

FREE GUIDE · COMMENT EXIT

The Last Dose Plan.

Your first 12 weeks off a GLP-1,
without the regain or the food noise.

For women who are coming off Ozempic, Wegovy
or Mounjaro, or thinking about it.



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All-or-something, not all-or-nothing.



READ THIS FIRST

The jab quieted your appetite. It didn't teach your brain a new plan.

That's what the next 12 weeks are for. Here's what the research says you're walking into.

~1

WEEK

After the last dose, food noise usually starts to return as the medication clears.

~60%

REGAINED

Average share of lost weight regained within a year of stopping. Common, not inevitable.

~39%

LEAN MASS

Share of weight lost as lean mass in the main semaglutide trial. Muscle matters now.

The women who keep it off aren't more disciplined.

They had a plan for the food noise, the muscle and their own all-or-nothing brain. This is that plan.

General information only. Not personal medical advice. Never stop, taper or restart medication without your prescriber.



Three phases. Four non-negotiables.

1-4

Catch the noise

Regular meals, protein first, a plan for 9pm.

5-8

Protect the muscle

Strength training, scale rules, no panic-dieting.

9-12

Lock it in

Your all-or-something rule and a weekly check-in.

Every week, no matter what:

- ✓ **Protein at every meal.** A palm-sized portion or more, 3-4 times a day.
- ✓ **Strength train 2-3 times a week.** Short counts. Skipped doesn't.
- ✓ **Eat on a rhythm.** Every 3-5 hours. Saving it up feeds the 9pm spiral.
- ✓ **Sleep like it's part of the plan.** Because it is. Tired brains are louder.

Catch the noise before it catches you.

Hunger and food thoughts come back as the medication leaves. That's not failure. That's biology. Your job is to stop it turning into a spiral.

DO THIS

- ✓ Eat breakfast with protein, even if you're not hungry yet.
- ✓ Fill half the plate with veg or fruit for volume.
- ✓ Plan your evening snack at lunchtime, not at 9pm.
- ✓ Keep "trigger" foods out of eyeline, not out of your life.

NOT THIS

- ✓ Skipping meals to "make up" for yesterday.
- ✓ Cutting a whole food group the week you stop.
- ✓ Weighing yourself daily and reacting to every number.
- ✓ Deciding you've "ruined it" after one big night.

THE 10-MINUTE PAUSE

"Am I hungry, or is this my to-do list talking?"

Have water. Wait 10 minutes. Still hungry? Eat a proper snack with protein, sitting down. No guilt either way.



WEEKS 5–8

Protect the muscle. Ignore the noise on the scale.

STRENGTH MINIMUM

2 full-body sessions a week,
30–40 minutes. Each one hits:

Legs (squat or lunge)

Hinge (deadlift or glute bridge)

Push (press or push-up)

Pull (row or pulldown)

Add a little weight or a rep when it feels easy.

SCALE RULES

Weigh 2–3 mornings a week and look at the **weekly average**, not one day.

An early bump of 1–2 kg is usually more food and water in your system. **It's not fat.**

Never cut food in response to one weigh-in.



Lock it in with the all-or-something rule.

Your perfectionism didn't leave with the job. A bad Thursday will still try to write off the week. This rule stops that.

WHEN THE DAY GOES SIDEWAYS, DO THE SMALLEST VERSION

- ✓ One meal with protein.
- ✓ A 10-minute walk.
- ✓ Water before bed.

It counts. It always counts.

YOUR SUNDAY CHECK-IN (5 MINUTES)

1. How loud was the food noise this week, 1–10?
2. How many strength sessions did I do?
3. When did I eat when I wasn't hungry, and what was going on?
4. What's my smallest version for next week's busiest day?

Signs you need more support, not more willpower.

- ✓ The food noise is louder every week, not settling.
- ✓ You're eating in secret, or "starting again Monday" every week.
- ✓ The weekly average is climbing three weeks in a row.
- ✓ You've stopped training because you "can't be bothered until it's perfect".
- ✓ You're thinking about restarting just to stop the panic.

None of this means you failed. It means this window is hard, and it's exactly what my 1:1 coaching is built for: weekly check-ins through the 12 weeks when regain usually starts.

Restarting or tapering medication is a decision for you and your prescriber.

Apply for coaching →

IN THEIR WORDS

Less food drama. More clarity. More confidence.

"The fear of weight gain has disappeared. No food noise. When a day hasn't gone to plan, the 'all or something' mantra pulls me through."

LYN, 16-WEEK COACHING CLIENT

"I came to her thinking I just needed help with workouts and nutrition, but what I really needed was help with my mindset. She helped me understand my perfectionism and emotional eating."

COACHING CLIENT, 12 MONTHS

"Don't give up on yourself. It doesn't matter how many times you try, it doesn't matter how many times you 'fail'. Just keep going."

DANIELLE, STRENGTH ATHLETE CLIENT

Messages from coaching clients, shared in their own words. Individual results vary.



REAL RESULTS. REAL LIFE.

Busy women. Habits that fit. Results that stay.

TRANSFORMATION



WEEK 0



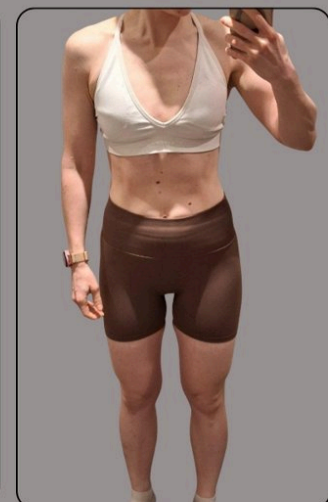
WEEK 24

15.2lbs down in 24 weeks! She experienced a recomp success with significant fat loss and overall improved body condition and strength while feeling the journey sustainable & confident she would be able to sustain this physique without living at the gym or doing hours of cardio

TRANSFORMATION



WEEK 0



WEEK 12

9lbs down in 12 weeks for this busy mom. Amazing recomp with significant fat loss and overall improved body condition and strength & endurance. Two months, confident in her own skin & body.

Client results shared with permission. Individual results vary.



TRANSFORMATION



WEEK 0



WEEK 16

5kg down in 16 weeks! This client has been transforming her life from the InsideOut. She is having a successful journey improving her relationship with food, shifting her mindset and enjoying food freedom while navigating a demanding job yet still recomping her physique

From starting over to staying power.

Food freedom, a stronger body, and no more Monday restarts. That's the goal for every woman I work with.

Want this? Apply →

KEEP GOING WITH ME

Don't do the next 12 weeks alone.

I post every week on coming off GLP-1s, food noise, strength and the all-or-nothing brain.

INSTAGRAM & TIKTOK

@astrid.thefitdietitian →

Daily tips, real talk and the GLP-1 food tier lists.

YOUTUBE

Astrid Naranjo, Dietitian →

Deep dives on GLP-1s, muscle, food noise and expert interviews.

GUIDES & SHOP

astrid-dietitian.com →

Ebooks, guides and my book on the psychology of eating.





Stop starting over. Lock your results in.

If you want help keeping the results you got on a GLP-1, without yo-yo dieting or white-knuckling it, this is what I do.

Apply for coaching →

Or DM me READY on Instagram

