook.

Proteins _____ servings/day

Fats _____ servings/day

Fruits _____ servings/day

Vegetables _____ servings/day

Complex carbs* _____ servings/day

Sample daily diet

Breakfast

- _____ servings protein
- _____ servings fats
- _____ servings fruits
- _____ servings vegetables
- _____ servings complex carbs*

Dinner

- _____ servings protein
- _____ servings fats
- _____ servings fruits
- _____ servings vegetables
- _____ servings complex carbs*

Lunch

- _____ servings protein
- _____ servings fats
- _____ servings fruits
- _____ servings vegetables
- _____ servings complex carbs*

Snacks

- _____ servings protein
- _____ servings fats
- _____ servings fruits
- _____ servings vegetables
- _____ servings complex carbs*

Ask how RM3® can supercharge your GLP weight loss results.

*Based on your goals, lifestyle, and medical history, you may or may not be prescribed complex carbs. You don't need to include all of the food groups in every meal to meet your daily servings.

Approved Foods

& Serving Sizes



Proteins

_____servings/day

Each bullet = 1 serving

- **1 oz. animal protein**
 - Chicken
 - Crab (not imitation)
 - Turkey
 - Veal
 - Lean pork (trimmed pork chops or pork tenderloin)
 - Steak (avoid marbled or fatty cuts)
 - Ground beef, turkey, chicken
 - Lobster
 - Salmon
 - Scallops
 - Shrimp
 - Tuna (in water, not oil)
 - White fish (including halibut, bass, swordfish, mahi-mahi, cod, flounder, snapper, pike, tilapia, and trout)
 - Wild game (bison, deer, elk, venison)
- **3 egg whites or 1 whole egg**
- **¼ cup nonfat or low-fat cottage cheese**
- **1/3 cup nonfat yogurt or low-fat Greek yogurt**
- **½ cup 2% or skim milk**
- **3 oz. tofu**
- **15-gram Protein Drink or Shake* = 2 servings of protein (max 2 per day)**



Fats

_____servings/day

Each bullet = 1 serving

- **Nuts and seeds**
 - 6 almonds
 - 6 cashews
 - 2 tsp chia seeds
 - 1 Tbsp flaxseed meal
 - 4 pecans
 - 1 Tbsp pine nuts
 - 16 pistachios
 - 1 Tbsp pumpkin seeds
 - 1 Tbsp sunflower seeds
 - 4 walnuts
- **Milk alternatives**
 - 2 cups nut milk, unsweetened
 - 2 cups coconut milk, unsweetened, non-canned
 - 1 cup soy milk, unsweetened = 1 protein and ½ fat
- **Salad dressings**
 - 1 Tbsp vinaigrette salad dressing
 - 1 Tbsp creamy salad dressing
- **Cheese**
 - ½ oz. cheese
 - ¼ cup full-fat cottage cheese
 - 1 oz. string cheese
- **Miscellaneous**
 - ¼ avocado
 - 1 slice of bacon
 - ½ Tbsp butter
 - 1 ½ Tbsp coffee creamer
 - 2 Tbsp hummus
 - ½ Tbsp mayonnaise
 - 1 tsp olive, coconut, canola, or flaxseed oil
 - 10 small or 5 large olives
 - 1 sausage link or 1 oz. ground sausage
 - 1 ½ tsp unsweetened peanut butter



Fruits

_____servings/day

Each bullet = 1 serving

- **1 whole fruit**
 - Apple
 - Grapefruit
 - Orange
 - Pear
 - Peach
 - Kiwi
 - Nectarine
- **2 plums**
- **2 Tbsp (¾ oz.) dried fruit**
- **½ banana**
- **1 cup**
 - Raspberries
 - Blackberries
 - Blueberries
 - Strawberries
 - Pineapple
- **½ cup pomegranate or mango**
- **1 cup papaya, cantaloupe, watermelon, honeydew melon**
- **4 fresh apricots**
- **12 fresh cherries**
- **15 grapes**

Vegetables

_____servings/day

Each bullet = 1 serving

- **1 cup**
 - Asparagus
 - Bean sprouts
 - Bell peppers
 - Broccoli
 - Brussels sprouts
 - Cabbage
 - Cauliflower
 - Eggplant
 - Fennel
 - Green beans
 - Jalapeño peppers
 - Mushrooms
 - Okra
 - Radishes
 - Red and green chili peppers
 - Spaghetti squash
 - Yellow squash
 - Zucchini
- **Unlimited**
 - Celery
 - Cucumbers
 - Dill pickles
 - Kale
 - Lettuce
 - Onions
 - Spinach
 - Swiss chard
 - Tomatoes



Scan to
download mobile
version of list



*Available to buy online or in all Red Mountain Weight Loss® locations.

