

REFORM MD RX / WELLNESS EDITION

THE REFORM BODY OPTIMIZATION BLUEPRINT

Seven days of protein, fiber, hydration and whole-body wellness.



MORE THAN GLP-1 CARE. A WHOLE-BODY RESET.

Medication may support the journey. Daily habits and ongoing care build the transformation.

A simple week. A stronger foundation.

This blueprint gives you a practical seven-day rhythm built around protein-rich meals, fiber-focused shakes, steady hydration, and whole-body wellness. It is designed to make healthy choices feel clear, satisfying, and realistic - never punishing or complicated.

01

Seven days of high-protein meals

Breakfast, lunch, and dinner ideas with a clear protein anchor and fiber-rich whole foods.

02

Protein + fiber shakes

Seven blend-and-go combinations using fruit, seeds, oats, greens, and your preferred protein powder.

03

Hydration + whole-body care

Hydration, hair, and skin support plus a responsible introduction to provider-guided peptide care.

HOW TO USE THIS BLUEPRINT

Choose the meals and shakes that fit your preferences, allergies, appetite, and clinician's guidance. The shake is an option - not an automatic addition to every meal. Increase fiber gradually and keep fluids consistent. Portion needs vary from person to person.

This is general wellness education, not a personalized meal prescription. If you have diabetes, kidney disease, heart disease, food allergies, are pregnant or breastfeeding, or use prescription medication, ask your clinician or registered dietitian what is appropriate for you.

MORE THAN GLP-1 CARE. A WHOLE-BODY RESET.

Medication may be one tool. Nutrition, hydration, movement, and support create the foundation. The goal is a sustainable rhythm - not a quick fix.

Seven days of high-protein meals

A protein anchor at each meal, paired with colorful produce, beans, lentils, seeds, or whole grains.



THE REFORM PLATE

Begin with a protein-rich food. Add a fiber-rich plant. Complete the meal with vegetables, fruit, or a minimally processed carbohydrate that works for you.

KEEP IT COMFORTABLE

If you are using a GLP-1 medication or experiencing reduced appetite, smaller portions may feel better. Eat slowly, stop when comfortably satisfied, and contact your care team if nausea, vomiting, diarrhea, constipation, or trouble keeping fluids down is persistent or severe.

A week designed for rhythm, not restriction.

DAY 1

THE FRESH START

BREAKFAST

Greek yogurt berry crunch: plain Greek yogurt, mixed berries, chia seeds, and walnuts.

LUNCH

Chicken quinoa crunch bowl: grilled chicken, quinoa, chickpeas, cucumber, tomato, greens, and lemon-olive oil.

DINNER

Salmon + lentils: baked salmon, seasoned lentils, and roasted asparagus.

EASY SWAP

Replace chicken or salmon with baked tofu or tempeh; keep chickpeas or lentils for extra plant protein and fiber.

DAY 2

STEADY + SATISFIED

BREAKFAST

Veggie egg plate: eggs or egg whites with spinach and peppers, cottage cheese, and whole-grain toast.

LUNCH

Turkey avocado wrap: sliced turkey, high-fiber wrap, avocado, greens, tomato, and crunchy cucumber.

DINNER

Turkey meatballs + chickpea pasta: marinara, wilted spinach, and a side salad.

EASY SWAP

Use lentil-walnut meatballs or a plant-based protein; choose a lower-sodium turkey when available.

REFORM REMINDER / PREP THE NEXT STEP

Before bed, choose tomorrow's breakfast, move a protein from freezer to refrigerator if needed, and refill your water bottle. Small preparation reduces decision fatigue.

A week designed for rhythm, not restriction.

DAY 3

COLOR + CRUNCH

BREAKFAST Protein overnight oats: rolled oats, plain Greek yogurt, milk, chia, cinnamon, and berries.

LUNCH Tuna white-bean salad: tuna, cannellini beans, celery, parsley, tomatoes, greens, and lemon.

DINNER Beef + broccoli bowl: lean beef, broccoli, mushrooms, and brown rice with a light ginger-garlic sauce.

EASY SWAP Swap tuna for mashed chickpeas and beef for tofu, edamame, or tempeh.

DAY 4

BUILD YOUR BOWL

BREAKFAST Cottage cheese fruit bowl: cottage cheese, sliced pear or peach, pumpkin seeds, and cinnamon.

LUNCH Salmon-edamame bowl: cooked salmon, shelled edamame, cabbage, cucumber, and brown rice.

DINNER Chicken fajita plate: seasoned chicken, peppers, onions, black beans, salsa, and avocado.

