



Preparing for Your GLP-1 Transformation

This guide is part of The Nice & Trim™ Way — designed to help you prepare your body and mind for your peptide journey. By focusing on hydration, protein intake, fiber, and meal timing, you'll ease into injections while minimizing side effects and setting yourself up for long-term success.

Step 1: Daily Fiber Support

Begin with daily fiber to keep your system regular and reduce GI discomfort. Options include leafy greens, chia, flax, beans, or lentils. For convenience, you can also use fiber gummies or a gentle fiber supplement (psyllium husk, inulin).

Step 2: Hydration + Electrolytes

Stay hydrated throughout the day. Aim for water plus low-sugar electrolytes. Warm lemon water or mild tea in the morning helps with motility. Sip fluids during meals instead of chugging afterward to reduce bloating.

Step 3: Protein at Every Meal

Focus on protein at every meal or snack. Choose eggs, fish, chicken, tofu/tempeh, Greek yogurt, or protein shakes. Smaller, frequent meals are easier on the stomach while your digestion slows with injections.

Step 4: Meal Rhythm & Adjustments

Structure your meals to support a steadier stomach. Plan for 4–5 small meals per day with balanced protein, carbs, and fats. Avoid heavy, greasy foods, especially on injection days. Opt for gentle carbs like rice, potatoes, oats, or fruit paired with lean proteins.

Step 5: Preparing Your Mind & Body

This journey isn't just physical. Preparing your mindset with realistic expectations — and using the tools provided — will help your results stick. Your Prep Guide is part of your program foundation.

Physician Oversight

Your program is overseen by Dr. Crystal Broussard, a board-certified physician. Dr. Broussard reviews and approves all protocols, and depending on your medical history, she may also schedule a follow-up visit to ensure everything is safe and personalized for you.

■ Remember: Your complementary book and workbook are available only with a full program purchase. This guide is your first step in the transformation process — preparing your gut, meals, and mindset for success.

DISCLAIMER: Nice & Trim™ LLC does not provide medical advice. All information is for general guidance only and should not replace consultation with a licensed healthcare provider.