

YOUR GLP-1 GAME PLAN

What Your Doctor
Didn't Tell You
About How to Eat, Move,
and Thrive on
Weight Loss Medication

HEIDI SKOLNIK,
MS, CDN, FACSM

With
50 Easy
Recipes
to Get the
Nutrition You
Need

The must-have guide to real life on GLP-1s from Heidi Skolnik, MS, CDN, FACSM, bestselling coauthor of *The Whole Body Reset*

From prescription to potential: closing the gap between what you know about your GLP-1 and how to get the most from it

When you're given practical, evidence-based guidelines for how to eat, move, and manage feelings and behaviors on a GLP-1 medication, four wonderful, value-added benefits can happen.

Practical, evidence-based guidelines with four wonderful, value added benefits:

1. Fewer unpleasant side effects
2. A better chance of maintaining the weight loss, and metabolic health, which lowers the risk of chronic illness, including diabetes and heart disease
3. Improved quality of life including strength, mobility, stamina, sleep, and energy
4. Sustainable, well-paced, and long-lasting health outcomes

1 in 8
American adults
report taking a
GLP-1 or related
medication.

YOUR GLP-1 GAME PLAN by Heidi Skolnik, MS, CDN, FACSM

HARDCOVER | 9780316602518 | \$30.00 (\$40.00 CAN)
EBOOK | 9780316602532 | \$14.99 (\$19.99 CAN)
DIGITAL AUDIO | 9781668659113 | \$27.99 (\$35.99 CAN)
6"x9.25" TRIM | 304 PAGES | CARTON QTY: 20

ON SALE SEPT. 22, 2026



PHOTO CREDIT: ANDY KATZ

HEIDI SKOLNIK, MS, CDN, FACSM

Sports Nutritionist | Exercise Physiologist | Bestselling Author
Founder of The GLP-1 Balanced Plate, a visual formula to ensure your body gets the nutrients it needs to thrive on a GLP-1

"I want you and the millions of other people who are being given a shot (literally) at optimum health to be able to meet your goals with limited pitfalls, less stress, and zero shame. I want you to succeed without trading one health condition for another. Whether you're considering going on a GLP-1, or you've already been prescribed one, you deserve to have all the expertise that science can offer to thrive on this medication."

DID YOU KNOW?

Most people are given very little (if any) diet, fitness and mental health advice along with their GLP-1 prescription?

Roughly half of all GLP-1 users experience nausea?

Prioritizing meal-timing and star nutrients supports gut, muscle, bone health, and energy level?

CHAPTER OVERVIEW

1. What Nobody Told You About Obesity and Weight Stigma
2. Meet Your Meds: A Handy Guide to Understanding GLP-1s
3. The Big Ten GLP-1 Side Effects and What Really Helps
4. The CBA Method: Knowing When, What, and How Much to Eat on a GLP-1
5. Building A Balanced GLP-1 Plate
6. Easy Meal Strategies and Smart Swaps
7. Shelf Help: Navigating the Supplement Aisle
8. Your Changing Relationship with Food, Your Body . . . and People
9. Real Life on GLP-1s: FAQs and Tips to Troubleshoot Common Challenges
10. The SuperPower of Movement
11. Fitness for Every Body

12. 50 Recipes to Fuel Your GLP-1 Journey: Smoothies, Breakfast, Main Dishes, Snacks, Dressings & Sauces

YOUR GLP-1 GAME PLAN

GLP-1 medications are transforming lives, but lasting success depends on more than just the prescription. Research shows that people who pair these medications with the right nutrition, exercise, and mental health strategies achieve better, longer-lasting results. Unfortunately, most are given little guidance, risking issues like malnutrition, muscle loss, and fatigue as they lose weight.

That's where *Your GLP-1 Game Plan* comes in, translating the latest science into simple, actionable steps. Learn how to build a **Balanced GLP-1 Plate** and time meals to maximize energy, choose workouts that support immediate and long term vitality while building body confidence. Learn how to navigate the psychosocial impact of GLP-1 use. With these practical, evidence-based guidelines, you can expect fewer side effects, improved strength and stamina, better sleep, and a greater chance of maintaining weight loss and overall health.

Packed with real-life stories, meal strategies, smart swaps, and 50 easy recipes to help you meet your protein, fiber, and calorie needs (even when your appetite is low), *Your GLP-1 Game Plan* helps you build sustainable habits that go beyond the prescription.