

FEARO GUIDE SERIES 01

THE MOUNJARO BASICS

The starting point for getting the most out of Mounjaro without panic, extremes or guesswork.



PROTEIN

Start simple



ROUTINE

Start simple



SUPPORT

Start simple



READ THIS FIRST

Mounjaro is a tool. Your habits still matter.

This guide is for people starting Mounjaro who want a clear, realistic foundation from day one. It is not about being perfect. It is about putting a few simple things in place so the medication has the best chance to support real change.



THE BASIC IDEA

Mounjaro can reduce appetite, quiet food noise and make it easier to step back from old patterns. But the real win is using that space to build a way of eating, moving and living that still works when life gets busy.

BEFORE YOU START, GET THESE IN PLACE

- ✓ Follow the plan from your prescriber. Do not change dose, timing or frequency without medical advice.
- ✓ Take starting photos, measurements and a starting weight. The scales will not tell the full story.
- ✓ Decide how you will track food. Nutracheck, MyFitnessPal or a simple notes app is better than guessing.
- ✓ Have protein, easy meals and fluids ready before your first injection. Do not wait until appetite drops.
- ✓ Know who to contact if side effects are severe, persistent or worrying.



Important: This is general support and lived-experience guidance. It is not medical advice. Always follow your doctor, pharmacist or prescribing clinic, especially if you have other conditions or take other medication.

THE STARTING POINT

The 6 basics that make the biggest difference

1

PROTEIN AT EVERY MEAL

Aim to make protein the anchor. It helps fullness, supports muscle and makes eating less random when appetite changes.



2

DO NOT CRASH YOUR CALORIES

Eating very little might feel like success at first, but it can wreck energy, training and consistency. Sustainable beats dramatic.



3

HYDRATION AND ELECTROLYTES

Drink regularly. If you feel flat, headachy or lightheaded, fluids and electrolytes may help, but get medical advice if symptoms worry you.



4

FIBRE AND DIGESTION

Constipation can happen. Build in fruit, veg, wholegrains and enough fluid. Do not ignore digestion from the start.



5

SIMPLE MOVEMENT

Walking, gym sessions or home workouts all count. Start with what you can repeat, not what looks impressive.



6

SUPPORT AND ACCOUNTABILITY

Do not do it alone if you know support helps. A group, coach, clinic or community can stop small issues becoming reasons to quit.



FOOD WITHOUT EXTREMES

Build meals you can live with

A lot of people start Mounjaro and suddenly feel like they can barely eat. That can make it tempting to treat low calories as the goal. The better approach is to keep food simple, structured and nourishing.

✓ GOOD DEFAULTS

- Protein yoghurt, eggs, chicken, fish, lean meat, tofu or protein shakes.
- Carbs that sit well: oats, potatoes, rice, wraps, fruit or wholegrain bread.
- A few vegetables or salad with meals where possible.

⚠ WATCH OUT FOR

- Skipping meals all day and then feeling wiped out later.
- Letting protein drop because appetite is low.
- Thinking relaxed eating means a total blow out.

A simple plate idea

Start with protein, add carbs for energy, then add fibre and colour.

Keep meals repeatable at the start if that helps. You can add variety once the basics are working.



PROTEIN

Builds, repairs and keeps you fuller for longer.



CARBS

Fuel your energy and support performance and mood.



FIBRE & COLOUR

Support digestion, immunity and long term health.

THE FIRST 7 DAYS

Do not overthink it. Set the foundation.

The first week is not about changing your whole life. It is about learning how your body responds and putting a steady routine around the medication.



- ✓ Pick your injection day and keep it consistent unless your prescriber says otherwise.
- ✓ Plan 2 or 3 easy meals you can repeat when appetite is low.
- ✓ Get a minimum protein target in mind and start tracking it.
- ✓ Take photos and measurements before you judge progress by the scales alone.
- ✓ Keep water nearby and do not let fluids drop.
- ✓ Walk or train in a way you can repeat next week.
- ✓ Write down any side effects, patterns or questions for your clinic or doctor.



MINDSET

The dose is not the whole story. More medication does not automatically mean more weight loss. The real question is whether the dose you are on is helping you stay consistent with food, movement and recovery.

KEEP GOING

What to focus on after the basics

Once the first few weeks settle, your job is to keep improving the system around you. That means better meals, better routines, better support and a calmer relationship with food.







YOUR SIMPLE WEEKLY REVIEW

- 01 What worked well this week?
- 02 What caused hunger, tiredness or poor choices?
- 03 Did I hit protein most days?
- 04 Did I move in a way that supports the person I want to become?
- 05 What one thing will I make easier next week?



COMING NEXT IN THE GUIDE SERIES

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



Start simple. Stay consistent.