Why do I have to eat so much when I’m trying to lose weight?

GLP-1 Medication · https://thesixpackrevolution.com/docs/why-do-i-have-to-eat-so-much-when-im-trying-to-lose-weight/

When you lose weight quickly, up to 40% of what you lose can be your muscle instead of fat. Eating enough - including protein, carbs and good fats - and doing strength training helps to protect your muscles. Your body still needs food for fuel so what you do eat needs to be highly nutritious so you don't run low on essential vitamins and minerals. This is why SPR is your perfect partner, our meal plans provide all the essential nutrients in balanced portion controlled meals and snacks throughout the day.