

FEARO GUIDE SERIES 02

PROTEIN & CALORIES ON MOUNJARO

A practical guide to eating enough, protecting muscle and losing weight without extremes.



PROTEIN

Protect muscle



CALORIES

Fuel progress



TRACKING

Learn patterns



READ THIS FIRST

Why protein and calories matter

Mounjaro can make eating feel easier by reducing hunger and food noise. That can be a huge help, but it also means some people accidentally under-eat, let protein drop and lose the routine that keeps them steady.

THE BASIC RULE

Enough protein. Enough calories. Enough structure.
That is the foundation.

What this guide is trying to avoid

- ✓ Eating as little as possible and calling it success.
- ✓ Dropping protein so low that training, energy and muscle suffer.
- ✓ Guessing your intake and wondering why progress is inconsistent.
- ✓ Letting weekends or social meals become a reason to restart every Monday.
- ✓ Changing dose, timing or medication decisions without medical advice.

Important: This guide is general support based on lived experience. It is not medical advice. Always follow your doctor, pharmacist or prescribing clinic.

PROTEIN FIRST

Make protein the anchor

Protein helps with fullness, recovery and keeping muscle while you are losing weight. On Mounjaro it matters even more because appetite can drop and meals can get smaller without you noticing.

MY EXPERIENCE

During my own weight loss I aimed for around 200g of protein a day while training hard. That is not a starting target for everyone, but protein was never an afterthought.

Easy ways to build it in

MEALS

Eggs, chicken, fish, lean meat, tofu, Greek yoghurt or high-protein wraps.

TOP UPS

Whey protein, protein drinks, Huel or other meal replacements can help when appetite is low.

ROUTINE

Put protein into breakfast and lunch first. Do not leave it all until the evening.

Start with protein. Then build the meal.

CALORIES WITHOUT EXTREMES

Low calories is not always better

A big appetite drop can make very low calories feel easy at the start. The problem is that too little food can catch up with you through tiredness, poor training, constipation, cravings or a loss of consistency.

WATCH OUT FOR

- Chasing the lowest number possible.
- Skipping meals all day.
- Feeling wiped out and blaming yourself.

A BETTER AIM

Find a calorie level you can repeat while still hitting protein, training well and living your life.

My numbers, not your prescription

During my own weight loss I was around 2,750 calories a day while exercising a lot. In maintenance I am around 3,000 and holding steady. Your number may be very different, but the point is simple: very low calories are not the only route to progress.

Simple adjustment rule

- ✓ Track honestly for a week before making big changes.
- ✓ Look at the trend, not one day.
- ✓ Adjust slowly instead of panicking.



TRACKING WITHOUT OBSESSION

Track to learn, not to punish yourself

Tracking is not about being perfect forever. It gives you information. It helps you spot whether you are eating enough protein, enough fibre and enough calories to keep the process sustainable.

What I would track from the start

CALORIES So you know the real picture instead of guessing.

PROTEIN So appetite changes do not quietly lower your intake.

FIBRE So digestion is not ignored until it becomes a problem.

WEIGHT TREND So one random weigh-in does not control your mood.

TOOLS

Nutracheck, MyFitnessPal or even a notes app can work. The best tracker is the one you will actually use.

WEEKENDS

One higher-calorie day does not ruin the week. Learn from it and go back to the next normal meal.

Data gives you control. Drama takes it away.

YOUR STARTING PLAN

Protein. Calories. Consistency.

Keep this simple. You do not need a perfect diet to make Mounjaro work for you. You need a repeatable system that supports your health, your training and your normal life.

Daily basics

- ✓ Protein in every meal or snack where possible.
- ✓ Enough calories to function, train and recover.
- ✓ Fluids and electrolytes if needed, especially if appetite is low.
- ✓ Fruit, veg or fibre most days to support digestion.
- ✓ Movement you can repeat next week, not just today.

WEEKLY REVIEW

- Did I hit protein most days?
- Were calories too low or too high?
- What made this week easier?

SUPPORT

For Mounjaro and weight loss support, join my free Skool group through fearo.com.

Coming next in the guide series

- Side effects and practical routines
- Training, steps and keeping muscle while losing weight
- Maintenance and what happens when the weight is gone

Eat enough. Keep going.

For more guides, videos and support: fearo.com