RENVO LIFE · THE GOOD STUFF, FOR LESS

Protein on a Small Appetite

The budget toolkit for hitting the protein target your clinician set, when you don't feel like eating.

- 40 US protein foods ranked by cost per 20 g of protein
- 32 easy recipes, each ≥20 g protein, with cost per serving
- 7-day low-appetite meal plan + shopping list
- Shake & bar label guide and price comparison
- Printable trackers + spreadsheet

Version 2.0 · October 2026 · Prices: BLS Sep 2026 averages and dated US receipts · Nutrition: USDA FoodData Central and product labels

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Your clinician sets your targets. This toolkit compares food prices, labels and recipes. It does not tell you how much protein or fluid you need, give medication or supplement advice, or promise any weight result. Use the targets your doctor or dietitian gives you. Contact your care team about persistent nausea, vomiting, diarrhea, constipation, signs of dehydration, or if you can't eat or drink enough.

Renvo Life compares prices and published data. We are not medical providers and this is not medical advice. No brand paid to appear; no affiliate links in this toolkit.

2 Keep your muscle while you lose weight

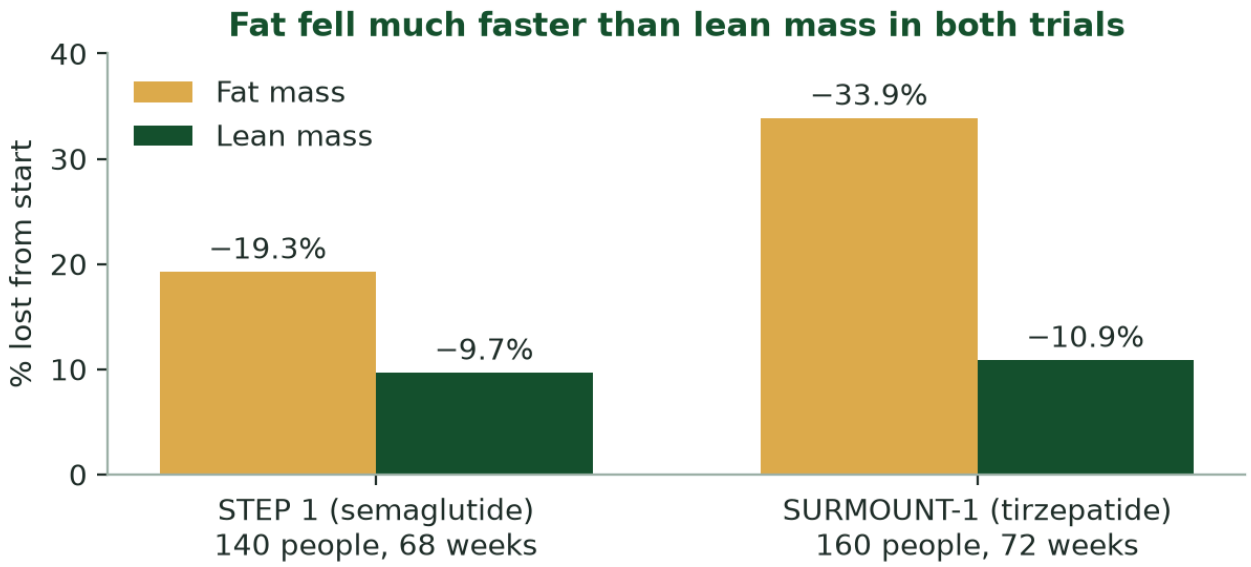
"I'm down 15 kg. My clothes fit better. So why do the stairs feel harder than they used to?" If that sounds like you, this chapter is for you. Here's what happens to your body when the weight comes off, and what research says can help.

Please read first. This chapter shares published information so you can **talk it through with your doctor or dietitian**. It is not a plan for you. **GLP-1 medicines have proven benefits**: experts describe them as effective treatments that reduce weight and lower the risk of illness and death.[3] **Don't stop or change your medicine** because of anything here. Bring your questions to your prescriber.

