

GLP-1 MEAL PLAN

For Men



For men using GLP-1 therapy who want to lose fat without losing strength.

This program is built for steady energy, lean muscle, and lasting performance.

It bridges medical support with real-world nutrition, every meal is designed to fuel metabolism, protect muscle, and keep hunger steady, even as appetite changes. You'll learn to eat for focus, endurance, and sustainable progress without strict counting or restriction.

More than a diet, this plan is a system that helps you:

- Burn fat while preserving muscle strength
- Maintain energy and focus all day
- Stabilize blood sugar and reduce cravings
- Build long-term habits that match your goals

What's Inside:

- 4 structured weekly meal plans
- High-protein, moderate-carb menus for strength & recovery
- Weekly shopping lists for simple prep
- Batch cooking & portion guidance for efficiency
- Program notes and behavioral tips to stay consistent
- Weekly reflection tracker to measure energy, focus & progress

Authored by Nilsu Nam, BSc Nutrition and Dietetics
Clinical Dietitian | Specialist in GLP-1 Nutrition &
Metabolic Therapy



VIVORO 90-DAY WEIGHT LOSS &
WELLNESS PROGRAM

Week 1: Foundation & Habit Building

Building clarity through consistency
and mindful choices.

Authored by Nilsu Nam, BSc Nutrition and Dietetics
Clinical Dietitian | Specialist in GLP-1 Nutrition & Metabolic Therapy



Welcome to Week 1: Foundation & Habit Building

This is where your Vivoro journey begins, the first step toward balance, awareness, and lasting change.

Over the next seven days, we'll focus on creating stability through mindful routines: nourishing meals, consistent hydration, and gentle movement.

The goal isn't perfection, it's presence. Every small act done with intention brings you closer to clarity.

Trust the process, stay kind to yourself, and remember: progress happens quietly at first, then all at once.

The Vivoro 6 Routine

Six principles to nourish your body and calm your mind.

- V - **Vitality:** Fuel your body with real food and deep hydration.
- I - **Intention:** Eat mindfully. Choose what serves you.
- V - **Vigor:** Move daily; stretch, walk, breathe.
- O - **Optimism:** Speak kindly to yourself.
- R - **Resilience:** Stay steady through cravings and plateaus.
- O - **Openness:** Stay curious and adaptable.





How This Plan Works

This plan is designed to help you create structure and balance while your body adapts to GLP-1 therapy. Each week focuses on gentle consistency, high-protein meals, mindful portions, and hydration that keeps digestion steady.

You'll notice patterns forming: lighter mornings, calm energy through the afternoon, and better sleep as nutrition aligns with rhythm.

Every 3-day cycle is structured intentionally:

- Days 1–3: Reset & Routine – simplify your meals and re-establish regular eating times.
- Days 4–5: Energy Balance & Gut Support – bring variety and fiber for smoother digestion.
- Days 6–7: Recovery & Maintenance – restore glycogen and prepare for the next week’s progress.

Remember, the goal isn’t strict dieting, it’s building clarity through nourishment. Small portions, slow bites, and steady water intake help minimize side effects and make this plan sustainable for the long term.



WEEK 1 – STRUCTURED MENU (3-2-2 FORMAT)

Goal: Build structure, support digestion, and maintain steady energy while adapting to GLP-1.
Meals are light, protein-rich, and easy to prep, ideal for the first adjustment week.

Daily Nutrition Summary:
Calories: 1,400–1,600 kcal
Protein: 125–135 g
Carbs: 110–130 g
Fats: 45–55 g
Fiber: 22–25 g
Water: ≈ 3 L/day

Days 1–3 | Reset & Routine

- 🍳 Breakfast — Veggie Omelet & Toast
- 🥗 Lunch — Grilled Chicken Salad
- 🥛 Snack — Greek Yogurt Bowl
- 🍴 Dinner — Baked Salmon & Quinoa Plate

Days 4–5 | Energy Balance & Gut Support

- 🍳 Breakfast — Spinach Egg Omelet & Greens
- 🥗 Lunch — Tuna Avocado Salad
- 🥛 Snack — Egg & Kefir Mini Combo
- 🍴 Dinner — Grilled Beef & Roasted Veggies

Days 6–7 | Recovery & Maintenance

- 🍳 Breakfast — Greek Yogurt Power Bowl
- 🥗 Lunch — Grilled Meatballs with Yogurt-Purslane Salad
- 🥛 Snack — Protein Shake
- 🍴 Dinner — Chicken & Sweet Potato Plate

Tip: Keep a water bottle nearby and sip throughout the day — consistent hydration helps minimize GLP-1 side effects and supports digestion.

Days 1–3 | Reset & Routine

Focus:

Ease into the program with simple, protein-focused meals.
Small portions, slow eating, and steady hydration help minimize GLP-1 side effects like nausea or bloating.

 BREAKFAST — Veggie Omelet & Toast

- 2 whole eggs + 1 egg white, sautéed with spinach and tomato
- 1 slice whole-grain toast
- 30 g feta or white cheese
- 1 tsp olive oil for cooking
- 16 oz water or lemon water

Why it works: High-quality protein to start the day without weighing you down.
350 kcal • 30 g protein • 15 g carbs • 20 g fat

 LUNCH — Grilled Chicken Salad

- 150 g grilled chicken breast
 - Leafy greens, tomato, cucumber, bell pepper
 - 1 tbsp olive oil + lemon juice dressing
 - Optional: 1 slice whole-grain bread if extra energy needed
- Why it works:** Balanced meal with fiber and lean protein for steady blood sugar.
400 kcal • 40 g protein • 25 g carbs • 15 g fat

 SNACK — Greek Yogurt Bowl

- 200 g plain Greek yogurt (0–2 % fat)
 - 1 tbsp flaxseed
 - ½ cup strawberries or blueberries
- Why it works:** Probiotic snack that supports gut health and reduces cravings.
200 kcal • 20 g protein • 10 g carbs • 8 g fat

 DINNER — Baked Salmon & Quinoa Plate

- 150 g baked salmon with herbs + lemon
 - ½ cup cooked quinoa
 - 1 cup steamed broccoli, cauliflower, and carrots
- Why it works:** Rich in omega-3 and complete protein — a calming end to the day.
480 kcal • 35 g protein • 35 g carbs • 18 g fat

Routine Goals:

Water ≈ 3 L • Gentle 20–25 min walk or stretch • Sleep 7–8 h
Eat slowly and stop when comfortably full, small bites go a long way on GLP-1.



Days 4–5 | Energy Balance & Gut Support

Focus:

Now that your appetite has stabilized, this phase maintains energy while supporting digestion. Meals combine lean protein, healthy fats, and moderate carbs to fuel your day without heaviness.

🍳 BREAKFAST — Spinach Egg Omelet & Greens

2 whole eggs + 2 whites, sautéed with spinach & tomatoes

1 slice whole-grain bread + 2–3 olives + cucumber & herbs

Cook in 1 tsp olive oil • 16 oz water

Why it works: Gentle, high-protein start that keeps hunger low through the morning.

360 kcal • 32 g protein • 18 g carbs • 18 g fat

🥗 LUNCH — Tuna Avocado Salad

1 can (100 g drained) light tuna in water

½ avocado + mixed greens, tomato, cucumber

1 slice rye bread + 1 tbsp olive oil & lemon juice dressing

Why it works: Omega-3s + fiber keep blood sugar stable and support gut motility.

420 kcal • 38 g protein • 25 g carbs • 20 g fat

🥛 SNACK — Egg & Kefir Mini Combo

1 boiled egg + 1 glass (250 ml) low-fat kefir

Why it works: Probiotic + protein combo that curbs cravings and supports gut health.

180 kcal • 15 g protein • 5 g carbs • 9 g fat

🍴 DINNER — Grilled Beef & Roasted Veggies

150 g lean beef steak

1 small boiled potato (≈ 100 g)

Roasted zucchini, bell pepper & mushrooms (1 tsp olive oil)

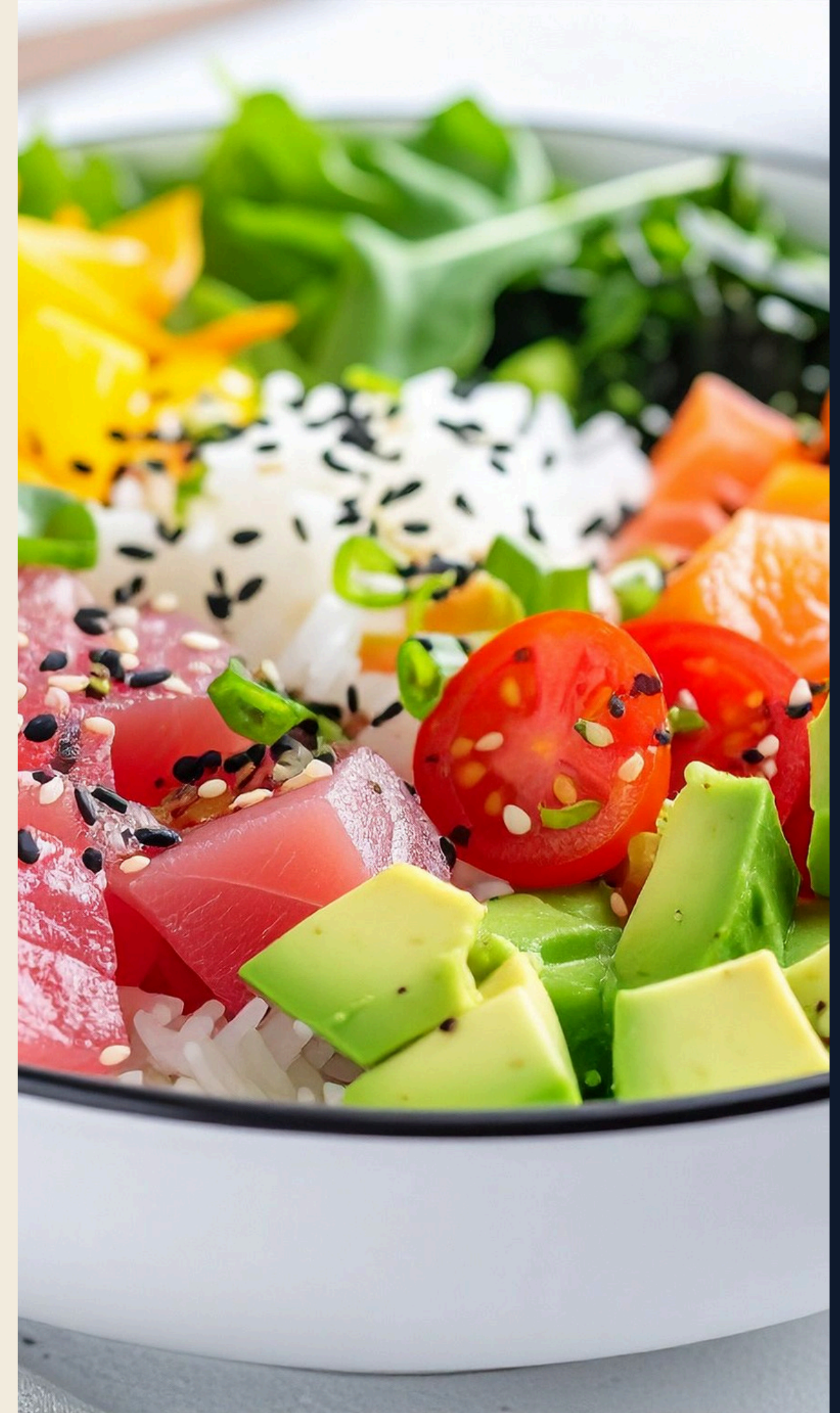
Why it works: Iron-rich, high-protein dinner to restore muscle glycogen and energy.

520 kcal • 40 g protein • 30 g carbs • 18 g fat

Routine Goals:

Hydration ≈ 3 L • Light walk or yoga 20 min • Sleep 7–8 h

Take slow bites, chew thoroughly, helps prevent early fullness on GLP-1.