EASY SWAP Choose calcium-set tofu in the bowl and fajitas; keep edamame or black beans as the fiber partner.

REFORM REMINDER / BUILD FIBER GRADUALLY

Beans, lentils, seeds, oats, and vegetables are powerful partners. Add them gradually and keep fluids steady so your digestive system has time to adjust.

A week designed for rhythm, not restriction.

DAY 5

WARM + NOURISHING

BREAKFAST Smoked salmon egg toast: whole-grain toast, egg, smoked salmon, tomato, and arugula.

LUNCH Chicken lentil soup: chicken, lentils, carrots, celery, tomatoes, spinach, and herbs.

DINNER Shrimp quinoa skillet: shrimp, quinoa, zucchini, peppers, spinach, and lemon.

EASY SWAP Use low-sodium smoked salmon or cooked salmon; swap seafood with white beans, tofu, or tempeh.

DAY 6

POWER + BALANCE

BREAKFAST Protein pancakes: blended oats, eggs, and cottage cheese topped with warm berries.

LUNCH Tofu-edamame power bowl: baked tofu, edamame, broccoli, carrots, and brown rice.

DINNER Turkey + bean chili: lean ground turkey, kidney or black beans, tomatoes, peppers, and spices.

EASY SWAP For a dairy-free breakfast, use a tested plant-protein powder; make the chili with lentils and extra beans.

REFORM REMINDER / CONSISTENCY OVER PERFECTION

One meal does not define the week. If your plan changes, return to your protein anchor, add a fiber-rich plant, and continue at the next meal.

DAY 7

FINISH STRONG

BREAKFAST Egg + black-bean breakfast bowl: eggs, black beans, sauteed spinach, salsa, and avocado.

LUNCH Mediterranean chicken-chickpea salad: chicken, chickpeas, cucumber, tomato, greens, olives, and lemon.

DINNER Cod, sweet potato + broccoli: baked cod, roasted sweet potato, and steamed broccoli.

EASY SWAP Use tofu scramble at breakfast, baked tempeh at lunch, and seasoned white beans at dinner.

Make the plan yours

Protein anchors

Eggs, Greek yogurt, cottage cheese, poultry, seafood, lean meat, tofu, tempeh, edamame, beans, and lentils.

Fiber partners

Berries, pears, beans, lentils, vegetables, chia, flax, oats, quinoa, and whole-grain choices.

PLANNING SHORTCUT

Cook two proteins, one whole grain, and a tray of vegetables at the beginning of the week. Keep washed greens, berries, plain Greek yogurt, beans, and frozen vegetables ready for quick combinations.

Seven protein + fiber shakes

Blend-and-go options made with fruit, seeds, oats, greens, and a protein powder that fits your needs.

THE BASE FORMULA

One labeled serving of your preferred protein powder.

One cup unsweetened dairy or plant milk, plus ice.

One fruit and one fiber partner.

Blend until smooth.

Protein amounts vary by product; review the label and ask your clinician or dietitian which choice fits your health needs.



USE IT YOUR WAY

A shake can replace a meal or serve as a smaller option when appropriate; it is not automatically added on top of the entire meal plan. Increase chia, flax, and other fiber ingredients gradually and drink fluids consistently.

MORE THAN A SHAKE.
A DAILY FOUNDATION FOR YOUR TRANSFORMATION.

Protein, fiber, hydration, movement, and consistency work together.

Four blends. One clean, consistent grid.

1 Berry Chia Reform

1 serving vanilla protein powder, 3/4 cup mixed berries, 1 tablespoon chia seeds, 1 cup unsweetened milk, ice.

Bright, creamy, and berry-forward.

2 Cocoa Oat + Flax

1 serving chocolate protein powder, 1/4 cup rolled oats, 1 tablespoon ground flax, 1/2 small banana, 1 cup unsweetened milk, cinnamon, ice.

Chocolate comfort with a warm cinnamon finish.

3 Green Pear Protein

1 serving vanilla protein powder, 1 small pear, 1 cup spinach, 1 tablespoon chia, 1 cup unsweetened milk, ice.

Mild, fresh, and naturally sweet.

4 Peach Ginger Oat

1 serving vanilla protein powder, 3/4 cup frozen peaches, 1/4 cup rolled oats, 1 tablespoon ground flax, a small pinch of ginger, 1 cup unsweetened milk, ice.

Smooth peach with a light ginger lift.

TEXTURE TOO THICK?

