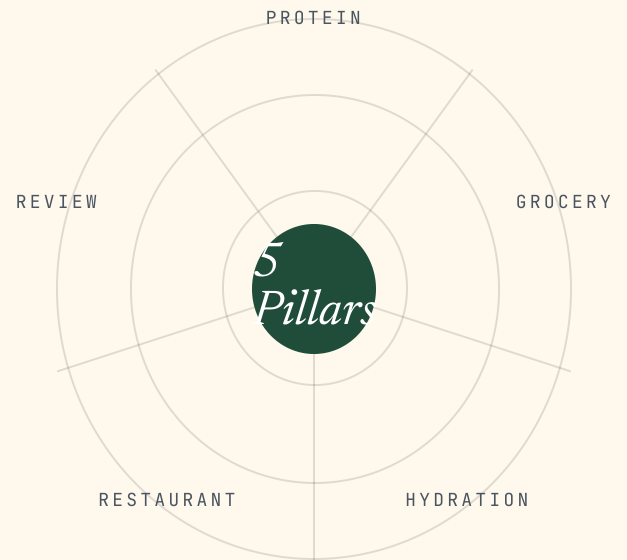


The Maintenance *Mode Protocol.*

A long-term planning framework for life after the first 30–90 days. Build protein rhythm, grocery rhythm, hydration rhythm, restaurant rhythm, and a weekly review you'll actually keep.



SYSTEM

5 pillars

CADENCE

Weekly reviews

OUTPUT

Repeatable defaults

USE AS

Educational planner



Disclaimer.

Read this before using the protocol.

This guide is for educational purposes only and is not medical advice. It is not intended to diagnose, treat, cure, or prevent any disease. Always consult your physician, registered dietitian, or qualified healthcare provider before making changes to your diet, medication, supplements, or health routine.

This protocol does not tell you to stop, reduce, or change GLP-1 medication. Any medication decision must be made with your healthcare provider. The pages that follow support educational planning conversations and long-term food routines only.

01

Welcome.

Maintenance is not a finish line – it is the part where your routines need to become repeatable.

Maintenance is the part where your food routines need to become repeatable, flexible, and realistic. This protocol helps you think through protein rhythm, grocery rhythm, hydration rhythm, restaurant rhythm, and weekly review rhythm after the first 30–90 days.

It is meant to be completed in **layers**, not in one sitting. Fill in what you already know. Test routines for two weeks. Simplify what felt too complicated. Update monthly as your appetite, schedule, preferences, budget, or household needs change.

Maintenance also means *reducing* the number of food decisions required each week. A strong routine should make the next meal easier to plan — not create a new set of rules to manage.

02

How to use this protocol.

Four passes. Start with the 30-minute setup. The rest can wait.

First
pass

Fill in what you know.

Defaults you already use – the breakfast you reach for, the restaurant order you repeat, the grocery items in every cart.

Second
pass

Choose what to test.

Pick one or two new routines to try for two weeks. Not five. Two.

Third
pass

Review and simplify.

What worked stays. What felt too complicated gets cut or made smaller.

Monthly

Update your defaults.

Revisit as appetite, schedule, preferences, budget, or household needs change. Your defaults are not permanent – they're a snapshot.

YOU DO NOT NEED TO COMPLETE EVERY WORKSHEET IN ONE SITTING.

Start with the 30-minute setup on the next page. Come back to the rest as life calls for it.

03

30-minute maintenance setup.

Set a timer. Fill in the essentials. That is enough to start.

QUICK WIN

Choose one breakfast, one lunch, one dinner, and one restaurant order. Four answers and you have a maintenance starting point.

SETUP • FILL ONCE • REVISIT MONTHLY

Your starting defaults.

Write the first thing that comes to mind. You can refine later.

DEFAULT BREAKFAST

DEFAULT LUNCH

DEFAULT DINNER

DEFAULT MINI-MEAL

DEFAULT GROCERY LIST

DEFAULT RESTAURANT ORDER

DEFAULT TRAVEL BACKUP

REVIEW DAY

SUPPORT PERSON OR PROFESSIONAL
TO CONTACT

04

Maintenance dashboard.

A one-page overview of the routine you are building.

DASHBOARD · YOUR AT-A-GLANCE ROUTINE

The maintenance you can repeat.

Use this as a single reference page. When you forget what your defaults are, this is the page to flip to.

MY PROTEIN RHYTHM

MY GROCERY RHYTHM

MY HYDRATION RHYTHM

MY EATING-OUT RHYTHM

MY WEEKLY REVIEW RHYTHM

MY EASIEST MEAL

MY EASIEST BACKUP

MY EASIEST RESTAURANT ORDER

MY NEXT HEALTHCARE PROVIDER
QUESTION

05

What maintenance means.

A system, not willpower. A structure to return to.

