Do I need to adjust my nutrition because I’m taking a GLP-1?

GLP-1 Medication · https://thesixpackrevolution.com/docs/do-i-need-to-adjust-my-nutrition-because-im-taking-a-glp-1/

No, but we do suggest that you choose some of the lighter meals from the meal plans as this will help you to ensure you get all of the nutrients your body needs to maintain your energy while still dropping body fat.