

@anashaddad.fit

What Comes After Mounjaro?

A simple guide to the food, training, and habits that keep the weight off once it's gone

I'm not a doctor or a dietitian, and this guide is not medical advice. I'm not selling the medication or anything else, this guide is free. Every medication decision belongs to you and your doctor.

FIRST, LET'S UNDERSTAND IT

Why the weight comes back

Tirzepatide, the active ingredient in Mounjaro, works on your GLP-1 and GIP receptors. Those are the same gut hormone signals your body releases when you eat. So your brain feels full early and your stomach empties slower. You end up eating far less, without learning anything new.

■ So what happens when it stops?

- Your appetite comes back, and often stronger than before. Your body defends the weight it lost: the hunger hormone goes up, the fullness hormone goes down. And the medication was masking that hunger the whole time, so when it stops, it all arrives at once.
- Your maintenance calories are lower now. You're lighter, and a lighter body burns less. The same food that used to hold your weight steady now adds to it.
- And there are no habits underneath. The medication was doing the work, not you. Nobody taught you what to eat, how to train, or how to handle hunger.

Mounjaro buys you time, it doesn't buy you habits

ABOUT THAT SCALE

The first 1-3kg back are not fat

In the first two weeks after stopping, many people see 1-3kg come back fast. That is not fat. It's the weight of food sitting in a stomach that was nearly empty for months, plus water your body stores along with carbs.

The real damage happens when people see that number, panic, and jump into a crash diet on a hungry body. That panic is exactly where the real regain starts.

■ And something that matters more than the number

If you lost weight without resistance training and enough protein, a big share of what you lost was muscle, not just fat. When the weight comes back, it comes back mostly as fat. You can end up at the exact same number on the scale with a worse body composition than before.

And the studies are clear on this: most of the weight lost on Mounjaro comes back within a year of stopping, roughly two thirds of it. Not because people are weak, but because nobody built them an exit plan. That exit plan is exactly what this guide is for.

HOW TO USE THIS GUIDE

Choose your situation

You don't need to read everything. Go straight to the path that sounds like you and start there.

PATH A

I'm finishing or just finished Mounjaro

How to come off it without the weight coming back → page 5

PATH B

I stopped and the weight came back

How to take back control without a crash diet → page 7

PATH C

I'm thinking about taking it

What to do before the first dose, if you go ahead → page 9

And at the end, two pages for everyone: the four habits that hold the weight, and a simple sample week.

PATH A

Finishing or just finished

This is the most important window of the whole journey. Your goal for the first 3 months is not to lose more. It's to hold the weight you reached. At this stage, holding steady is the win.

- While you're still on it: track your calories and protein for 14 days with an app on your phone. The medication is hiding your real appetite, so learn your numbers before the game changes.
- The moment it stops: do not start a diet. Your body needs stability right now, not a deficit.
- Reverse diet instead: increase your intake gradually, about 100-150 kcal per week, until you reach maintenance. Keep tracking the whole way.
- Protein first at every meal: 1.6-2.2g per kg of your bodyweight. It's the most filling food there is, and it protects the muscle you still have.
- Resistance training at least 3 days a week, full body. This is the number one lever for rebuilding muscle. Nothing replaces it.

PATH A

- Set a daily steps target, say 8000. Not just for the burn, but as a habit anchor that ties your whole day to the new routine.
- Weigh yourself every morning, but judge only the weekly average. The daily number jumps around for a hundred reasons.
- Set yourself a personal ceiling number. If the weekly average hits it, that's not a moment for panic. It's your signal to tighten up the tracking and the protein again.
- And the hunger will come back. That's normal and planned for, not failure. When you expect it, it doesn't shake you.

PATH A IN ONE SCREEN

- Track for 14 days while still on it
- After stopping, add 100-150 kcal per week up to maintenance
- Protein at every meal: 1.6-2.2g per kg
- Lift 3 days a week, plus a daily steps target
- Weigh daily, judge weekly, hold for 3 months

Screenshot this page and keep it in front of you

PATH B

I stopped and the weight came back

First, drop the shame. What happened to you is the predicted outcome of stopping without habits in place, not a weakness in you. It happens to most people, and the studies say exactly that.

■ Don't rush it

The biggest mistake right now would be jumping into a hard deficit on a hungry body. A body that just got its full appetite back all at once can't hold a harsh diet. You'd break after two weeks and slide further back.