Days 6–7 | Recovery & Maintenance

Focus:

You’ve built structure, now the goal is gentle recovery.
Meals stay high in protein but slightly higher in carbs to restore glycogen and prevent fatigue.

 BREAKFAST — Greek Yogurt Power Bowl

- 200 g Greek yogurt (high-protein, 0–2 % fat)
- 3 tbsp oats + 1 small banana (sliced)
- 4–5 walnut halves + pinch of cinnamon

Why it works: Slow-release carbs and healthy fats for morning focus.
380 kcal · 30 g protein · 40 g carbs · 12 g fat

 LUNCH — Grilled Meatballs with Yogurt-Purslane Salad

- 150 g lean beef meatballs (4–5 pieces)
- 1 cup yogurt-purslane salad + fresh greens + 1 tsp olive oil

Why it works: Balanced meal supporting gut health and muscle maintenance.
430 kcal · 38 g protein · 25 g carbs · 16 g fat

 SNACK — Protein Shake

- 1 scoop whey protein + 300 ml low-fat milk
- ½ banana + 1 tsp peanut butter

Why it works: Fast-digesting protein post-workout or afternoon boost.
250 kcal · 28 g protein · 20 g carbs · 8 g fat

 DINNER — Chicken & Sweet Potato Plate

- 150 g grilled chicken breast
- 1 small baked sweet potato (with skin)
- Steamed zucchini, peppers & broccoli

Why it works: Comforting, nutrient-dense end of the day meal.
500 kcal · 35 g protein · 35 g carbs · 16 g fat

Routine Goals:

Hydration ≈ 3 L · Active recovery 25–30 min · Sleep 7–8 h
Focus on slow, mindful eating and gentle movement to aid digestion.



Batch Prep for Days 1–3

Prep once, eat well for three days.

Set aside 1–2 hours on Sunday to make your first week smooth.

🍗 Proteins

- Grill or bake 3 boneless skinless chicken breasts ($\approx$ 150 g each) with salt, pepper, herbs.
- Bake 2 salmon fillets ($\approx$ 150 g each) with lemon and olive oil.
- Boil 6 eggs (for snacks or breakfast add-ons).

🌾 Grains & Legumes

- Cook 1 cup dry quinoa ($\approx$ 3 cups cooked) for lunch and dinner plates.
- Prepare 2 slices of whole-grain bread per day and store in the freezer if needed.

🥬 Vegetables

- Wash and chop broccoli, cauliflower, carrots, and salad greens.
- Roast a sheet pan of mixed veggies (olive oil, salt, pepper, garlic) at 400 °F / 200 °C for 20 min — use for dinners.
- Slice cucumbers and tomatoes for quick lunch assembly.

🍌 Extras & Snacks

- Mix a pitcher of lemon-cucumber water for hydration.
- Portion Greek yogurt cups (200 g each).
- Pre-bag berries and flaxseed for your daily snack bowl.

Storage Tips:

Keep protein and cooked grains in airtight containers for 3–4 days (refrigerated).

Veggies stay fresh if washed and dried well.

Warm meals gently avoid over-reheating to preserve texture and nutrients.



Batch Prep for Days 4–5

Keep it simple: Reuse some staples from Days 1–3 to save time.

Proteins

- Grill 2 beef steaks ($\approx$ 150 g each) and slice for two dinners.
- Boil 4 eggs (for breakfast and snacks).
- Stock 2–3 cans of light tuna in water.

Veg & Sides

- Roast 1 tray of zucchini, peppers & mushrooms (olive oil, salt, herbs).
- Boil 2–3 small potatoes and store unpeeled in the fridge.
- Chop greens and cucumbers for quick salads.

Extras

- Prepare 2 bottles of low-fat kefir (250 ml each).
- Slice ripe avocado just before serving to avoid browning.

Storage Tip: Keep cooked steak and potatoes in separate containers; both hold 3 days fresh.

Batch Prep for Days 6–7

Weekend prep = minimal stress.

Proteins

- Grill 2 chicken breasts ($\approx$ 150 g each).
- Shape and cook 8–10 meatballs ($\approx$ 300 g lean beef total).
- Prepare 2 portions of whey protein shake mix for quick use.

Sides & Veggies

- Bake 2 small sweet potatoes at 400 °F / 200 °C for 30 min.
- Steam zucchini, peppers, and broccoli together (keeps 3 days fresh).
- Mix yogurt-purslane salad base and store covered in fridge.

Breakfast Essentials

- Portion oats and nuts for two mornings (ready to combine with yogurt).
- Slice bananas daily to avoid browning.

Storage Tip:

Sweet potatoes and chicken reheat well in microwave or air fryer for 1–2 min.

Keep yogurt-based foods cold until serving.



SHOPPING LIST

Proteins

- Chicken breast – 6 pieces (~1.2 kg total)
- Salmon fillets – 2 fillets (~300 g total)
- Lean beef steak – 2 pieces (~300 g total)
- Lean ground beef (for meatballs) – 300 g
- Canned tuna (in water) – 3 cans (100 g each)
- Eggs – 12 total
- Greek yogurt – 3 × 200 g tubs or 1 large 1 kg tub
- Low-fat milk – 1 L
- Kefir (low-fat) – 2 × 250 ml bottles
- Whey protein powder – enough for 3 shakes (~3 scoops / 90 g)
- Cottage cheese (optional, snack or recipe add-on) – 200 g

Grains & Carbohydrate Sources

- Quinoa (dry) – 1 cup (180 g)
- Brown rice (optional backup) – ½ cup (90 g)
- Oats – 1 cup (90 g)
- Whole-grain or rye bread – 1 loaf (8–10 slices)
- Sweet potatoes – 2 small (400 g total)
- Potatoes (white or baby) – 2–3 small (~300 g total)

Fruits

- Bananas – 4 small
- Apples – 2
- Strawberries or blueberries – 250 g (fresh or frozen)
- Lemon – 2 (for water & dressing)
- Avocados – 2 medium
- Orange or grapefruit – 1
- Mango or pear – 1 small (optional)



Vegetables & Greens

- Spinach or mixed leafy greens – 2 large bags
- Romaine or lettuce mix – 1 bag
- Tomatoes – 4–5 medium
- Cucumbers – 3
- Bell peppers – 3 (mix of colors)
- Broccoli – 1 head
- Cauliflower – 1 head
- Carrots – 4–5
- Zucchini – 2 medium
- Mushrooms – 200 g
- Purslane (semizotu) – 1 bunch
- Green beans or asparagus (optional) – 200 g
- Garlic & onion – 1 bulb + 2 onions

Healthy Fats & Nuts

- Olive oil – 250 ml bottle
- Walnuts – 50 g (about 10 halves)
- Flaxseed – small pack (~100 g)
- Peanut butter – small jar (natural, no sugar)
- Sunflower seeds (optional salad topping) – small bag

Pantry & Extras

- Herbs & spices: salt, pepper, cinnamon, oregano, paprika, garlic powder
- Vinegar: balsamic or apple cider
- Light soy sauce or tamari (optional)
- Baking powder (for protein pancakes)
- Sugar-free syrup or stevia (optional)
- Olive oil cooking spray



Program Notes

This plan is designed for individuals using GLP-1 medications under medical supervision.

Appetite, tolerance, and meal size can vary; listen to your body, eat slowly, and stop when comfortably full.

If nausea or bloating appears, favor lighter meals (like yogurt bowls or soups) and drink water in small sips throughout the day.

Behavioral Tips for Week 1 🧠

- Protein first: start each meal with your protein source to improve satiety.
- Small bites, slow pace: gives your body time to register fullness.
- Hydration matters: aim for steady sips instead of large gulps.
- Craving moments: pause, breathe, and check if it's hunger or habit.
- Progress > perfection: consistency builds momentum, not restriction.

Expected Results – Week 1 Snapshot 📈

You may notice a 4–7 lb reduction on the scale during the first week, mostly from water and glycogen loss.

More importantly, most users report:

- Easier portion control
- Fewer cravings
- Lighter digestion
- Improved hydration habits

Remember: fat loss follows consistency, the goal this week is rhythm, not speed.



Weekly Reflection & Progress Tracker

Week 1 – Foundation & Routine

This week was about building structure and awareness, not perfection.
Take a few quiet minutes to reflect before moving to Week 2.

Progress Check

Write down your observations rather than numbers if you prefer.

- Weight change: how does your body feel, lighter or just less bloated?
- Energy levels: more steady through the day or still fluctuating?
- Sleep: any change in how easily you fall or stay asleep?
- Hydration: were you consistent with water and herbal teas?
- Movement: did you manage short walks or light stretches daily?

Mind & Body Reflections

- When did you feel the most satisfied after meals?
- Any moments of nausea, bloating, or discomfort?
- Did you notice when cravings appeared, time of day or mood?
- Which meal or routine habit made you feel the best overall?

Small Wins

Write 1–2 things you’re proud of from this week.

Example: “I drank water consistently” or “I stopped eating when I was comfortably full.”

Adjustments for Next Week

Think of 1–2 gentle changes you’d like to try.

Example: “I’ll add one more walk after lunch,” or “I’ll prep snacks the night before.”

End-of-Week Reflection

“This week I learned that…”

(Write one simple insight or feeling — something you want to remember.)

Week 2: Adapt & Strengthen

This week is about strengthening from within, finding energy, balance, and calm as your body adapts.



Week 2: Adapt & Strengthen

Your body is adjusting, your rhythm is forming.

This week is about nourishment that sustains you; not restriction, not rush. Focus on steady energy, mindful movement, and meals that leave you both light and strong.

Listen to your body’s signals, it’s learning to trust you too. Keep showing up for yourself, even in small ways.

Consistency is where real change quietly takes root.

The Vivoro 6 Routine

Six principles to nourish your body and calm your mind.

- V** - **Vitality:** Fuel your body with real food and deep hydration.
- I** - **Intention:** Eat mindfully. Choose what serves you.
- V** - **Vigor:** Move daily; stretch, walk, breathe.
- O** - **Optimism:** Speak kindly to yourself.
- R** - **Resilience:** Stay steady through cravings and plateaus.
- O** - **Openness:** Stay curious and adaptable.





How This Plan Works

This week builds on the foundation you've already created. Your body has begun adjusting to GLP-1 therapy, now the focus shifts to maintaining energy, strength, and digestive balance.

Meals remain protein-focused and structured, but with slightly higher fiber and complex carbs to support metabolism and prevent fatigue. Hydration and movement continue to play a key role in reducing bloating and improving recovery.

Every 3-day cycle follows a natural rhythm:

- Days 1-3 | Adaptation & Gentle Energy
Lighter fats and simple cooking methods support comfort and digestion.
- Days 4-5 | Balanced Fuel & Light Refeed
A small increase in carbohydrates helps sustain energy and stabilize metabolism.
- Days 6-7 | Routine & Reflection
Easier meals allow the body to rest, reset, and prepare for steady progress ahead.

Remember, progress now comes from consistency, showing up daily, eating mindfully, and letting your body find its rhythm.



WEEK 2 – STRUCTURED MENU (3–2–2 FORMAT)

Goal: Support metabolic balance, sustain energy, and ease digestion while your body adjusts to GLP-1 therapy. Meals are still light and protein-focused, but include more complex carbs and fiber to restore rhythm and prevent fatigue.

Daily Nutrition Summary:
 Calories: 1,450–1,650 kcal
 Protein: 125–135 g
 Carbs: 120–140 g
 Fats: 45–50 g
 Fiber: 25–28 g
 Water: ≈ 3 L/day

Days 1–3 | Adaptation & Gentle Energy

- 🍽️ Breakfast — Greek Yogurt Bowl
- 🥗 Lunch — Grilled White Fish with Quinoa
- 🥛 Snack — Kefir with Blueberries
- 🍴 Dinner — Turkey Meatballs with Zucchini Noodles

Days 4–5 | Balanced Fuel & Light Refeed

- 🍽️ Breakfast — Protein Overnight Oats
- 🥗 Lunch — Chicken Bowl with Brown Rice
- 🥛 Snack — Rice Cake with Almond Butter & Apple
- 🍴 Dinner — Salmon with Sweet Potato & Asparagus

Days 6–7 | Routine & Reflection

- 🍽️ Breakfast — Scrambled Eggs with Spinach & Toast
- 🥗 Lunch — Lentil Bowl with Roasted Veggies
- 🥛 Snack — Protein Shake with Strawberries
- 🍴 Dinner — Grilled Shrimp Stir-Fry with Couscous

Tip: Focus on slow, mindful eating, smaller bites and consistent hydration will help reduce nausea and support stable digestion as your metabolism adapts.