Approved Foods & Serving Sizes



Complex carbs

_____servings/day

Each bullet = 1 serving

- ½ cup
 - Beans (cooked)
 - Lentils or grains
 - Artichoke
 - Beets
 - Carrots
 - Corn
 - Jicama
 - Peas
 - Sweet potato, white potato, yams
 - Turnips
- 1 cup winter squash (acorn, butternut, pumpkin)
- 1 slice whole wheat bread
- 1 slice sprouted bread
- 1 small (6” across) high-fiber/low-carb tortilla
- ¾ cup unsweetened, high-fiber dry cereal
- ½ cup cooked oatmeal or ¼ cup cooked steel cut oats
- 1/3 cup cooked whole wheat pasta
- ½ cup cooked rice, couscous, quinoa, or barley
- 2-4 whole wheat crackers
- 2 (4” across) rice cakes
- 3 cups popped popcorn (no oil)
- 1 cup oat milk = 1 complex carb + ½ fat

Approved extras

- Any zero-calorie sweeteners, such as Stevia® or Splenda®
- Spices and seasonings (including salt, pepper, garlic, basil, parsley, thyme, cayenne pepper, cinnamon, cumin, ginger, turmeric, and cilantro)
 - Watch out for bottles containing mixed spices, as they may have added sugar. Either avoid them and mix your own, or read the label.
- Herbs, fresh or diced
- Liquid aminos, soy sauce, rice vinegar, red wine vinegar, and apple cider vinegar
- Unlimited lemon or lime juice
- Flavoring extracts – excluding syrup (vanilla, almond, etc.)
- Horseradish
- Hot sauce
- Ketchup (1 Tbsp per day)
- Mustard
- Worcestershire sauce
- Miracle Noodles*
- Nonstick zero-calorie cooking spray
- Beef, chicken, and vegetable broth for cooking
- Sugar-free gum
- Sugar-free JELL-O®
- Walden Farms products (line of condiments available at Sprouts or Amazon)



Alcohol

1 fat serving + 1 fruit serving

If you choose to drink alcohol, limit intake to no more than 3 drinks per week. If you do incorporate an alcoholic beverage, be sure to subtract it from your daily totals.

- 12 oz. light beer
- 1.5 oz. vodka, rum, gin, whiskey, or tequila
- 5 oz. wine or champagne

*Available to buy online or in all Red Mountain Weight Loss® locations.



Scan for
more recipes

Snack Ideas

Snacks can help you get important nutrients, keep you energized, and satisfy your hunger between meals. Here are some snack options that are both tasty and healthy – all while sticking to your diet.

- RM Protein Bars (1 protein + 1 fat + 1 complex carb)
- RM Protein Drink + ½ banana (2 protein + 1 fruit)
- 1 oz. string cheese + 4 whole wheat crackers (1 fat + 1 complex carb)
- 1 apple with 1 ½ tsp peanut butter (1 fruit + 1 fat)
- 2 oz. sliced deli meat rolled with ¼ avocado and lettuce (2 protein + 1 fat)
- 2 Tbsp hummus with celery (1 fat)
- 1 hard-boiled egg and 16 pistachios (1 protein + 1 fat)
- Cottage cheese flatbread
 - If using full-fat cottage cheese (1 fat + 1 protein)
 - If using low or non-fat cottage cheese (2 proteins)

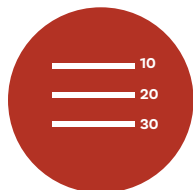


How To Take GLP Injections



1 shot/week:

Self-administer your prescribed number of units upon receiving your medication. Inject into the fatty tissue of your abdomen, hip or thigh.