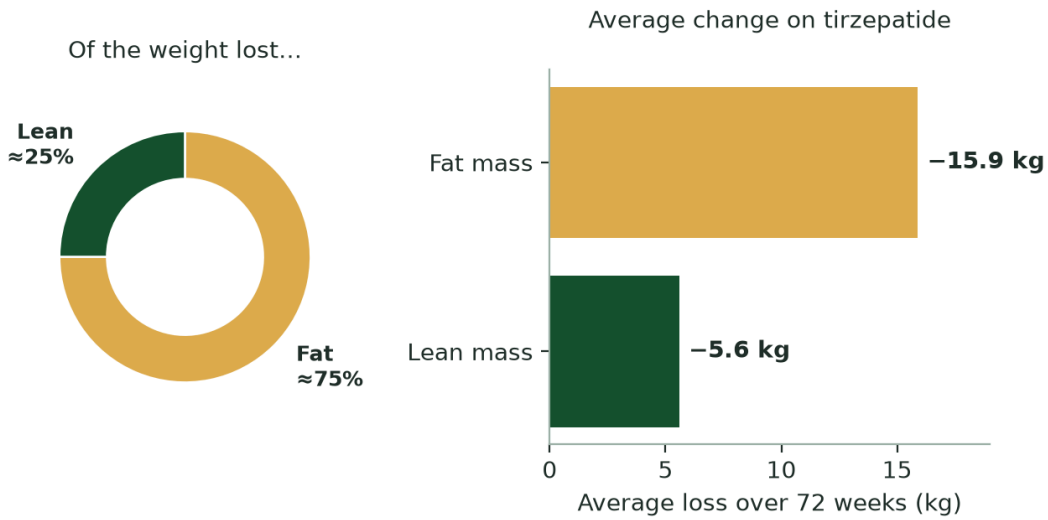
What's in the weight you lose?

When you lose weight, it doesn't all come from fat. Some of it is **lean mass**. That's everything that isn't fat or bone: muscle, but also water and organs. So lean mass is *not* the same as muscle.[2] A drop in lean mass doesn't tell you exactly how much muscle you lost.

Two big trials scanned people's bodies with a special X-ray called DXA. In both, people lost much more fat than lean mass.[1,2]



Percent lost from the starting amount. STEP 1: semaglutide, weight −15.0% (placebo −3.6%).[1] SURMOUNT-1: tirzepatide, weight −21.3% (placebo −5.3%).[2]



In SURMOUNT-1, about 75% of the weight lost was fat and 25% was lean mass, and the split was the same for people on placebo.[2]

The good news. Your body fat drops faster than your lean mass. In STEP 1, lean mass actually became a *bigger* share of body weight, up 3.0 percentage points.[1] Weight loss from diet alone shows a similar fat-to-lean split.[2] So this isn't something unique to these medicines.

Why your muscle matters

Losing some lean mass is normal when you lose a lot of weight. But muscle does a lot for you, so it's worth looking after. Here's why.

Strength for everyday life

Muscle gets you up from a chair, up the stairs and through the shopping. Doctors who study muscle loss (called **sarcopenia**) use strength as their main check, because it's the most reliable measure of how muscle works.[7] Sarcopenia raises the risk of **falls and fractures** and makes daily tasks harder.[7]

Blood sugar

Muscle is a major place where your body puts sugar from your blood. In lab tests where insulin is raised, **about 80%** of the sugar taken up goes into skeletal muscle.[8] Exercise also helps your body respond better to insulin.[3]

Bones

Weight loss can thin your bones too. Experts say bone loss is bigger in older people and in women, and that slower, steadier weight loss may protect bone better.[3] Strength training and a good diet help protect muscle *and* bone.[3]

R3 Soft cheesy scrambled eggs



24 g	313	$0.87	200 g
protein	kcal	cost	portion

Soft · Small portion · per serving · makes 1

- 150 g Eggs, large ($0.57)
- 20 g Cheddar cheese ($0.27)
- 30 g Whole milk ($0.03)

Method: Whisk eggs with milk; cook slowly over low heat, stirring; fold in grated cheddar.

Sources: Cheddar cheese: price/FDC; Eggs, large: price/FDC; Whole milk: price/FDC

R4 Egg & cottage cheese scramble



25 g	215	$1.67	200 g
protein	kcal	cost	portion

Soft · Small portion · per serving · makes 1

- 100 g Eggs, large ($0.38)
- 100 g Cottage cheese ($1.29)

Method: Whisk together and cook gently until just set.

Sources: Cottage cheese: price/FDC; Eggs, large: price/FDC