Days 1–3 | Reset & Routine

Focus:

Reduce digestive load and allow your body to adapt smoothly to GLP-1.

Meals are light yet nourishing the goal is to feel steady, not stuffed.

🥣 BREAKFAST – Greek Yogurt Bowl

¾ cup Greek yogurt

½ banana (sliced)

1 tbsp oats

1 tsp chia seeds

Sprinkle of cinnamon

Why it works: A light protein start that fuels energy without straining digestion.

250 kcal · 22 g protein · 25 g carbs · 6 g fat

🥗 LUNCH – Grilled White Fish with Quinoa & Veggies

120 g grilled white fish

½ cup cooked quinoa

Steamed broccoli & carrots

1 tsp olive oil drizzle

Why it works: Lean protein and fiber keep blood sugar steady and prevent bloating.

400 kcal · 38 g protein · 35 g carbs · 12 g fat

🥛 SNACK – Kefir & Blueberries

1 cup kefir (plain or lightly sweetened)

½ cup fresh blueberries

Why it works: Probiotics calm the gut while antioxidants add gentle sweetness.

150 kcal · 10 g protein · 15 g carbs · 3 g fat

🍴 DINNER – Turkey Meatballs with Zucchini Noodles

130 g lean ground turkey (baked or grilled as meatballs)

1 medium zucchini (spiralized)

2 tbsp tomato sauce

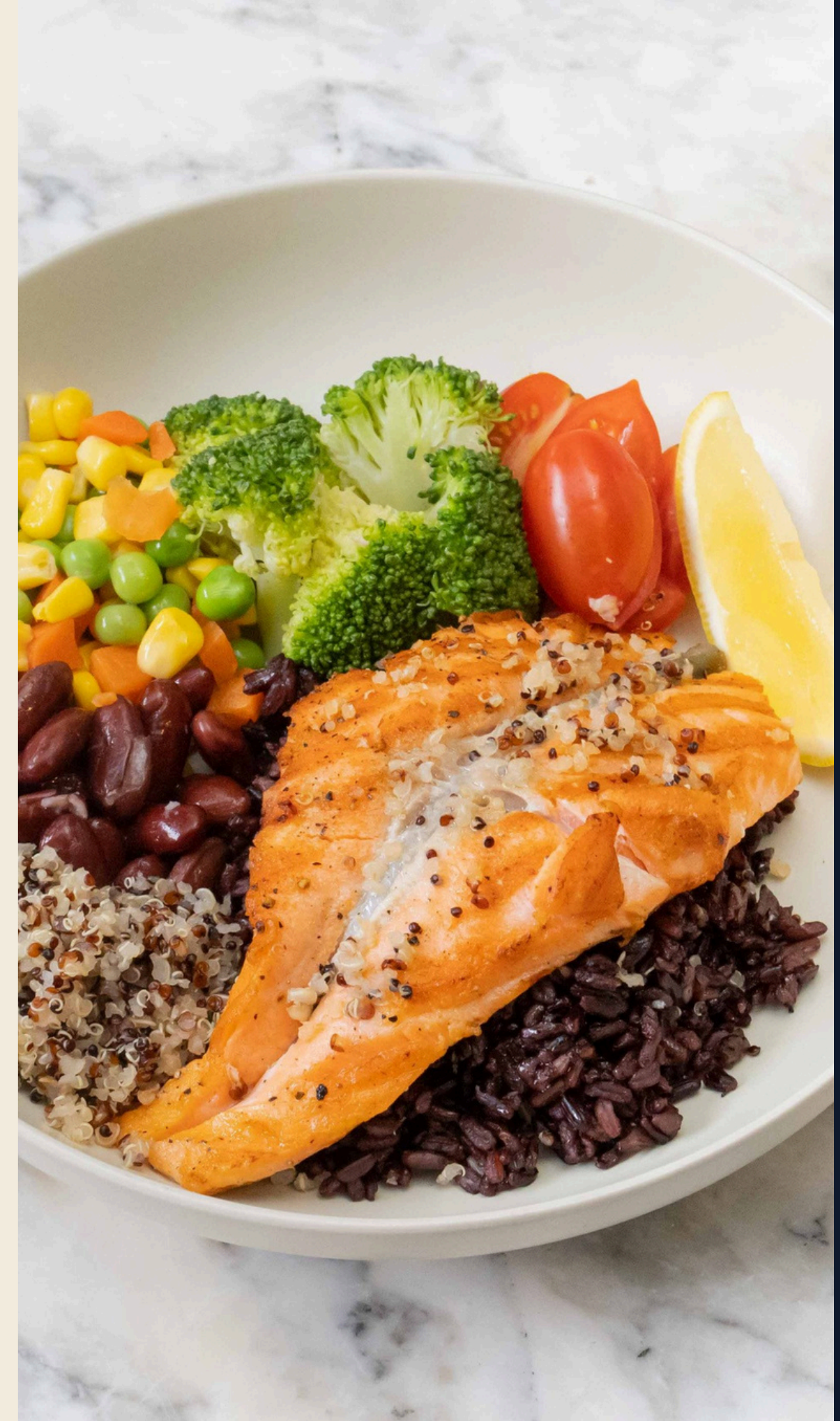
1 tsp olive oil

Why it works: High protein with light carbs supports recovery and reduces heaviness.

420 kcal · 45 g protein · 30 g carbs · 14 g fat

Routine Goals:

Keep your eating times steady and your portions light. Focus on consistency, calm meals, and slow chewing to support smooth digestion and stable energy.



Days 4–5 | Balanced Fuel & Light Refeed

Focus:

Replenish energy reserves without overloading digestion — balance carbs, protein, and hydration for renewed strength.

🥣 BREAKFAST — Protein Overnight Oats

½ cup oats

¾ cup almond milk

1 scoop protein powder

¼ cup mixed berries, cinnamon

Why it works: Restores glycogen and supports steady morning energy with complex carbs and protein.

350 kcal · 32 g protein · 38 g carbs · 7 g fat

🥗 LUNCH — Grilled Chicken & Brown Rice Bowl

130 g grilled chicken breast

¾ cup cooked brown rice

mixed greens, 1 tsp olive oil, lemon juice

Why it works: Combines lean protein and slow carbs to sustain energy through midday.

430 kcal · 45 g protein · 40 g carbs · 10 g fat

🍷 SNACK — Rice Cake with Almond Butter & Apple Slices

1 rice cake

1 tbsp almond butter

½ medium apple sliced

Why it works: Natural carbs and healthy fats prevent dips in blood sugar and mood.

180 kcal · 7 g protein · 20 g carbs · 7 g fat

🍴 DINNER — Salmon with Sweet Potato & Asparagus

120 g salmon fillet

½ cup roasted sweet potato

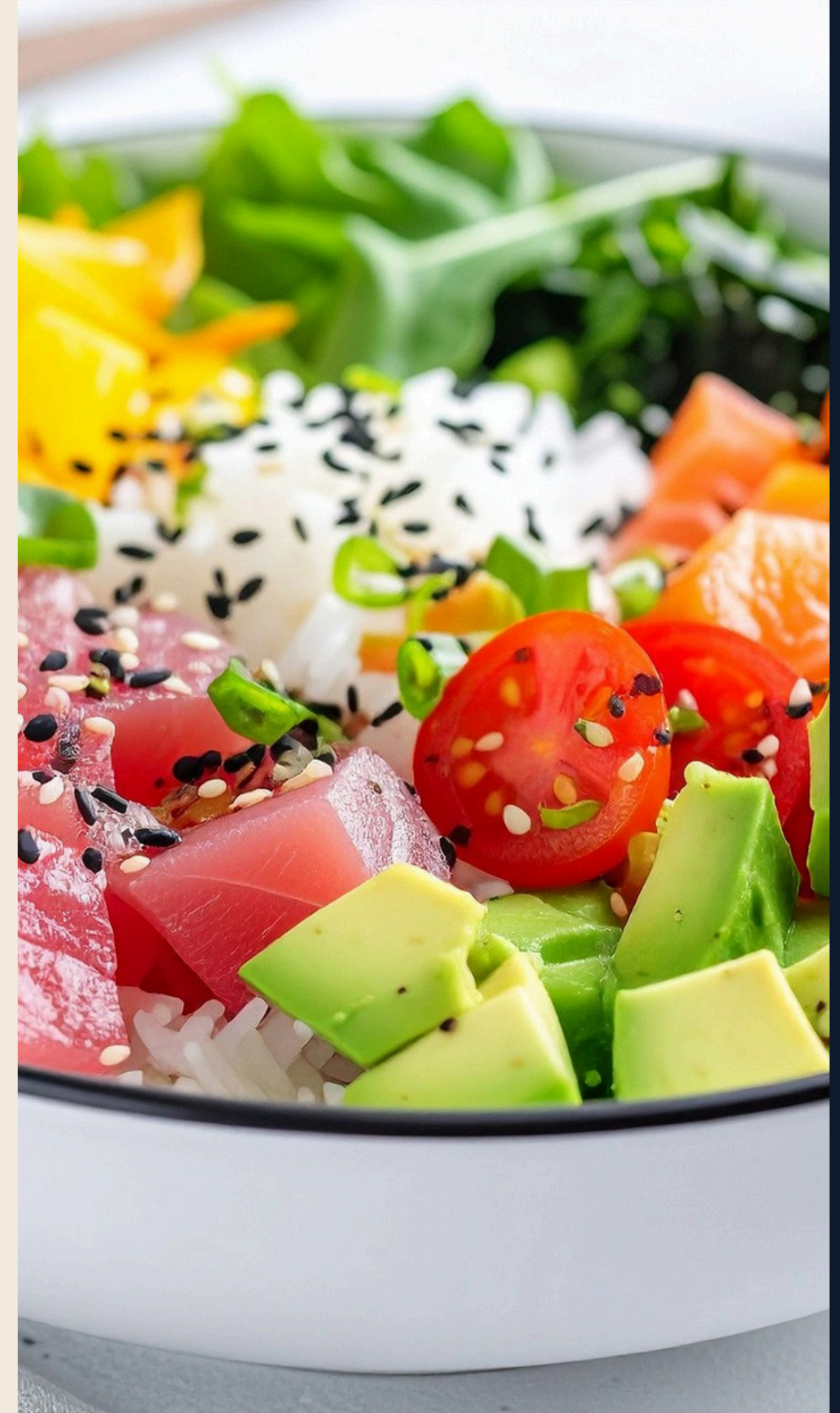
Asparagus spears, 1 tsp olive oil, lemon & herbs

Why it works: Omega-3s and slow carbs enhance recovery while keeping digestion smooth.

500 kcal · 45 g protein · 40 g carbs · 14 g fat

Routine Goals:

Notice how your energy responds to extra carbs. Keep movement consistent, and use these days to refuel both body and mind.



Days 6–7 | Routine & Reflection

Focus:

Calm the body and stabilize digestion while reinforcing mindful eating habits.

 BREAKFAST — Scrambled Eggs with Spinach & Toast

- 2 whole eggs + 2 egg whites
- handful of spinach
- 1 slice whole-grain toast
- pinch of salt & pepper

Why it works: Light and protein-packed start that supports digestion and morning focus.

300 kcal · 28 g protein · 22 g carbs · 10 g fat

 LUNCH — Lentil Bowl with Roasted Veggies & Yogurt Sauce

- ¾ cup cooked lentils
- Roasted mixed vegetables (zucchini, carrot, bell pepper)
- 1 tbsp Greek yogurt sauce, herbs

Why it works: Fiber-rich meal that keeps gut health steady and energy balanced.

