What if I’m not hungry enough to eat the recommended portions?

GLP-1 Medication · https://thesixpackrevolution.com/docs/what-if-im-not-hungry-enough-to-eat-the-recommended-portions/

All of the meal plans include a variety of meals and snacks that are lighter on the stomach. You can also use the SPR meal replacement shakes which are easy to digest and help to ensure you’re getting all of the right nutrients to aid your fat loss journey.