Count your units:

Your weekly GLP dose is **prescribed in units**. To administer the medication, you must draw up the prescribed amount from the vial you receive.



Don't overdose:

You will receive a multidose vial every 4 weeks. **DO NOT** take more units than prescribed nor inject the whole vial at once.

GLP Elite guidelines

- Follow your prescribed diet plan to accelerate your weight loss and ensure you get the nutrients you need.
- Take all medications and supplements as prescribed by our Clinical Team.
- Drink at least 8 glasses of water per day to stay hydrated.
- Limit restaurant dining to no more than 2-3 times per week.
- Incorporate at least 150 minutes of physical activity per week, including a mix of cardio and strength training.



28-day expiration:

Your medication will expire 28 days after you puncture the seal on the vial for your first shot.



Refrigerate:

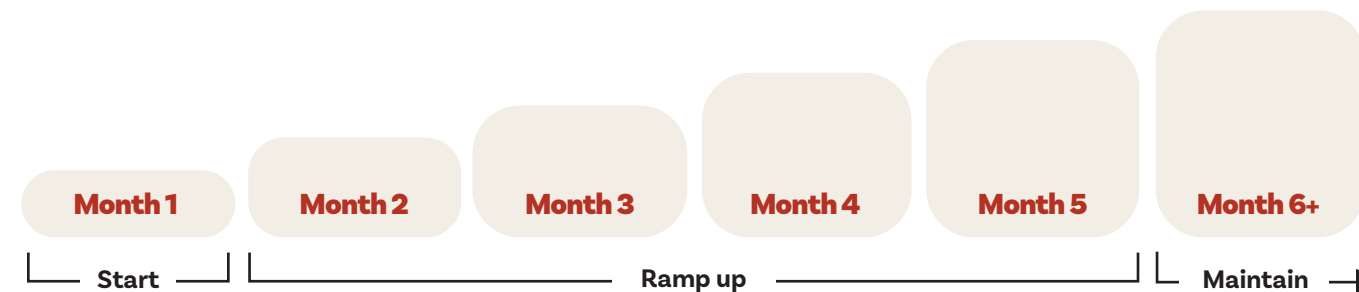
Your GLP medication must be stored in a refrigerator (not frozen).

Dosing schedule for your GLP medication

Your dose will change monthly. Our Clinical Team will monitor your progress and adjust dosing based on your need to maximize results. We follow the FDA-approved dosing schedule to minimize side effects.



Scan for medication info



The benefits of GLPs for weight loss — and beyond

GLP medications offer a wide range of long-term health benefits beyond the scale. Here's how they can help you feel your best from the inside out:

Lower blood sugar

Your blood sugar will be kept in check, which is great for managing or preventing type 2 diabetes.

Better heart health

A healthier heart? Yes, please! GLPs can lower your risk of heart disease.

More energy

You'll likely experience a noticeable increase in energy and vitality as you lose weight.

Confidence boost

Your confidence soars when you feel good about your body and health.

Fewer health issues

Sticking with GLP meds for the long term has many health benefits. Clinical studies have shown they can promote healthy kidney function and lower your risk of heart disease, stroke, and dementia. GLPs can also ease sleep apnea, giving you a better night's sleep.



Support your GLP journey

Tackle Side Effects With The **GLP** Essentials Kit

Think of our **GLP Essentials Kit** as your tool to target the most common concerns that coincide with GLP medications.

Build muscle

Protein Shakes

We packed our low-calorie shakes with lean protein because it's a superstar ingredient! Our shakes come in a variety of delicious flavors.



Strengthen skin & hair

Collagen MSB

Improves muscle mass, skin quality, and bone health.

Avoid muscle loss

CLA

Helps boost muscle growth and improve exercise performance.

Reduce GI side effects

BPC-157 Peptide

This is your gut's new BFF. It helps improve digestive health and reduce GI side effects.

Other powerful tools



Stop cravings in their tracks

We've all been there: a stressful day at work, and suddenly, that cookie is calling your name. With our prescription appetite suppressants, you can regain control. Custom blended with an extended-release formula, they help you feel full longer — without the nervous or jittery side effects.