Add water a little at a time. If seeds or oats feel uncomfortable, reduce the amount and build up gradually. Choose lactose-free or plant milk when needed, and avoid any ingredient that conflicts with your allergies or care plan.

Three more ways to keep it interesting.

5 Blueberry Lemon

1 serving vanilla protein powder, 3/4 cup blueberries, 1 tablespoon chia, 1/2 cup plain Greek yogurt, 1/2 cup water or milk, lemon zest, ice.

Creamy berry with a clean citrus note.

6 Apple Cinnamon Fiber

1 serving vanilla protein powder, 1/2 apple, 1/4 cup rolled oats, 1 tablespoon ground flax, cinnamon, 1 cup unsweetened milk, ice.

Apple-pie flavor without the heavy finish.

7 Strawberry Kiwi Chia

1 serving vanilla protein powder, 3/4 cup strawberries, 1 kiwi, 1 tablespoon chia, 1 cup unsweetened milk, ice.

Fresh, tropical, and lightly tart.

MAKE ANY SHAKE WORK HARDER

For more fiber: add berries, pear, chia, ground flax, oats, or spinach gradually. For less sweetness: use plain protein powder, reduce fruit, add cinnamon or unsweetened cocoa, and choose an unsweetened liquid base.

If you have kidney disease, a fluid restriction, diabetes, or medication-related nutrition limits, ask your clinician before increasing protein, potassium-rich foods, or fluids.

Hydration + whole-body optimization

Supportive habits for hydration, hair, skin, and a responsible provider-guided wellness journey.



YOUR HYDRATION RHYTHM

Small, steady sips count.

- Begin the day with water and keep a reusable bottle nearby.
- Sip between meals if drinking large amounts with food feels uncomfortable.
- Choose water, unsweetened tea, or another clinician-approved option most often.
- Use electrolyte products only when appropriate; check added sugar and sodium.
- Ask your clinician for a personalized target if you have heart or kidney disease or take diuretics.

WHEN TO CONTACT YOUR CARE TEAM

Nausea, vomiting, or diarrhea can lead to dehydration with GLP-1 medicines. Contact your care team if symptoms are persistent or severe, you cannot keep fluids down, your urine becomes very dark or infrequent, or you feel faint, confused, or unusually weak. Seek urgent care for severe symptoms.

This booklet does not replace the medication guide or instructions provided with your prescription.

MEDICATION IS ONE TOOL. YOUR DAILY HABITS BUILD THE FOUNDATION.

Support your journey with steady hydration, balanced nutrition, movement, and clinician guidance.

Support the foundation. Skip the shortcuts.

Hair changes can have many causes, including nutrition, hormones, illness, stress, medications, and the pace of weight change. Begin with consistent daily habits and speak with your clinician if you notice persistent changes.

1 Keep protein consistent

Include a protein-rich food at meals. Protein supplies amino acids used throughout the body, including in hair structures.

2 Eat the color

Rotate berries, leafy greens, peppers, legumes, nuts, seeds, eggs, and seafood for a broad mix of nutrients.

3 Hydrate steadily

Hydration supports normal body function and comfort, but water alone does not treat hair loss or scalp conditions.

4 Report changes

Tell your clinician about rapid or persistent shedding, scalp symptoms, or other changes rather than self-treating.

A NOTE ABOUT BIOTIN AND BEAUTY SUPPLEMENTS

Biotin is often marketed for hair, skin, and nails, but evidence for routine high-dose supplementation is limited. Supplements can interact with medications or laboratory tests. Ask your clinician before adding them.

WHY SHEDDING CAN HAPPEN DURING WEIGHT LOSS

Hair shedding is not always caused by one factor. Rapid weight loss, eating too little, low protein or other nutrient deficiencies, illness, and physical stress can contribute. Hair loss has also been reported with some GLP-1 medicines. Protein-rich meals, steady hydration, moderate activity, and clinician-guided weight loss support the body, but persistent or significant shedding should be evaluated.

Skin optimization from within.

Healthy-looking skin is supported by the same everyday foundation that supports your whole body: consistent nourishment, hydration, sleep, movement, and protection from excess sun exposure.

1 Protein for structure

Include eggs, fish, poultry, Greek yogurt, tofu, beans, or another protein-rich food that fits your needs.

2 Color on your plate

Berries, leafy greens, tomatoes, peppers, citrus, legumes, nuts, and seeds provide a varied mix of nutrients.

3 Supportive fats

Choose foods such as avocado, olive oil, walnuts, seeds, and fatty fish as part of a balanced eating pattern.