400 kcal · 30 g protein · 35 g carbs · 10 g fat

 SNACK —Protein Shake with Strawberries

- 1 scoop protein powder
- 1 cup strawberries
- ¾ cup water or almond milk

Why it works: Quick recovery fuel that supports muscle retention and hydration.

180 kcal · 25 g protein · 15 g carbs · 3 g fat

 DINNER —Grilled Shrimp with Veggie Stir-Fry & Couscous

- 120 g grilled shrimp
- ½ cup cooked couscous
- vegetable stir-fry (broccoli, zucchini, onion)
- 1 tsp olive oil, lemon

Why it works: Lean protein and complex carbs restore energy without burdening digestion.

500 kcal · 45 g protein · 45 g carbs · 12 g fat

Routine Goals:

Reflect on the week, keep portions balanced, hydration steady, and notice how lighter meals enhance comfort and clarity.



Batch Prep for Days 1–3

(Organized by food group for easy prep and mix-match use)

🍖 Protein

- White Fish (360 g total) – grill or bake with lemon & herbs; portion 120 g/day.
- Lean Ground Turkey (400 g total) – roll into 12 small meatballs, bake or pan-sear; store up to 4 days.
- Greek Yogurt (2¼ cups total) – divide into 3 containers (¾ cup each).
- Kefir (3 cups total) – portion 1 cup per day in small bottles.

🌾 Grains & Carbs

- Quinoa (1½ cups cooked) – makes 3 portions (½ cup each).
- Oats (3 tbsp total) – pre-mix with yogurt or store dry for quick assembly.
- ½ Banana/day – slice fresh each morning or pre-portion and freeze for texture.

🥬 Vegetables

- Broccoli & Carrots (≈3 cups total) – steam lightly; store together.
- Zucchini (3–4 medium) – spiralize into noodles, keep raw until cooking.
- Tomato Sauce – prepare 1 cup with tomato purée, garlic, herbs, and 1 tsp olive oil for all days.

🍓 Fruits

- Blueberries (1½ cups total) – wash and portion ½ cup per day.
- Optional: sprinkle cinnamon for better flavor and digestion.

🥄 Add-ons & Condiments

- Olive oil: 1 tsp/day (≈1 tbsp total)
- Chia seeds: 1 tsp/day (≈1 tbsp total)
- Herbs, cinnamon, lemon juice, salt & pepper — prep small mix jars for ease.



Batch Prep for Days 4–5

🍗 Protein

- Chicken Breast (260 g total) – grill or bake with olive oil, lemon, and herbs; slice and store.
- Salmon (240 g total) – roast or air fry; drizzle with lemon juice before serving.
- Protein Powder (2 scoops total) – pre-portion for overnight oats or shakes.

🌾 Grains & Carbs

- Oats (1 cup total) – prep overnight oats: combine oats, almond milk, protein powder, berries; refrigerate.
- Brown Rice (1½ cups cooked) – cook ahead and store in portions (¾ cup/day).
- Sweet Potato (1 cup roasted) – cube and bake with minimal olive oil.
- Rice Cakes (2 total) – store sealed for crispness.
- Apple (2 medium) – slice fresh each day to prevent browning.

🥬 Vegetables

- Mixed Greens (4 cups total) – wash, dry, and portion for bowls.
- Asparagus (2 cups total) – roast or steam lightly; store separately.

🍓 Fruits

- Berries (1 cup total) – rinse and dry; use for overnight oats topping.
- Apple (listed above) – for snack pairing with almond butter.

🥄 Add-ons & Condiments

- Almond Butter: 2 tbsp total (1 tbsp/day)
- Olive Oil: 2 tsp total (1 tsp/day for chicken bowl or veggies)
- Lemon & Herbs: for salmon seasoning and freshness
- Cinnamon: for oats or fruit topping



Batch Prep for Days 6-7

🍗 Protein

- Eggs (8 total) – boil or pre-scramble (2 whole + 2 whites per day).
- Shrimp (240 g total) – grill or sauté with olive oil, garlic, and lemon; store up to 3 days.
- Lentils (1½ cups cooked) – prepare once, cool fully, and refrigerate.
- Protein Powder (2 scoops total) – portion ahead for shakes.
- Greek Yogurt (2 tbsp total) – for lentil bowl sauce base.

🌾 Grains & Carbs

- Whole-Grain Bread (2 slices total) – toast fresh daily or pre-slice and freeze.
- Couscous (1 cup cooked) – prep in advance with vegetable broth for extra flavor.

🥬 Vegetables

- Spinach (2 cups total) – wash and store dry for egg scramble.
- Roasted Veggies (3 cups total) – mix of zucchini, carrots, and bell peppers.
- Stir-Fry Mix (2 cups total) – pre-cut cabbage, bell peppers, and snap peas; cook quickly before serving.

🍓 Fruits

- Strawberries (2 cups total) – wash, dry, and portion 1 cup/day for snacks.

🥄 Add-ons & Condiments

- Olive Oil: 2 tsp total (1 tsp/day for shrimp or veggies)
- Lemon Juice: for shrimp and lentil bowls
- Greek Yogurt Sauce: mix 2 tbsp yogurt + lemon + herbs
- Herbs & Spices: cumin, paprika, oregano for flavor variety



SHOPPING LIST

Proteins

- Chicken breast — 260 g
- Salmon fillet — 240 g
- White fish (cod, tilapia, etc.) — 360 g
- Lean ground turkey — 400 g
- Shrimp — 240 g
- Eggs — 8 large
- Greek yogurt — 2½ cups
- Kefir — 3 cups
- Protein powder — 4 scoops (≈120 g)

Grains & Carbohydrate Sources

- Rolled oats — 1¼ cups
- Brown rice — 1½ cups (cooked)
- Quinoa — 1½ cups (cooked)
- Sweet potato — 1 medium (≈200 g)
- Whole-grain bread — 2 slices
- Couscous — 1 cup (cooked)
- Rice cakes — 2 pieces

Fruits

- Banana — 2–3 small (½ per day for 3 days)
- Blueberries — 1½ cups
- Strawberries — 2 cups
- Apple — 2 medium
- Lemon — 2–3



Vegetables & Greens

- Broccoli — 2 cups florets
- Carrots — 2 medium
- Zucchini — 3–4 medium
- Mixed greens (spinach, arugula, lettuce) — 4 cups
- Asparagus — 2 cups
- Roasted vegetable mix (bell peppers, zucchini, carrots) — 3 cups
- Spinach (for eggs) — 2 cups
- Stir-fry mix (cabbage, bell peppers, snap peas) — 2 cups
- Tomato purée / sauce — 1 cup

Healthy Fats & Nuts

- Olive oil — 4 tbsp total
- Almond butter — 2 tbsp
- Chia seeds — 1 tbsp
- Herbs & spices — salt, pepper, oregano, cinnamon, paprika, cumin
- Fresh herbs — parsley, basil, or mint (optional)

Pantry & Extras

- Almond milk (unsweetened) — 1 L (≈4 cups)
- Electrolyte mix (optional, for hydration)
- Herbal tea (mint, chamomile)



Program Notes

This week focuses on adaptation, learning to eat for strength, not just fullness.

Your appetite may remain low, but energy levels begin to stabilize. Keep meals balanced and consistent to protect muscle mass and support metabolism.

If mild fatigue or plateaus appear, they're signs of your body adjusting to both GLP-1 and a new rhythm. Stay patient and hydrated.

Behavioral Tips for Week 2 🧠

- Protein first: start each meal with your protein source to improve satiety.
- Stay consistent: follow your meal times even if appetite is low — routine restores balance.
- Mindful refeed: on higher-carb days, enjoy the variety but avoid overeating; these meals are for energy, not indulgence.
- Add gentle movement: short walks or light strength work help preserve lean mass.
- Track how foods feel: note what energizes or bloats you — awareness builds personalization.
- Rest well: recovery supports hormonal balance and appetite regulation.

Expected Results – Week 2 Snapshot 📈

- Weight loss slows slightly ($\approx 1\text{--}2$ lb/week) — a healthy, sustainable rate.
- More stable mood and energy throughout the day.
- Improved digestion and regularity.
- Stronger connection with hunger and fullness cues.



Weekly Reflection & Progress Tracker

This week was about building resilience, learning what fuels your body, what drains it, and how to stay balanced through change.

Before stepping into Week 3, take a moment to notice what’s shifting beneath the surface.

Progress Check

Focus on patterns, not perfection.

- Appetite: are you eating more comfortably now, or still feeling full quickly?
- Energy: do you notice smoother, steadier energy through the day?
- Digestion: any improvement in bloating, regularity, or comfort?
- Exercise: were you able to add short walks or gentle strength sessions?
- Hydration: did steady sipping throughout the day feel more natural?

Mind & Body Reflections

- Which meals or foods made you feel strongest or most satisfied?
- Did you notice any mood or focus changes linked to what you ate?
- When did your body feel truly “enough”; physically and mentally?
- Were there any moments you honored rest instead of pushing harder?

Small Wins

Write 1–2 things that felt easier this week.

Example: “I noticed I don’t crave sweets after dinner anymore,” or “My energy stayed steady during work.”

Adjustments for Next Week

Set gentle intentions for refinement.

Example: “I’ll keep protein consistent at every meal,” or “I’ll try to eat without screens at least once a day.”

End-of-Week Reflection

“This week I realized that…”

(Finish the sentence — it might be about food, body, or patience. Keep it honest, not perfect.)

VIVORO 90-DAY WEIGHT LOSS &
WELLNESS PROGRAM

Week 3: Balance & Resilience

Your body isn't just adapting anymore; it's rebuilding strength through balance and rhythm.

Authored by Nilsu Nam, BSc Nutrition and Dietetics
Clinical Dietitian | Specialist in GLP-1 Nutrition & Metabolic Therapy



Week 3: Balance & Resilience

Your body is settling into a new normal. Appetite feels steadier, energy more predictable.

This week isn't about doing more, it's about doing better.
Think nourishment over numbers, rhythm over rules.

Reintroduce variety, fuel your movement, and let small moments of consistency build quiet strength.
If progress feels slower, remember: this is your body shifting from reaction to adaptation, from effort to flow.

Stay patient, stay steady.

The Vivoro 6 Routine

Six principles to nourish your body and calm your mind.

- V - **Vitality:** Fuel your body with real food and deep hydration.
- I - **Intention:** Eat mindfully. Choose what serves you.
- V - **Vigor:** Move daily; stretch, walk, breathe.
- O - **Optimism:** Speak kindly to yourself.
- R - **Resilience:** Stay steady through cravings and plateaus.
- O - **Openness:** Stay curious and adaptable.





How This Plan Works

This week balances nourishment and energy restoration. Your body has adjusted to the GLP-1’s appetite changes, so meals now focus on fueling without overfilling.

Meals are still portion-controlled but more colorful and satisfying. Protein remains the anchor of every plate, while complex carbs and healthy fats rotate through the week to support your workouts, mood, and digestion.

Every 3-day cycle follows a natural rhythm:

- Days 1–3 | Restore & Stabilize: Gentle meals to keep your energy steady and digestion calm.
- Days 4–5 | Refeed & Refuel: Slightly higher calories and more carbohydrates to lift metabolism and prevent muscle loss.
- Days 6–7 | Recovery & Reflection: Simpler meals that allow the body to rest, digest, and reset before entering the next phase.

Weight loss continues, but the real progress happens beneath the surface: your metabolism is learning efficiency, and your habits are becoming automatic.



WEEK 3 – STRUCTURED MENU (3–2–2 FORMAT)

Goal: Maintain metabolic balance, support lean muscle, and restore energy while preventing plateaus.

Meals this week focus on variety and rhythm, fueling your workouts, easing digestion, and sustaining steady progress.