Fill nutritional gaps

Eating healthier is essential for weight loss, and it's important to ensure you're still getting all the necessary nutrients. Our exclusive line of vitamins, supplements, protein shakes, and protein bars is designed to fill in any gaps and help your body function at its best.

Patient favorites

Ignite®

Feel that metabolism rev up and your energy levels soar with the power of berberine. Ignite will help you burn calories and power through your day.



Carb Control

Carb Control helps manage your weight more effectively by blocking the absorption of 20-25% of consumed carbs. While it's important to choose carbs carefully and in moderation, this product offers a way to enjoy them with fewer negative effects.



Protein shakes and bars

Need a little fuel to keep you going through the day? Our protein shakes and bars are low in calories and packed with lean protein to build and maintain muscle mass. We have 8 shake flavors and 10 protein bar varieties to tackle any craving.



Shop now

Power your every day with vitamins, supplements, and protein shakes and bars



Maintain Your Weight For Life

Congrats! You've reached your goal weight — that deserves a huge celebration. But your journey doesn't stop here. This is the start of a whole new way of life. Here's what you can expect:



1 Check-in with our Clinical Team

You'll meet with us to re-evaluate your meds and develop a new plan to help you maintain your new weight for the rest of your life. We're here to adjust your serving sizes or switch meds if you ever need additional support.

2 Continue your GLP

Think of your GLP medication as the most important tool to maintain your success. It helps sustain your results and makes it easier to get back to your routine after life events, like vacations and holidays.

3

Build your maintenance tool kit

In addition to your GLP medication, we may recommend other vitamins and supplements to help support your new chapter. We'll provide tips to help you sustain your results and enhance your overall quality of life.

4 Get off track? We've got your back.

Life happens, and sometimes we all need a little extra help. If you stumble or have a slip-up, don't worry! We've all been there before. We'll meet with you to provide the guidance you need to get back on the path to success.



5 Tips to Succeed



1 Stick to your diet plan

The **GLP Elite** program is your personal road map to success. Follow the diet plan to learn healthier eating habits, ensure adequate nutrition, and accelerate your weight loss results. Don't forget to consume all your allotted protein each day. It helps to increase satiety, regulate appetite, and preserve and increase lean body mass.



2 Move your body

Incorporate at least 150 minutes of physical activity per week. Mix it up with some cardio and muscle-building exercises to help you build a strong, energized body.



3 Track your progress

Weigh in daily and record what you eat. A food journal or app like MyFitnessPal™ can help you track your health wins.

4 Think servings, not calories

Portion control is key to losing weight and keeping it off. Your **GLP Elite** diet plan is packed with nutrient-rich foods that will help you feel your best.

5 Free tools & resources

Enjoy a variety of tools to support you every step of the way — for life! From tasty recipes to exercise circuits, you can find the resources you need to achieve your weight loss goals.

Scan to
get started



Approved Foods

Each bullet = 1 serving

Proteins

- 1 oz. animal protein
 - Chicken
 - Crab (not imitation)
 - Turkey
 - Veal
 - Lean pork (trimmed pork chops or pork tenderloin)
 - Steak (avoid marbled or fatty cuts)
 - Ground beef, turkey, chicken
 - Lobster
 - Salmon (no more than once per week)
 - Scallops
 - Shrimp
 - Tuna (in water, not oil)
 - White fish (including halibut, bass, swordfish, mahi-mahi, cod, flounder, snapper, pike, tilapia, and trout)
 - Wild game (bison, deer, elk, venison)
- 3 egg whites or 1 whole egg
- ¼ cup nonfat or low-fat cottage cheese
- 1/3 cup nonfat yogurt or low-fat Greek yogurt
- ½ cup 2% or skim milk
- 3 oz. tofu
- 15-gram Protein Drink or Shake* = 2 servings of protein (max 2 per day)



Fruits

- 1 whole fruit
 - Apple
 - Grapefruit
 - Orange
 - Pear
 - Peach
 - Kiwi
 - Nectarine
- 2 plums
- 2 Tbsp (¼ oz.) dried fruit
- ½ banana
- 1 cup
 - Raspberries
 - Blackberries
 - Blueberries
 - Strawberries
 - Pineapple
- ½ cup pomegranate or mango
- 1 cup papaya, cantaloupe, watermelon, honeydew melon
- 4 fresh apricots
- 12 fresh cherries
- 15 grapes