The plan: two weeks of tracking at maintenance. Just log your food and eat normally, so you learn your real intake and get honest numbers to work with.

■ Then a modest deficit only

Go about 300-500 kcal below maintenance, no more. And at this stage, protein and lifting are non-negotiable, because your priority is rebuilding the muscle you lost. Your body composition improves before the scale moves, and that's the right order, not the wrong one.

PATH B

A realistic rate of loss: about 0.5% of your bodyweight per week. And the scale is not the only metric. Tape measurements, the weights you lift going up, clothes fitting better, all of it is proof you're moving in the right direction even when the scale stalls.

■ **"Just take another dose"**

Someone around you has probably said it. That decision belongs to you and your doctor, and I won't touch it. But remember one thing: the same exit without habits produces the same regain. Whatever you choose, the habits in this guide are what make the result stick this time.

PATH B IN ONE SCREEN

- No shame, this outcome was predicted
- Two weeks of tracking at maintenance before any diet
- A modest deficit of 300-500 kcal, no more
- Protein and lifting so muscle returns before the scale drops
- Realistic pace: 0.5% per week, and the scale isn't the only judge

Screenshot this page and keep it in front of you

I'm thinking about taking it

You won't hear "take it" or "don't take it" from me. That's a medical decision you make with a doctor who knows your situation. What I can give you is how to use those months well if you go ahead.

■ Treat the months on it as a training window, not a solution

- Lift 3 times a week and hit your protein target from day one. That way what you lose is fat, not muscle, and that's the difference between a body that lost weight and a body that actually improved.
- Track your intake from the start. By the time it ends, you should already know your numbers, not discover them while hungry.
- Plan the exit before the first dose. Ask yourself now: what will I do in the month after it ends?
- And a doctor who understands weight loss manages how the medication ends. That part is between you and them, not this guide.

PATH C

■ My personal view, no pressure attached

These same habits, protein, lifting, tracking, and walking, with no medication at all, produce results that last for most people. They're slower, but they don't disappear. So if you haven't started yet, it's worth trying the habits first and seeing where they take you. The decision, in the end, is yours.

PATH C IN ONE SCREEN

- The decision is made with your doctor, not social media
- If you start: lift 3x a week and hit protein from day one
- Track your food from the start so you know your numbers
- Plan the exit before the first dose
- Try the habits first, you may not need anything else

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SAVE THIS ONE

The four habits that hold the weight

- **Protein at every meal.**

The most filling thing you can eat, and it guards your muscle.

- **Lift 3 times a week.**

Muscle is what keeps your body burning and shapes how you look.

- **Track what you eat.**

What you measure, you can control.

- **Weigh daily, read the weekly average.**

The daily number is moody. The average tells the truth.

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Just four habits. No complicated system, no forbidden foods. These four are simple to run and they stay with you for good, with or without medication.

A TEMPLATE, NOT A LAW

A simple week

This is a structure to lean on, not a rigid plan. Swap the days around however life demands. What matters is the overall picture.

Saturday	Workout 1, full body
Sunday	Walk 30-45 minutes
Monday	Workout 2, full body
Tuesday	Rest
Wednesday	Workout 3, full body
Thursday	Walk 30-45 minutes
Friday	Rest

■ What does a full body workout mean?

Each session has one movement from each pattern: a squat pattern like the Goblet Squat, a hinge like the Romanian Deadlift, a push like the Chest Press, a pull like the Lat Pulldown, and a core move like the Plank. Do 2-3 sets of each, with a weight you can control. For beginners, the machines at the gym are a great place to start.

And your protein per meal: if your daily target is, say, 120g and you eat 4 meals, that's about 30g of protein per meal. Chicken, fish, eggs, labneh, or tuna. What matters is that protein shows up on every plate.

ONE LAST WORD

This is a road, not a race

I've been lifting for over 13 years, and I've watched a lot of people start loud and quit quiet. The ones who last aren't the ones who started with the most excitement. They're the ones who built simple habits and kept showing up on the days they didn't feel like it.

Weight that came off in months can't be judged until a year has passed. Give yourself time, and let the scale be part of the story, not all of it. You can do this, and step by step, you'll get there.

And if you want the full training side, my free workout guide is ready for you.

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