Daily Nutrition Summary:

Calories: 1,550–1,750 kcal (Refeed Days ≈ 1,800 kcal)

Protein: 125–135 g

Carbs: 130–160 g

Fats: 45–55 g

Fiber: 26–30 g

Water: ≈ 3 L/day

Days 1–3 | Restore & Stabilize

🍳 Breakfast — Egg & Avocado Toast

🥗 Lunch — Lemon Chicken & Vegetable Bowl

🥛 Snack — Greek Yogurt with Kiwi & Flaxseed

🍴 Dinner — Beef & Zucchini Stir-Fry

Days 4–5 | Refeed & Refuel

🍳 Breakfast — Banana Oat Protein Pancakes

🥗 Lunch — Teriyaki Salmon Bowl

🥛 Snack — Apple Slices & Almond Butter

🍴 Dinner — Lentil & Sweet Potato Curry

Days 6–7 | Recovery & Reflection

🍳 Breakfast — Cottage Cheese Parfait

🥗 Lunch — Mediterranean Chickpea Salad

🥛 Snack — Herbal Tea & Protein Bar

🍴 Dinner — Zucchini Soup & Grilled Chicken

Tip: Small refeed days prevent energy dips and metabolic slowdown, enjoy them mindfully, not as a “break” but as fuel for the next phase. Keep protein steady across all days and stay hydrated; your metabolism is learning stability, not speed.

Days 1–3 | Restore & Stabilize

Focus:

Rebuild steady energy and maintain digestive comfort as your body adapts to a new rhythm.

Meals are balanced, slightly heartier than before, and designed to protect lean muscle while keeping you light and clear-headed.

🥣 BREAKFAST – Egg & Avocado Toast

1 slice whole-grain bread (toasted)

1 boiled egg (sliced)

¼ avocado (mashed or sliced)

Cherry tomatoes + black pepper + squeeze of lemon

Why it works: Provides lasting fullness and stable energy with protein, fiber, and healthy fats.

310 kcal • 20 g protein • 22 g carbs • 15 g fat

🥗 LUNCH — Lemon Chicken & Vegetable Bowl

120 g grilled chicken breast

½ cup cooked bulgur or quinoa

Steamed broccoli & carrots

1 tsp olive oil + fresh lemon juice

Why it works: Balanced macros with lean protein, gentle fiber, and light fats to support muscle and digestion.

430 kcal • 40 g protein • 35 g carbs • 12 g fat

🥛 SNACK — Greek Yogurt with Kiwi & Flaxseed

¾ cup Greek yogurt

1 small kiwi (chopped)

1 tsp ground flaxseed

Why it works: Protein supports muscle repair while flaxseed adds omega-3s for metabolic and gut health.

160 kcal • 15 g protein • 14 g carbs • 4 g fat

🍴 DINNER — Lean Beef & Zucchini Stir-Fry

100 g lean beef strips (or ground beef)

1 small zucchini + red pepper + garlic

½ cup cooked quinoa

1 tsp olive oil for sautéing

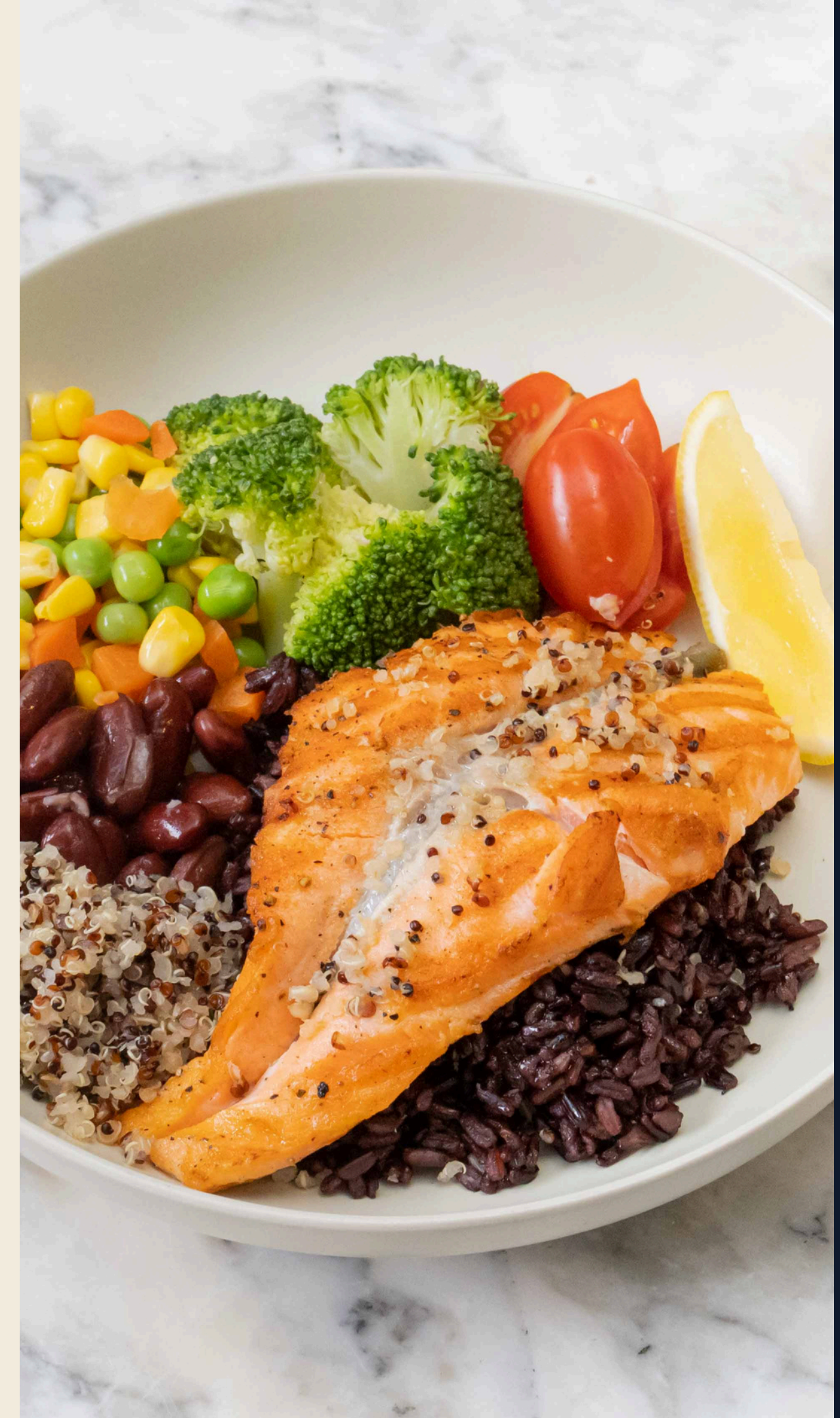
Why it works: A satisfying yet light dinner that supports overnight recovery and maintains blood sugar balance.

520 kcal • 45 g protein • 40 g carbs • 14 g fat

Routine Goals:

Eat slowly and mindfully, your appetite signals are stabilizing now.

Aim for consistent mealtimes, steady and simple movement after meals to aid digestion and maintain balanced energy.



Days 4–5 | Refeed & Refuel

Focus:

Reignite metabolism and restore glycogen without losing balance.

Meals are still clean and high in protein, but include more complex carbs to lift energy, improve mood, and support workouts.

BREAKFAST — Banana Oat Protein Pancakes

½ medium banana (mashed)

⅓ cup rolled oats

1 egg

1 scoop protein powder

Dash of cinnamon + 1 tsp maple syrup (optional)

Cook on a non-stick pan.

Why it works: Combines complex carbs and protein for slow energy release — ideal for active or refeed days.

400 kcal • 35 g protein • 40 g carbs • 10 g fat

LUNCH — Teriyaki Salmon Bowl

120 g salmon (grilled or baked)

½ cup cooked brown rice

Steamed spinach and broccoli

1 tbsp low-sodium teriyaki or soy sauce + sesame seeds (optional)

Why it works: A nutrient-dense balance of omega-3 fats and complex carbs that recharges metabolism.

520 kcal • 42 g protein • 45 g carbs • 14 g fat

SNACK — Apple Slices with Almond Butter

1 medium apple (sliced)

1 tbsp almond butter

Why it works: A natural carb and fat combo that stabilizes blood sugar and curbs late-day cravings.

200 kcal • 5 g protein • 22 g carbs • 10 g fat

DINNER — Lentil & Sweet Potato Curry

¾ cup cooked lentils

½ cup cubed sweet potato

Onion, garlic, light coconut milk, curry powder, turmeric, ginger

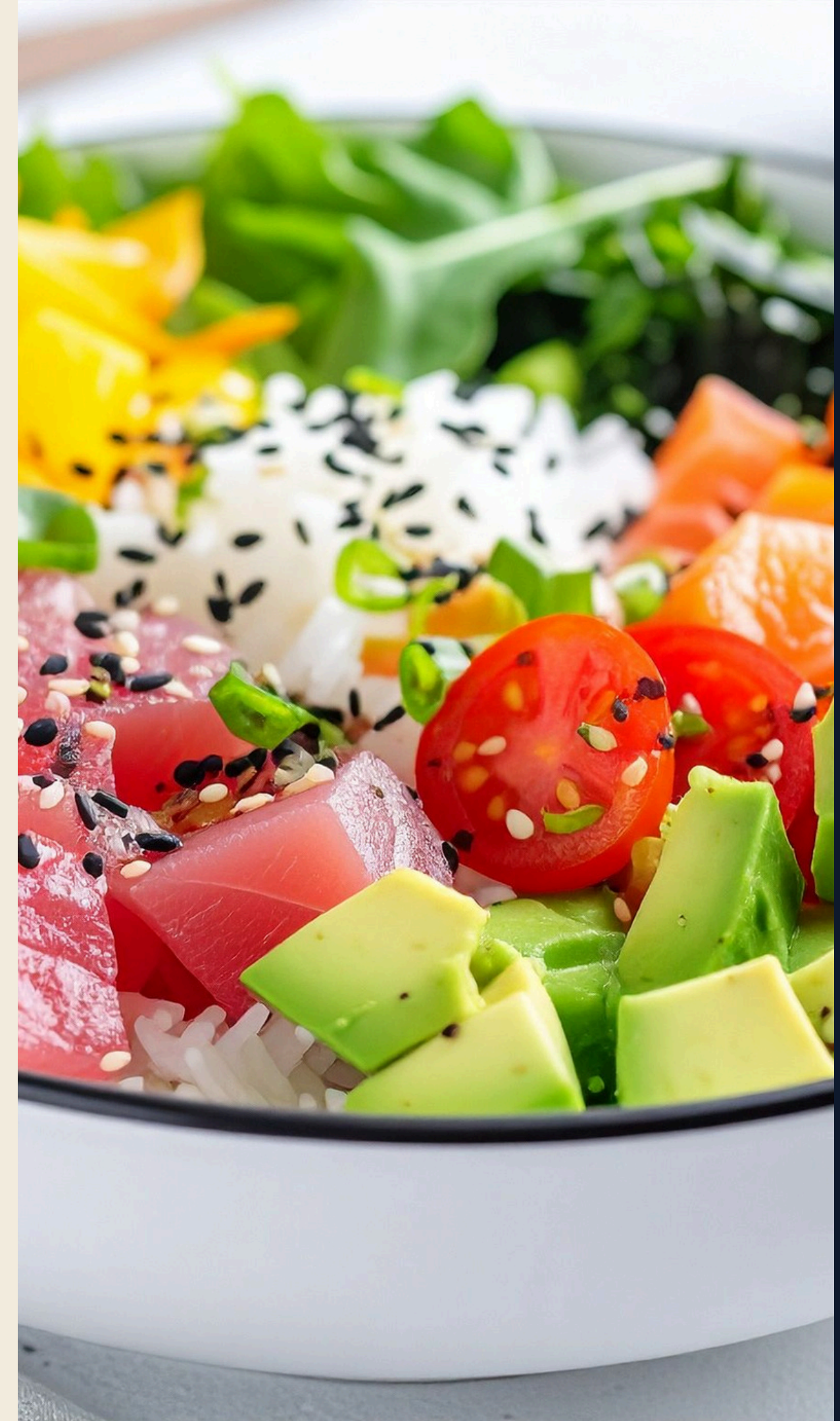
Serve with side greens or cucumber salad.