Fats

- Nuts and seeds
 - 6 almonds
 - 6 cashews
 - 2 tsp chia seeds
 - 1 Tbsp flaxseed meal
 - 4 pecans
 - 1 Tbsp pine nuts
 - 16 pistachios
 - 1 Tbsp pumpkin seeds
 - 1 Tbsp sunflower seeds
 - 4 walnuts
- Milk alternatives
 - 2 cups nut milk, unsweetened
 - 2 cups coconut milk, unsweetened, non-canned
 - 1 cup soy milk, unsweetened = 1 protein and ½ fat
- Salad dressings
 - 1 Tbsp vinaigrette salad dressing
 - 1 Tbsp creamy salad dressing
- Cheese
 - ½ oz. cheese
 - ¼ cup full-fat cottage cheese
 - 1 oz. string cheese
- Miscellaneous
 - ¼ avocado
 - 1 slice of bacon
 - ½ Tbsp butter
 - 1 ½ Tbsp coffee creamer
 - 2 Tbsp hummus
 - ½ Tbsp mayonnaise
 - 1 tsp olive, coconut, canola, or flaxseed oil
 - 10 small or 5 large olives
 - 1 sausage link or 1 oz. ground sausage
 - 1 ½ tsp unsweetened peanut butter

Vegetables

- 1 cup raw
 - Asparagus
 - Bean sprouts
 - Bell peppers
 - Broccoli
 - Brussels sprouts
 - Cabbage
 - Cauliflower
 - Eggplant
 - Fennel
 - Green beans
 - Jalapeño peppers
 - Mushrooms
 - Okra
 - Radishes
 - Red and green chili peppers
 - Spaghetti squash
 - Yellow squash
 - Zucchini
- Unlimited
 - Celery
 - Cucumbers
 - Dill pickles
 - Kale
 - Lettuce
 - Onions
 - Spinach
 - Swiss chard
 - Tomatoes





Pocket Guide

Approved Foods

GLP Elite
semapitide • tirzepatide

Complex Carbs

- **½ cup**
 - Beans (cooked)
 - Lentils or grains
 - Artichoke
 - Beets
 - Carrots
 - Corn
 - Jicama
 - Peas
 - Sweet potato, white potato, yams
 - Turnips
- **1 cup** winter squash (acorn, butternut, pumpkin)
- **1 slice** whole wheat bread
- **1 slice** sprouted bread
- **1 small (6" across)** high-fiber/low-carb tortilla
- **¾ cup** unsweetened, high-fiber dry cereal
- **½ cup** cooked oatmeal or ¼ cup cooked steel cut oats
- **1/3 cup** cooked whole wheat pasta
- **½ cup** cooked rice, couscous, quinoa, or barley
- **2-4** whole wheat crackers
- **2 (4" across)** rice cakes
- **3 cups** popped popcorn (no oil)
- **1 cup** oat milk = 1 complex carb + ½ fat

Alcohol

- 1 fat serving + 1 fruit serving
- 12 fl. oz. light beer
 - 1.5 fl. oz. vodka, rum, gin, whiskey, or tequila
 - 5 fl. oz. wine or champagne

Approved Extras

- Any zero-calorie sweeteners, such as Stevia® or Splenda®
- Spices and seasonings (including salt, pepper, garlic, basil, parsley, thyme, cayenne pepper, cinnamon, cumin, ginger, turmeric, and cilantro)
- Herbs, fresh or diced
- Liquid aminos, soy sauce, rice vinegar, red wine vinegar, and apple cider vinegar
- Unlimited lemon or lime juice
- Flavoring extracts - excluding syrup (vanilla, almond, etc.)
- Horseradish
- Hot sauce
- Ketchup (1 Tbsp per day)
- Mustard
- Worcestershire sauce
- Miracle Noodles*
- Nonstick zero-calorie cooking spray
- Beef, chicken, and vegetable broth for cooking
- Sugar-free gum
- Sugar-free JELL-O®
- Walden Farms products (line of condiments available at Sprouts or Amazon)



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