Maintenance means building a food structure you can return to when life gets busy, appetite changes, travel happens, restaurants come up, or earlier routines feel harder to follow. It does not mean perfection. It means **having defaults**.

This protocol frames maintenance as a repeatable planning system rather than a test of willpower. A maintenance system can answer:

q1 Meal defaults.
What can I use when I want fewer decisions?

q2 Grocery defaults.
What do I buy every week?

q3 Restaurant defaults.
What do I order when eating out?

q4 Low-appetite defaults.
What do I do when I only want a few bites?

q5 Provider defaults.
What do I discuss with my healthcare provider?

05

The five *pillars*.

Protein. Grocery. Hydration. Eating out. Weekly review. Five rhythms that hold the rest of the system in place – when one slips, the others keep you steady.

PILLARS

Five repeating rhythms, not rules.

GOAL

Each pillar should make the next meal easier to plan.

CADENCE

Build one. Stabilize. Layer the next.

01

Protein rhythm.

Choose repeatable protein anchors for breakfast, lunch, dinner, and mini-meals. Keep at least three no-cook options available.

PILLAR 1 · PROMPT

Which three protein anchors are easiest to keep stocked?

Pick the ones that survive a busy week – already cooked, shelf-stable, or 90 seconds to assemble.

ANCHOR 1

ANCHOR 2

ANCHOR 3

NO-COOK BACKUP

02

Grocery rhythm.

Create an autopilot list you can repeat weekly. Proteins, easy carbs, produce, hydration, fallback foods.

PILLAR 2 · PROMPT

Which 10 items could appear on the grocery list almost every week?

If it ends up in the cart most weeks anyway, name it. The list gets shorter when you stop pretending you'll buy something different.

ITEM 1

ITEM 2

ITEM 3

ITEM 4

ITEM 5

ITEM 6

ITEM 7

ITEM 8

ITEM 9

ITEM 10

03

Hydration rhythm.

Keep fluids visible and build a daily cue. Discuss electrolyte or supplement questions with your healthcare provider.

PILLAR 3 · PROMPT

Where will fluids be visible during the day?

Visibility beats willpower. A bottle on the desk, water before coffee, a cup by the bed.

MORNING CUE

WORKSPACE CUE

EVENING CUE

TRAVEL CUE

QUESTION FOR MY PROVIDER

04

Eating-out rhythm.

Choose default restaurant orders in advance. Start with protein when it fits the meal and scale the portion down when needed.

PILLAR 4 · PROMPT

What is the easiest restaurant order to repeat?

One default per restaurant type. Decided once, ordered forever.

FAST CASUAL

COFFEE SHOP

SIT-DOWN DINNER

AIRPORT / TRAVEL

WHEN NOTHING SOUNDS GOOD

05

Weekly review rhythm.

Spend ten minutes each week reviewing what worked, what felt too heavy, and what needs to be easier.

PILLAR 5 · PROMPT

What day and time will the weekly review happen?

*Tie it to something already on the calendar – Sunday coffee, Friday lunch, Monday morning.
Ten minutes.*

DAY OF WEEK

TIME OF DAY

WHERE I'LL DO IT

WHAT IT FOLLOWS (EXISTING ROUTINE)

06

The protein-first plate.

A flexible structure for building a small, realistic meal quickly.

01 Protein anchor.

The element you start with. Cooked, shelf-stable, or 90-second assembly.

02 Small carb or fiber.

Rice cup, toast, crackers, beans – sized to appetite.

03 Fruit or vegetable.

Whatever is already in the kitchen. Berries, cucumber, cooked greens, a banana.

04 Hydration.

Water, broth, herbal tea, electrolyte drink – discussed with your provider.

05 Optional fat.

If it sits well – avocado, olive oil, cheese. Skip when it doesn't.

GOAL

The goal is not to eat the same way every day. The goal is to know how to build a small, realistic meal quickly – without re-deciding the structure each time.

07

Your default breakfast, lunch & dinner.

Twenty starting points. Steal what works.

BREAKFAST DEFAULTS

Five to choose from.

- Greek yogurt with berries.
- Egg bites with fruit.
- Cottage cheese bowl.
- Protein smoothie.
- Egg mini wrap.

LUNCH DEFAULTS

Five to choose from.

- Turkey roll-up plate.
- Tuna rice cup.
- Chicken soup.
- Chicken salad with crackers.
- Cottage cheese toast.

DINNER DEFAULTS

Five to choose from.

- Salmon rice bowl.
- Rotisserie chicken plate.
- Turkey meatballs with marinara.
- Shrimp taco bowl.
- Tofu rice bowl.

MINI-MEAL DEFAULTS

Five to choose from.

- Cheese and fruit.
- Greek yogurt drink.
- Protein shake.
- Boiled egg.
- Cottage cheese and applesauce.