Why it works: A plant-based, high-fiber dinner that replenishes energy stores while supporting gut health.

620 kcal • 35 g protein • 55 g carbs • 18 g fat

Routine Goals:

Use these as true fuel days, not indulgence. Eat to feel energized, not heavy.



Days 6–7 | Recovery & Reflection

Focus:

Lighten the load and let your body reset. After refeed days, this phase supports digestion, hydration, and calm consistency — keeping metabolism active without strain.

🍽️ BREAKFAST — Cottage Cheese Parfait

¾ cup cottage cheese

½ cup mixed berries (fresh or frozen)

1 tbsp oats + sprinkle of cinnamon

Why it works: High-protein and light on the stomach, balances blood sugar and reduces morning cravings.

260 kcal · 28 g protein · 20 g carbs · 5 g fat

🥗 LUNCH — Mediterranean Chickpea Salad

¾ cup chickpeas (rinsed)

Cucumber, tomato, parsley, lemon juice

1 tsp olive oil + 1 tbsp crumbled feta (optional)

Why it works: Plant protein and fiber for sustained fullness and smooth digestion.

420 kcal · 25 g protein · 40 g carbs · 14 g fat

🥤 SNACK —Protein Bar or Smoothie

1 clean-label protein bar (~15 g protein) or

1 scoop protein powder + 1 cup almond milk + handful of strawberries.

Why it works: Keeps protein steady between meals and prevents evening hunger dips.

180 kcal · 15 g protein · 15 g carbs · 6 g fat

🍴 DINNER —Zucchini Soup with Grilled Chicken

1 bowl zucchini soup (zucchini, onion, garlic, Greek yogurt base)

100 g grilled chicken breast

Side of leafy greens or cucumber salad.

Why it works: Easy to digest yet protein-rich, helps recovery while resting the gut.

480 kcal · 45 g protein · 35 g carbs · 12 g fat

Routine Goals:

Keep these days calm and light.

Focus on hydration, gentle movement, and mindful meals that help your body feel balanced, not depleted.



Batch Prep for Days 1–3

Keep flavors simple and digestion easy — think light proteins, soft grains, and pre-portioned snacks.

🍖 Protein Prep

- Grill or bake 2–3 chicken breasts ($\approx$ 350–400 g) and slice for quick lunches.
- Brown 200 g lean beef with garlic and 1 tsp olive oil for stir-fry dinners.
- Boil 3–4 eggs for breakfasts or backup snacks.
- 💡 Tip: Reheat cooked meats with a splash of lemon water to keep them tender.

🌿 Grains & Carbs

- Cook $1\frac{1}{2}$ cups quinoa or bulgur ($\approx$ 4 cups cooked).
- Toast 3–4 slices of whole-grain bread and refrigerate or freeze.
- Slice $\frac{1}{2}$ banana per day and freeze — perfect for smoothies or yogurt bowls.

🥬 Veggies

- Steam a large batch of broccoli and carrots ($\approx$ 4 cups each).
- Roast zucchini & bell peppers with 1 tsp olive oil, sea salt, and thyme — lasts 3 days in the fridge.
- Chop fresh salad veggies (tomato, cucumber, herbs) daily for crunch and color.

🥣 Snacks & Dairy

- Portion Greek yogurt into 3 jars ($\frac{3}{4}$ cup each).
- Keep flaxseed or chia seeds in a small container for easy sprinkling.
- Wash & dry kiwi and berries, store in glass jars for quick access.

📦 Storage & Assembly Tips

- Store proteins, grains, and veggies separately for flexible combinations.
- Reheat gently and assemble bowls fresh for best texture.
- Label containers “Day 1–3” — it keeps prep simple and consistent.



Batch Prep for Days 4–5

This prep focuses on higher-energy, colorful meals that recharge metabolism and support muscle recovery — without heaviness.

🔍 Protein Prep

- Grill or bake 2 salmon fillets ($\approx$ 240 g total) with lemon and herbs.
- Prepare 2 servings of lentils ($\approx$ 1½ cups cooked) for curry or salad base.
- Cook 3–4 eggs or keep protein powder ready for pancakes and smoothies.
- 💡 Tip: Reheat salmon by steaming lightly or microwaving under a damp paper towel to preserve texture.

🍚 Grains & Carbs

- Cook 1 cup brown rice ($\approx$ 3 cups cooked) — base for salmon bowls.
- Roast 1 medium sweet potato (cubed) with olive oil, paprika, and turmeric.
- Blend banana-oat pancake mix (banana + oats + egg + cinnamon) ahead and store in the fridge for 1–2 days.

🥬 Veggies

- Steam or lightly sauté spinach and broccoli for easy sides.
- Slice cucumber and bell pepper for color and crunch in lunch bowls.
- Prepare a small jar of ginger-garlic base to flavor lentil curry or stir-fries.

🍎 Snacks & Sides

- Pre-slice 2 apples and store in an airtight container with lemon juice to prevent browning.
- Portion almond butter into mini cups (1 tbsp each).
- Have a few protein bars or smoothie packs prepped for quick options on busy days.

📦 Storage & Assembly Tips

- Store rice, lentils, and roasted sweet potatoes separately — combine fresh daily.
- Keep sauces like teriyaki or curry in small jars to avoid soggy meals.
- Label containers “Day 4–5” and refrigerate for up to 3 days.



Batch Prep for Days 6-7

Focus on light meals that soothe digestion, support hydration, and gently maintain protein intake.

Think soups, soft veggies, and refreshing snacks.

🍲 Protein Prep

- Grill 2 small chicken breasts (≈ 200–250 g) with herbs and a drizzle of olive oil.
- Prepare 1–2 protein shakes or smoothie packs (protein powder + berries + almond milk) for easy blending.
- Boil 2 eggs as a backup for quick snacks or light breakfasts.
- 💡 Tip: Keep cooked chicken in a sealed glass container — add lemon before serving to refresh flavor.

🥣 Soups & Bases

- Make a zucchini soup: blend 2 zucchini + 1 onion + 1 clove garlic + ½ cup Greek yogurt or milk + pinch of salt.
- Prepare a small batch of vegetable broth for reheating or sipping between meals.
- Optional: Add ½ cup cooked lentils for extra fiber and texture.

🥬 Veggies

- Chop and store leafy greens (lettuce, parsley, spinach) washed and dried for side salads.
- Roast carrots, zucchini, or cauliflower with olive oil and herbs — soft textures are easier on digestion.
- Slice cucumbers and tomatoes for light lunch salads.

🥣 Snacks & Light Add-Ons

- Portion cottage cheese or Greek yogurt into small jars (¾ cup each).
- Wash berries and store in the fridge for parfaits or smoothies.
- Keep herbal teas (ginger, chamomile, mint) ready to support gut comfort and hydration.

📦 Storage & Assembly Tips

- Store soups in glass jars — they reheat best and retain flavor.
- Keep greens dry with a paper towel inside the container to prevent wilting.
- Combine components fresh each day to maintain texture and freshness.



SHOPPING LIST

Proteins

- Chicken breast — 700–800 g
- Lean beef (stir-fry or ground) — 200 g
- Salmon fillets — 240 g (2 fillets)
- White fish (cod, tilapia, etc.) — 120 g
- Eggs — 10–12 pcs
- Greek yogurt (plain, low-fat) — 5 cups (≈1 kg)
- Cottage cheese — 1½ cups (≈300 g)
- Kefir — 2 cups (≈500 mL)
- Lentils (dry) — 1 cup (≈200 g)
- Protein powder — as needed (~4 servings)
- Feta cheese (optional, salad topping) — 50–60 g

Grains & Carbohydrate Sources

- Quinoa or bulgur — 1½ cups (dry)
- Brown rice — 1 cup (dry)
- Whole-grain bread — 6 slices
- Rolled oats — 1 cup
- Sweet potato — 1 medium (≈250 g)

Fruits

- Bananas — 2–3
- Apples — 2
- Kiwi — 2–3
- Blueberries — 1½ cups
- Mixed berries (for parfait/smoothie) — 1 cup
- Lemon — 2–3
- Optional: ½ orange or seasonal fruit for variety



Vegetables & Greens

- Zucchini — 4–5 medium
- Broccoli — 2 heads (≈500 g)
- Carrots — 4–5 medium
- Spinach — 2 cups (fresh or frozen)
- Bell peppers (mixed colors) — 3–4
- Tomatoes — 3–4 medium
- Cucumber — 2–3
- Lettuce or parsley — 1 bunch
- Cauliflower — 1 small head (optional, for roasting)
- Onion — 2–3
- Garlic — 1 bulb

Healthy Fats & Nuts

- Olive oil — 3–4 tbsp total
- Avocado — 2 small or 1 large
- Almond butter — 2 tbsp
- Flaxseed or chia seeds — 2–3 tbsp
- Light coconut milk — ½ cup (for curry)

Pantry & Extras

- Salt & pepper
- Paprika, turmeric, cumin, thyme
- Curry powder or turmeric blend
- Cinnamon (for breakfast & snacks)
- Low-sodium teriyaki or soy sauce — 2 tbsp
- Maple syrup or honey — 1 tsp (optional)
- Dried herbs (oregano, basil)



Program Notes

This week focuses on maintaining rhythm and metabolic balance, eating to sustain your results, not to chase faster ones.

Your body is no longer adapting, it's building stability. Appetite feels steadier, digestion smoother, and energy more reliable.

Meals this week are designed to protect lean muscle, support recovery, and prevent metabolic slowdown through balanced nutrition and mindful refuel days.

If progress feels slower, that's normal, it means your body is finding its sustainable pace. Continue fueling well, hydrating, and moving with intention.

Behavioral Tips for Week 3 🧠

- Refuel wisely: Refeed days (4–5) are for restoring energy, not indulging, eat to feel renewed, not stuffed.
- Protein anchor: Keep every meal protein-based to preserve muscle and reduce cravings.
- Move with balance: Combine light resistance training with low-impact cardio or walking for optimal energy flow.
- Mindful rhythm: Stick to consistent meal timing and hydration, stable habits maintain metabolic health.
- Diversify your plate: Rotate colors and textures, variety supports micronutrient balance and prevents monotony.
- Reflect nightly: Note one moment when you felt most energized or balanced, awareness drives long-term success.

Expected Results – Week 3 Snapshot 📈

- Steady fat loss continues ($\approx$ 1–1.5 lb/week).
- Energy feels smoother and less dependent on food timing.
- Improved digestion and reduced post-meal heaviness.
- Better workout recovery and more stable mood.
- Confidence in portion control and mindful balance.



Weekly Reflection & Progress Tracker

This week was about stability and trust; trusting your rhythm, your hunger cues, and your body's quiet progress. Before stepping into Week 4, pause to notice how consistency has started to shape your energy and mindset.

Progress Check

Focus on how balance feels, not just how it looks.

- Appetite: does your hunger feel more predictable or still fluctuate?
- Energy: are you sustaining focus without needing snacks or caffeine?
- Digestion: any progress with regularity or post-meal comfort?
- Exercise: have movements started feeling easier or more natural?
- Sleep & recovery: do you wake feeling rested and less tense?
- Hydration: did steady drinking become part of your rhythm this week?

Mind & Body Reflections

- Which meals gave you lasting energy instead of quick satisfaction?
- Did you find any new sense of control or calm around eating?
- When did you feel the most balanced; physically, emotionally, or mentally?
- How did you respond when motivation dipped?

Small Wins

Write 1–2 moments that showed your progress, even subtly.

Examples: “I started craving lighter foods naturally.” “I walked after dinner without forcing it.”

Adjustments for Next Week

Set soft goals for refinement; small shifts build big momentum.

Examples: “I’ll stretch for 5 minutes before bed.” “I’ll balance my plate with more color and variety.”

End-of-Week Reflection

“This week I learned that...”