4 Hydration + consistency

Sip fluids regularly and follow a simple skin routine consistently. More products do not always mean better results.

WHY SKIN MAY LOOK DIFFERENT AFTER WEIGHT LOSS

Skin may appear drier, looser, or more lined as body weight and facial volume change. Reduced food intake, dehydration, aging, sun exposure, and other health factors may also contribute. Build meals around protein and colorful whole foods, keep fluids steady, add clinician-approved moderate activity, prioritize sleep, and use daily sun protection. These habits support normal skin function, but water or nutrition alone cannot replace lost facial volume or treat wrinkles. Discuss persistent or concerning changes with a professional.

**THE GOAL IS NOT SIMPLY A SMALLER BODY.
IT IS A STRONGER, SUPPORTED BODY.**

Wellness options built around you.

Interested in going beyond the basics? Reform MD RX provides access to provider-guided wellness options designed around your individual goals. A licensed provider will review your health history and determine whether any therapy is appropriate for you.

YOUR CONSULTATION MAY EXPLORE

1 Metabolic and body-composition support

2 Recovery and physical wellness

3 Hair and skin wellness

4 Healthy aging and vitality

5 Sexual wellness

EVERY TREATMENT BEGINS WITH A MEDICAL CONSULTATION

Your licensed provider will determine whether any option is appropriate, explain its status, potential benefits and risks, and provide monitoring or follow-up when needed. Available treatments may change based on clinical guidance, pharmacy availability, state regulations, and applicable law.

READY TO EXPLORE YOUR OPTIONS?

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Medication may be one tool. Your personalized care plan builds the transformation.

Individual results are not guaranteed. Treatment requires provider evaluation and eligibility.

Stock the week with intention.

Choose the foods that fit your preferences and budget. You do not need every item below.

Protein anchors

Eggs; plain Greek yogurt; cottage cheese; chicken; turkey; salmon; tuna; shrimp; cod; lean beef; tofu; tempeh; edamame; protein powder.

Fiber partners

Lentils; chickpeas; black, kidney, or white beans; chia seeds; ground flax; rolled oats; quinoa; brown rice; whole-grain bread or wraps.

Color + produce

Berries; apples; pears; peaches; kiwi; banana; spinach; greens; broccoli; asparagus; peppers; tomatoes; cucumber; carrots; cabbage; zucchini; mushrooms; sweet potatoes.

Flavor builders

Lemon; lime; garlic; ginger; cinnamon; unsweetened cocoa; herbs; salsa; olive oil; avocado; pumpkin seeds; walnuts.

Blend + hydrate

Unsweetened dairy or plant milk; plain water; ice; unsweetened tea; clinician-approved electrolyte option when needed.

PREP ONCE. MIX ALL WEEK.

Wash and portion produce. Cook one grain and one bean or lentil. Prepare two protein anchors and freeze extra portions when appropriate. Pre-portion shake ingredients - except liquids - into freezer bags or containers.

Your transformation deserves a plan built around you.

This blueprint gives you a strong place to begin. When you are ready for personalized medical guidance, Reform MD RX connects eligible clients with licensed providers who evaluate goals, health history, treatment options, and ongoing support.

START YOUR TRANSFORMATION

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IMPORTANT INFORMATION

For educational purposes only. This blueprint is not medical advice, diagnosis, treatment, or an individualized nutrition prescription. It does not guarantee weight loss, hair growth, skin improvement, treatment eligibility, or results. Medication and peptide decisions require evaluation by a licensed clinician. Do not start, stop, or change medication, supplements, protein intake, fiber intake, or fluid intake without appropriate professional guidance. In an emergency, call 911.

Clinical services are subject to provider evaluation, eligibility, state availability, and applicable law.

SOURCES

1. U.S. Departments of Health and Human Services and Agriculture. Dietary Guidelines for Americans, 2025-2030. [dietaryguidelines.gov](https://www.dietaryguidelines.gov) and [realfood.gov](https://www.realfood.gov).
 2. U.S. Food and Drug Administration. Daily Value on the Nutrition and Supplement Facts Labels. Fiber Daily Value: 28 g.
 3. U.S. Food and Drug Administration. Current prescribing information for semaglutide and tirzepatide products, including warnings related to gastrointestinal reactions and dehydration.
 4. NIH Office of Dietary Supplements. Biotin Fact Sheet for Health Professionals.
 5. U.S. Food and Drug Administration. Compounding and the FDA: Questions and Answers and safety information concerning certain compounded peptide substances.
- Sources reviewed August 30, 2026.