08

Grocery autopilot.

A weekly list you can repeat without thinking.

THE AUTOPILOT FORMULA

Build the weekly list once.

Fill in each slot. The list is short on purpose.

3 PROTEIN ANCHORS

2 EASY CARBS

3 PRODUCE OPTIONS

2 MINI-MEAL OPTIONS

1 RESTAURANT OR TRAVEL BACKUP

HYDRATION ITEMS

EXAMPLE · PROTEINS

Stock the anchors.

Eggs.

Rotisserie chicken.

Greek yogurt.

Tuna packets.

EXAMPLE · CARBS & PRODUCE

Easy add-ons.

Rice cups, toast.

Berries, cucumbers, cooked vegetables.

EXAMPLE · MINI & BACKUP

The safety net.

Cottage cheese, cheese sticks.

Soup cups, protein shake.

Water bottle, herbal tea, broth.

09

The maintenance menu builder.

Build a personal menu you can repeat without needing a new plan every week.

KEEP IT SHORT

A strong maintenance menu is short. If the list gets too long, circle the easiest options and ignore the rest for now.

MENU · BREAKFAST

Three options.

OPTION 1

OPTION 2

OPTION 3

MENU · LUNCH

Three options.

OPTION 1

OPTION 2

OPTION 3

MENU · DINNER

Three options.

OPTION 1

OPTION 2

OPTION 3

Five options.

OPTION 1

OPTION 2

OPTION 3

OPTION 4

OPTION 5

Four safety nets.

PANTRY BACKUP

FREEZER BACKUP

RESTAURANT BACKUP

TRAVEL BACKUP

10

Restaurant autopilot.

Defaults by restaurant type. Decided once, ordered forever.

FAST CASUAL

Default order.

Grilled protein bowl with smaller rice portion.

COFFEE SHOP

Default order.

Egg bites or protein box.

MEXICAN

Default order.

Fajita plate or grilled protein taco.

ITALIAN

Default order.

Grilled protein, soup, or meatball appetizer.

DINER

Default order.

Eggs with fruit or toast.

AIRPORT

Default order.

Yogurt, turkey sandwich, protein box, or soup.

q1

Where's the protein?

Find it on the menu first. Build the order around it.

Q 2

Can I make the portion smaller?

Half order, lunch portion, kids' menu, or appetizer-as-entrée.

Q 3

What would feel too heavy today?

Notice before you order, not after.

Q 4

Can I save leftovers early?

Box half before you start eating – easier than after.

11

Travel & holiday protocol.

No perfect plan needed. Use a flexible structure.

-
- 01 One protein-first breakfast default.
Hotel breakfast, airport stop, or something packed – pick one.

 - 02 Two backup mini-meals.
Bring or identify them before you leave.

 - 03 Restaurant defaults before arrival.
Pick the order while the trip is still abstract – not at the table.

 - 04 Keep water visible.
A bottle in the bag, on the table, by the bed.

 - 05 Decide what to enjoy intentionally.
The meal you came for. Order it. Sit with it.

 - 06 Stop when comfortably full.
Not stuffed. Not still hungry. Comfortably full is the target.

 - 07 Return to your default grocery list.
The trip ended. The autopilot resumes. No catch-up needed.
-

12

If / then maintenance plans.

Scripts for when routines get disrupted. Decide the answer before you need it.

IF/THEN • PRE-DECIDED ANSWERS

Fill in your defaults.

Your future self will not have time to figure these out in the moment.

IF THE WEEK IS BUSY, THEN I
REPEAT

IF I AM TRAVELING, THEN I PACK
OR BUY

IF RESTAURANT MEALS HAPPEN
OFTEN, THEN MY DEFAULT ORDER IS

IF GROCERIES ARE NOT PLANNED,
THEN MY BACKUP MEAL IS

IF A MEAL FEELS TOO
COMPLICATED, THEN I SIMPLIFY TO

IF I WANT MORE VARIETY, THEN I
ADD

one new flavor or side, not a whole new plan

IF I HAVE ONGOING HEALTH OR
NUTRITION CONCERNS, THEN I
CONTACT

13

The two-week maintenance test.

Choose a simple version of the routine and test it for two weeks before changing everything.

TEST · WEEK 1

The first pass.

BREAKFAST DEFAULT

LUNCH DEFAULT

DINNER DEFAULT

MINI-MEAL

GROCERY LIST

RESTAURANT DEFAULT

WHAT FELT EASY

WHAT NEEDS TO CHANGE

The refinement pass.

BREAKFAST DEFAULT

LUNCH DEFAULT

DINNER DEFAULT

MINI-MEAL

GROCERY LIST

RESTAURANT DEFAULT

WHAT FELT EASY

WHAT NEEDS TO CHANGE

Keep · Change · Remove.