Let your answer be simple. Maybe it’s about how your body feels steadier, how rest no longer feels like laziness, or how small habits really do stack up.

VIVORO 90-DAY WEIGHT LOSS &
WELLNESS PROGRAM

Week 4: Integration & Confidence

Your body has learned the rhythm, now, you
live it.



Week 4: Integration & Confidence

This week marks a quiet shift, from following structure to embodying it. Your body understands balance now: when to rest, when to refuel, when to let go.

Meals become more intuitive, hunger feels natural, and energy no longer swings, it flows. You're not restarting every Monday anymore. You've built a rhythm that fits real life.

This week isn't about restriction or chasing results, it's about confidence in consistency.

Let food nourish you, not define you. Let movement feel like a reward, not a rule. Progress continues, but the pace slows because what you're building now is meant to last.

The Vivoro 6 Routine

Six principles to nourish your body and calm your mind.

- V** - **Vitality:** Fuel your body with real food and deep hydration.
- I** - **Intention:** Eat mindfully. Choose what serves you.
- V** - **Vigor:** Move daily; stretch, walk, breathe.
- O** - **Optimism:** Speak kindly to yourself.
- R** - **Resilience:** Stay steady through cravings and plateaus.
- O** - **Openness:** Stay curious and adaptable.





How This Plan Works

This week’s focus is on maintenance through mindfulness. Your body has adapted, now the goal is to keep energy, mood, and digestion steady without constant adjustment.

Meals are balanced and flexible, designed to help you recognize true hunger and fullness cues. You’ll see slightly more variety in carbohydrates and textures to support hormonal balance, workout recovery, and long-term sustainability.

Instead of eating perfectly, aim to eat with awareness. Notice what your body asks for, lighter meals on calm days, more fuel on active ones.

That’s integration: the point where nutrition becomes intuition.

Weekly Rhythm Overview

- Days 1–3 | Rhythm & Strength: Your body moves with ease now, these meals keep energy stable and reinforce the structure you’ve built.
- Days 4–5 | Rebalance & Restore: Slightly higher carbs and deeper flavors refuel your metabolism and bring variety back to your plate.
- Days 6–7 | Grace & Grounding: Simpler, calming meals to slow the pace, nourish digestion, and prepare you for maintenance ahead.

By Week 4, the plan becomes less about discipline and more about trust, in your body, your rhythm, and the habits you’ve built.



WEEK 4 – STRUCTURED MENU (3–2–2 FORMAT)

Goal: Maintain energy, strengthen metabolism, and cultivate mindful balance as your body transitions from adjustment to long-term stability.

Daily Nutrition Summary:

Calories: 1,550–1,700 kcal

Protein: 120–130 g

Carbs: 130–150 g

Fats: 45–55 g

Fiber: 28–30 g

Water: ≈ 3 L/day

Days 1–3 | Rhythm & Strength

🍳 Breakfast — Cottage Cheese Pancakes with Berries

🥗 Lunch — Mediterranean Chicken Bowl

🥤 Snack — Apple + Almond Butter + Cinnamon

🍴 Dinner — Baked Cod with Herbed Potatoes & Green Beans

Days 4–5 | Rebalance & Restore

🍳 Breakfast — Savory Omelet with Spinach & Feta

🥗 Lunch — Teriyaki Beef & Brown Rice Bowl

🥤 Snack — Berry Protein Smoothie

🍴 Dinner — Shrimp & Vegetable Curry with Basmati Rice

Days 6–7 | Grace & Grounding:

🍳 Breakfast — Greek Yogurt Parfait with Granola & Kiwi

🥗 Lunch — Chickpea & Avocado Salad

🥤 Snack — Kefir + Cocoa & Cinnamon

🍴 Dinner — Herb-Grilled Chicken with Zucchini Pasta

Tip: By now, your rhythm knows what works, the next step is trust.
Eat slowly, enjoy flavor, and let meals be moments of ease, not management.

Days 1–3 | Rhythm & Strength

Focus:

Reinforce your natural rhythm, balanced meals that keep energy steady, digestion smooth, and mood uplifted. These days are about feeling strong, light, and in sync with your body's signals.

🥞 BREAKFAST – Cottage Cheese Pancakes with Berries

3 tbsp cottage cheese

2 tbsp oats

1 egg

½ banana, blended and pan-cooked.

Top with ½ cup fresh or frozen berries.

Why it works: A protein-forward start that stabilizes blood sugar and supports lasting energy.

330 kcal - Protein: 30 g - Carbs: 32 g - Fat: 8 g

🥗 LUNCH – Mediterranean Chicken Bowl

120 g grilled chicken breast

½ cup cooked couscous

tomato, cucumber, parsley + 1 tsp olive oil & lemon.

Why it works: Balanced macros and antioxidants that maintain focus and steady digestion.

420 kcal - Protein: 38 g - Carbs: 35 g - Fat: 12 g

🥛 SNACK – Apple with Almond Butter & Cinnamon

1 small apple

1 tsp almond butter + cinnamon sprinkle.

Why it works: Fiber and healthy fats calm appetite and keep blood sugar stable.

160 kcal - Protein: 4 g - Carbs: 20 g - Fat: 8 g

🍴 DINNER – Baked Cod with Herbed Potatoes & Green Beans

130 g cod (baked with lemon & herbs)

150 g roasted potatoes

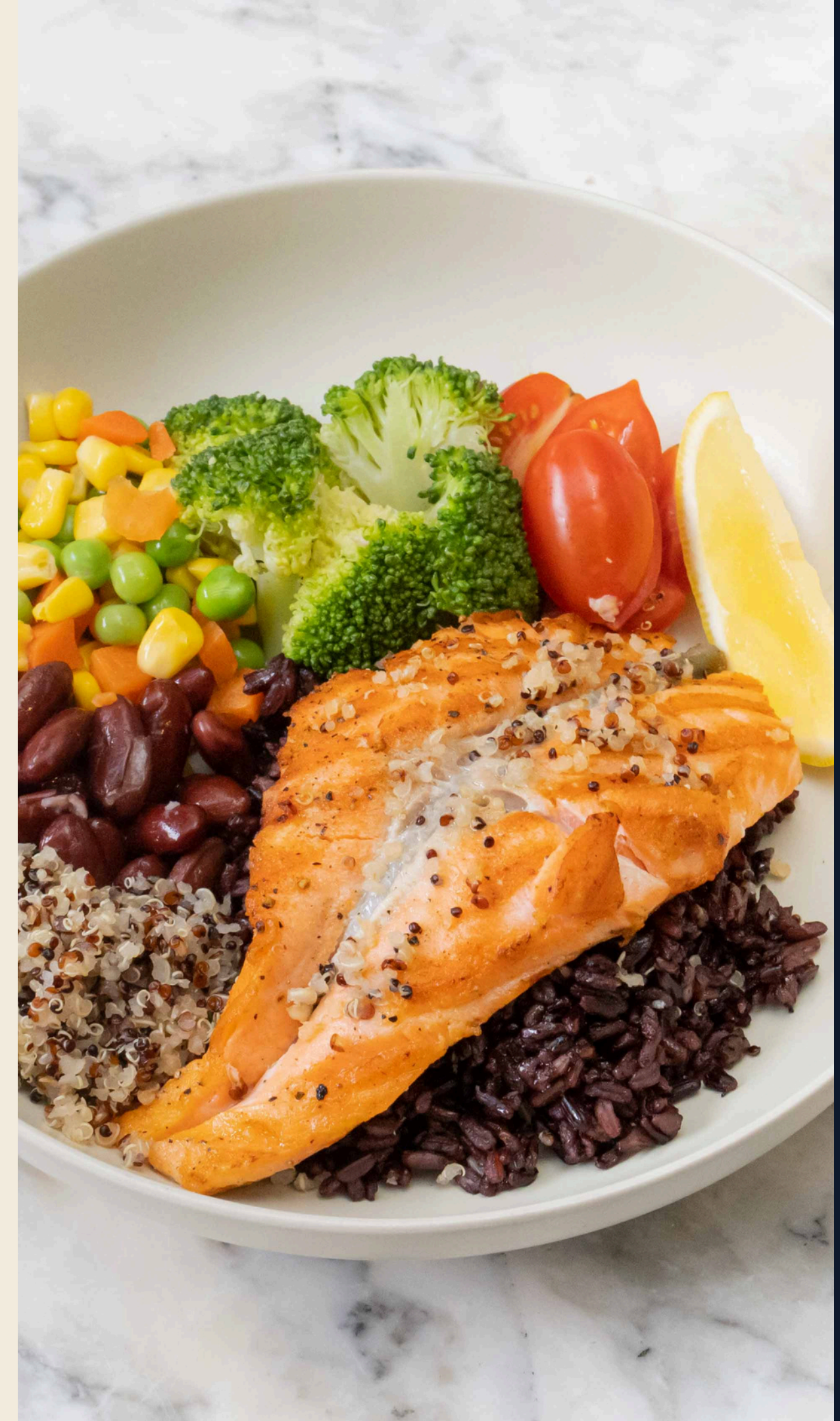
steamed green beans + 1 tsp olive oil.

Why it works: Light yet filling, supports muscle repair and prevents late-night cravings.

520 kcal - Protein: 36 g - Carbs: 40 g - Fat: 14 g

Routine Goals:

Keep your meal times steady and give your body the structure it thrives on. Take short walks after eating to support digestion and energy balance. Choose one mindful habit — stretching, journaling, or a quiet moment — to help your body and mind stay connected through the rhythm of these days.



Days 4–5 | Rebalance & Restore

Focus:

These days gently lift your metabolism with a touch more variety and color.

Carbohydrates are reintroduced in balanced portions to restore glycogen, support muscle recovery, and improve mood.

Think of it as nourishment that refuels without overwhelming.

🍌 BREAKFAST – Protein Overnight Oats with Chia & Strawberries

½ cup rolled oats

¾ cup milk (or almond milk)

1 scoop protein powder

1 tsp chia + ¼ cup strawberries.

Soak overnight; top with a dash of cinnamon in the morning.

Why it works: Combines slow-release carbs and protein for sustained energy and stable glucose levels.

360 kcal - Protein: 33 g - Carbs: 38 g - Fat: 8 g

🥗 LUNCH – Beef & Quinoa Power Bowl

120 g lean beef strips sautéed in 1 tsp olive oil

½ cup cooked quinoa

roasted zucchini, red peppers & spinach.

Add a squeeze of lemon for freshness.

Why it works: Iron and B-vitamins from beef support energy and oxygen flow while quinoa provides complete plant protein.

480 kcal - Protein: 40 g - Carbs: 42 g - Fat: 14 g

🥛 SNACK – Greek Yogurt Parfait with Honey & Walnuts

¾ cup Greek yogurt

1 tsp honey

1 tbsp chopped walnuts.

Why it works: Adds healthy fats and micronutrients that support hormonal balance and satiety.