Three columns. Be honest. Most things should land in "keep" or "remove" – "change" is where ambition goes to die.

KEEP

CHANGE

REMOVE

14

When old habits return.

Old habits are information, not failure.

-
- 01 Name what happened.
Without judgment. Just describe it: "I skipped review for three weeks." That's it.
-
- 02 Choose the next protein anchor.
One decision. The next meal, not the next month.
-
- 03 Simplify the next grocery trip.
Buy the autopilot list. Skip everything else for now.
-
- 04 Use mini-meals for one day.
If full meals feel overwhelming, downshift. Tomorrow is a new day.
-
- 05 Review what changed.
Stress, sleep, travel, schedule, appetite, digestion – something usually shifted first.
-
- 06 Ask for professional support.
If patterns feel concerning or hard to interrupt, contact a qualified provider.
-

15

Weekly review template.

Ten minutes. Same questions every week.

REVIEW · EACH WEEK

The weekly check-in.

Print and reuse. The point is the streak, not the depth.

WEEK OF _____

PROTEIN ANCHORS THAT WORKED _____

MEALS THAT FELT EASY _____

MEALS THAT FELT TOO HEAVY _____

RESTAURANT ORDER THAT WORKED _____

HYDRATION NOTES _____

GROCERY ITEMS TO REPEAT _____

ONE THING TO SIMPLIFY _____

HEALTHCARE PROVIDER QUESTION

WEEKLY MAINTENANCE SCORE · RATE 1-5

Rate each pillar. The lowest score is next week's focus – not all five at once.

SCORE · 1 = STRUGGLING · 5 = AUTOMATIC

Five pillars, five numbers.

PROTEIN RHYTHM

1 2 3 4 5

GROCERY RHYTHM

1 2 3 4 5

HYDRATION RHYTHM

1 2 3 4 5

EATING-OUT RHYTHM

1 2 3 4 5

WEEKLY REVIEW RHYTHM

1 2 3 4 5

ONE PILLAR TO IMPROVE NEXT WEEK

16

Monthly review template.

Once a month, zoom out.

REVIEW · EACH MONTH

The monthly check-in.

Pull patterns from your weekly reviews. What's repeatable? What's tired?

MONTH

TOP 5 MEALS

TOP 5 MINI-MEALS

BEST GROCERY SHORTCUTS

BEST RESTAURANT DEFAULTS

APPETITE PATTERN NOTES

DIGESTION NOTES

ENERGY NOTES

SUPPORT I MAY NEED

WHAT I WANT NEXT MONTH TO FEEL
LIKE

17

Quarterly reset page.

Every three months, or whenever the routine needs a refresh.

RESET • EACH QUARTER

What stays. What goes.

Be willing to retire defaults that worked once but don't anymore.

MEALS I STILL REPEAT

MEALS I AM TIRED OF

GROCERIES I ALWAYS USE

GROCERIES I KEEP BUYING BUT NOT USING

RESTAURANT DEFAULTS THAT STILL WORK

TRAVEL DEFAULTS THAT STILL WORK

PLANNING FRICTION TO REMOVE

NEW SUPPORT I MAY NEED

18

Healthcare provider discussion checklist.

Bring these to your physician, registered dietitian, pharmacist, or qualified provider.

Q1 Are my food choices appropriate?

For my health history, current condition, and any medications I'm on.

Q2 Protein, fiber, fluids, supplements.

How should I think about each one for my situation specifically?

Q3 What if appetite becomes too low?

What's the threshold for concern, and what should I do?

Q4 When should I contact you?

What appetite, digestion, hydration, or medication-related concerns should prompt a call?

Q5 What should I avoid?

Foods, supplements, or hydration products that don't suit my situation.

Q6 Exercise & strength training.

How should I approach it if that's part of my care plan?

Q7 Before discussing medication changes.

What should I know first?

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When to seek professional support.

This guide does not evaluate symptoms or provide medical triage.

Consider contacting a qualified healthcare provider if:

- Eating or drinking enough feels difficult on an ongoing basis.
- You have signs of dehydration.
- You have ongoing digestion concerns.
- You experience faintness or dizziness.
- You notice disordered eating thoughts or behaviors.
- You have medication concerns of any kind.
- Anything feels unusual or concerning for you.

It is always appropriate to ask a qualified professional for help. Trust the instinct that brought you to this page.

20

Continue with support.

Two ways to keep going if you'd like more structure.

SUBSCRIPTION

Monthly meal plan.

The GLP-1 Plate Plan subscription delivers fresh meal ideas, grocery lists, restaurant cards, and planning templates each month. Use it as continued educational meal planning support – not medical care.

COACHING

One-to-one help.

Apply for coaching when available. Coaching helps with organization, planning, and accountability. It does not replace medical nutrition therapy or healthcare guidance.



Final disclaimer.

A reminder before you carry the protocol forward.

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