200 kcal - Protein: 15 g - Carbs: 16 g - Fat: 8 g

🍴 DINNER – Salmon with Sweet Potato Mash & Asparagus

130 g salmon (baked or grilled)

150 g mashed sweet potato

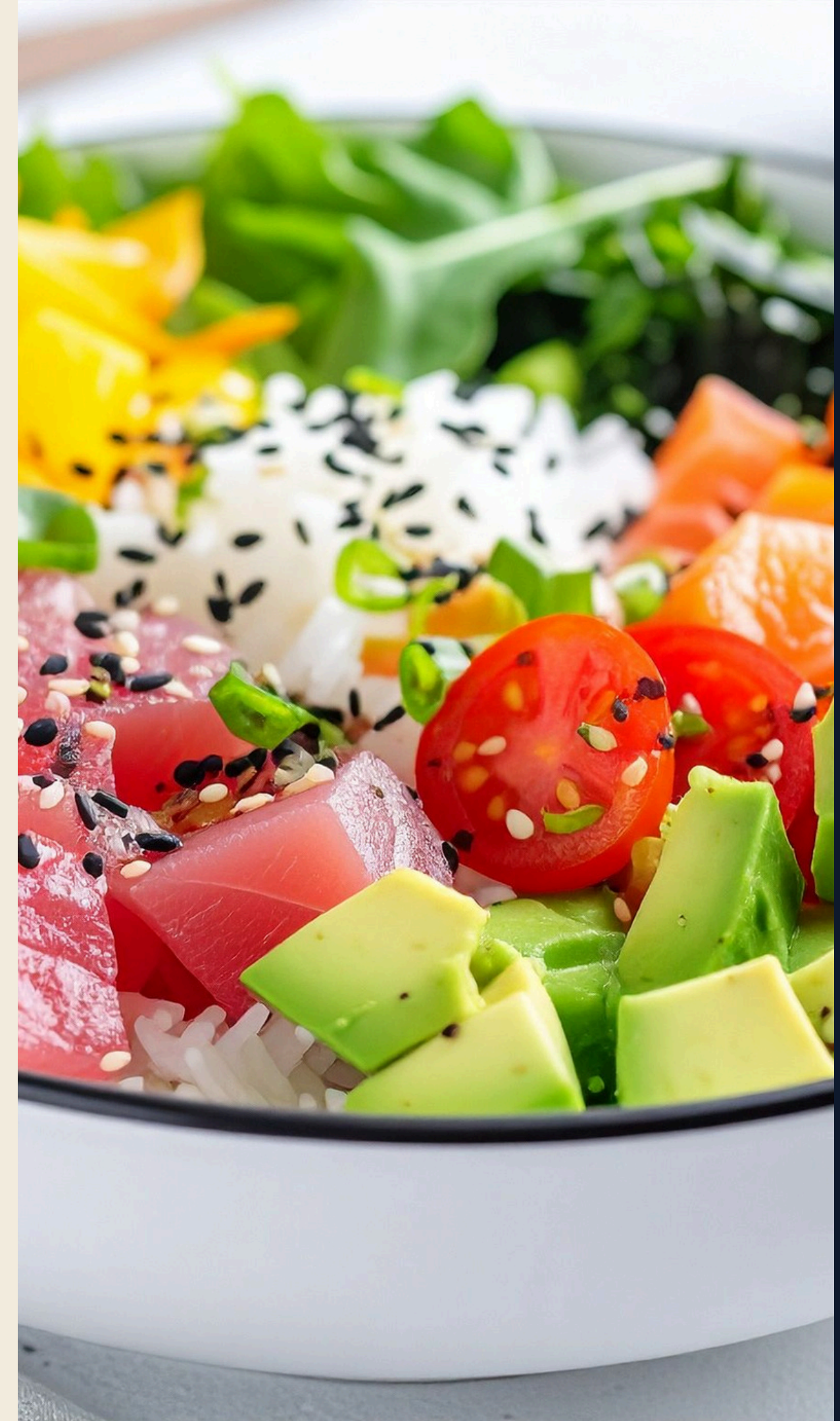
roasted asparagus + 1 tsp olive oil.

Why it works: Omega-3s reduce inflammation while carbohydrates replenish muscle glycogen after activity.

540 kcal - Protein: 38 g - Carbs: 45 g - Fat: 18 g

Routine Goals:

Treat these as restoration days, a chance to refuel without losing structure. Eat slowly and observe how your energy responds to a slightly higher carb intake. If you're training, schedule workouts on these days for better performance and recovery.



Days 6–7 | Grace & Grounding

Focus:

Slow down and let your body integrate the week’s progress.

Meals are gentle, fiber-rich, and soothing — designed to calm digestion, restore hydration, and leave you light but nourished.

🍳 BREAKFAST – Vegetable Omelet with Toast

2 eggs + diced zucchini, bell pepper, and herbs sautéed in ½ tsp olive oil.

Serve with 1 slice whole-grain toast.

Why it works: Balanced protein and fiber support fullness while keeping digestion smooth.

310 kcal - Protein: 25 g - Carbs: 20 g - Fat: 14 g

🥗 LUNCH – Lentil & Vegetable Soup with Side Greens

1 cup lentil soup (carrot, celery, tomato) + a small side salad with lemon-olive oil dressing.

Why it works: Plant protein and soluble fiber help cleanse the gut and stabilize blood sugar.

380 kcal - Protein: 28 g - Carbs: 40 g - Fat: 8 g

🥛 SNACK – Kefir with Cinnamon & Blueberries

1 cup kefir

½ cup blueberries + cinnamon.

Why it works: Probiotics soothe digestion while antioxidants ease inflammation.

160 kcal - Protein: 10 g - Carbs: 18 g - Fat: 4 g

🍴 DINNER – Grilled Chicken & Steamed Vegetables with Olive Oil Drizzle

120 g grilled chicken + steamed broccoli, carrots, and green beans + 1 tsp olive oil.

Why it works: Light protein and hydration-rich veggies aid muscle recovery and calm the gut.

460 kcal - Protein: 42 g - Carbs: 25 g - Fat: 14 g

Routine Goals:

Keep it simple. Eat slowly, hydrate well, and honor your body’s rest phase.

Avoid heavy or processed foods, this is your reset before a new cycle of strength begins.



Batch Prep for Days 1–3



Protein:

- Grill 3–4 portions of chicken breast or bake cod with herbs and lemon, store airtight for quick bowls or dinners.
- Blend cottage cheese pancake batter (keeps up to 2 days refrigerated).



Carbohydrates:

- Cook 1 cup dry couscous or quinoa for lunch bases.
- Roast a tray of baby or sweet potatoes with olive oil and rosemary.



Veggies & Greens:

- Chop tomato, cucumber, parsley, and spinach — store in containers lined with paper towels to stay crisp.
- Steam or roast zucchini and green beans for easy mix-ins.



Snacks & Add-ons:

- Slice apples, drizzle with lemon to prevent browning.
- Portion Greek yogurt, berries, and nuts into jars for grab-and-go snacks.



Tip:

Keep prepped meals visible, when healthy choices are ready, rhythm follows naturally.



Batch Prep for Days 4–5

Protein:

- Cook 2–3 servings of lean beef strips or steak; season lightly with salt, pepper, and olive oil.
- Bake or grill salmon fillets with lemon and dill refrigerate in glass containers.

Carbohydrates:

- Boil or roast sweet potatoes (store mashed for easy reheating).
- Prepare 1 cup cooked quinoa and 1 cup rolled oats (for overnight oats).

Veggies & Greens:

- Roast mixed vegetables — zucchini, bell peppers, and spinach for lunch bowls.
- Trim and roast asparagus or green beans to serve alongside dinners.

Snacks & Add-ons:

- Portion Greek yogurt into small jars with chopped walnuts and honey.
- Wash and slice strawberries for overnight oats and quick snacks.

Tip:

Prep with balance in mind, enough to feel nourished, not overloaded.

A little color and planning go a long way toward keeping energy steady and recovery strong.



Batch Prep for Days 6-7

🍳 Protein:

- Boil eggs in advance for easy breakfasts or light snacks.
- Grill or bake chicken breasts with minimal seasoning — gentle on digestion and easy to pair with vegetables.

🥕 Veggies & Greens:

- Prepare a big pot of lentil & vegetable soup (carrot, celery, tomato base) — keeps 2–3 days refrigerated.
- Steam or roast broccoli, carrots, and green beans for dinners.

🍞 Carbohydrates:

- Slice and freeze whole-grain bread for quick toasts.
- Cook a small batch of brown rice or bulgur for optional variety with soup.

🥤 Snacks & Add-ons:

- Portion kefir into bottles or jars for single servings.
- Rinse and store blueberries in the fridge for smoothies or snacks.

💡 Tip:

Keep meals soft, simple, and soothing.

This phase isn't about pushing, it's about letting your body catch up, heal, and breathe.



SHOPPING LIST

Proteins

- Chicken breast – 800 g
- Cod fillet – 300 g
- Salmon fillet – 300 g
- Lean beef or steak – 250 g
- Eggs – 10-12 pcs
- Greek yogurt (plain, low-fat) – 1 L or 4 cups
- Cottage cheese – 200 g
- Protein powder (vanilla or unflavored) – optional, 1 small tub
- Kefir – 1 L

Grains & Carbohydrate Sources

- Rolled oats – 2 cups
- Quinoa – 1.5 cups (dry)
- Couscous – 1 cup (dry)
- Brown rice or bulgur – 1 cup (dry, optional)
- Whole-grain bread – 1 loaf
- Sweet potatoes – 4 medium
- Baby or regular potatoes – 4 medium
- Honey – 1 small jar

Fruits

- Apples – 4-5 small
- Bananas – 2-3
- Strawberries (fresh or frozen) – 300 g
- Blueberries – 300 g

Legumes

- Dried or canned lentils – 2 cups
- Chickpeas (optional for variety) – 1 cup



Vegetables & Greens

- Zucchini – 3
- Broccoli – 2 heads
- Carrots – 5-6
- Green beans – 300 g
- Spinach – 1 large bag
- Bell peppers (red/yellow) – 2-3
- Asparagus – 1 bunch
- Tomatoes – 4-5
- Cucumber – 2
- Celery – 2 stalks
- Parsley – 1 bunch
- Lettuce or mixed greens – 1 large bag

Healthy Fats

- Olive oil – 1 bottle
- Almond butter – 1 small jar
- Walnuts – 100 g
- Chia seeds – 1 small pack
- Mixed nuts (optional) – 100 g

Flavor & Seasoning

- Lemon – 4-5
- Fresh herbs (dill, rosemary, basil) – as desired
- Cinnamon, cumin, black pepper, oregano
- Salt (preferably sea salt)
- Garlic – 1 bulb



Program Notes

The first month was about learning balance, not perfection.

You adjusted your meals, your mindset, and your rhythm.

The early hunger changes, the shifting energy, the gentle discipline of showing up, all became part of your new normal.

By now, your body has adapted to GLP-1, and your focus has shifted from restriction to refinement.

Metabolism has steadied, digestion has calmed, and awareness has deepened.

Behavioral Tips for Week 4 🧠

- Practice intuitive eating: pause mid-meal to assess hunger and fullness.
- Plan, don't restrict: variety builds consistency; repeat your favorite meals, but switch colors and flavors.
- Move with ease: choose workouts that feel energizing, not depleting.
- Mindful refeed: extra carbs are fuel — not reward — for your body's recovery.
- Track emotions, not just food: note what meals make you feel grounded, clear, or restless.
- Prioritize rest: your metabolism and hormones reset most effectively during sleep.

Expected Results – Week 4 Snapshot 📈

- Steadier energy, clearer hunger signals, reduced cravings.
- Slightly slower but more sustainable fat loss.
- Better digestion and regularity due to stable fiber and hydration.
- Improved sleep quality and focus during the day.
- Renewed sense of control and trust in your body's rhythm.



Weekly Reflection & Progress Tracker

This week was about integration, living what you’ve learned instead of chasing change.
 Your body has settled, your rhythm feels natural, and small routines have become second nature.
 Before stepping into the next phase, pause to notice how far you’ve come quietly, steadily, without forcing.

Progress Check

No need for numbers, focus on patterns.

- Appetite: do you trust your hunger and fullness more naturally now?
- Energy: are your mornings smoother, evenings calmer?
- Digestion: any new sense of regularity or comfort after meals?
- Movement: which type of exercise felt easiest to maintain?
- Sleep: has your body found a stable rhythm for rest?

Mind & Body Reflections

- What have you learned about how your body communicates?
- What surprised you most about your response to GLP-1?
- When did you feel truly balanced physically or emotionally?
- How did your self-talk shift compared to Week 1?

Small Wins

List three moments that made you feel proud or peaceful this month.

Example: “I stopped eating when I felt satisfied,” “I cooked instead of ordering out,” or “I didn’t panic after one unplanned meal.”

Adjustments for Next Week

The next phase isn’t about doing more it’s about doing deeper.

Keep what worked, refine what didn’t, and move forward with the same steadiness that got you here.

End-of-Month Reflection

“This month, I realized that progress feels like...”

(Finish the sentence — no right or wrong answers, just your truth.)