



BPF VIRTUAL

THE MUSCLE-FIRST GLP-1 PROTOCOL

SECOND EDITION • 2026

How to Lose Fat, Protect Your Muscle, and Safely Reach Your Goal Weight While Taking Ozempic, Wegovy, Mounjaro, Zepbound, Rybelsus, or Any GLP-1 Medication

A Complete Nutrition, Strength-Training, Monitoring & 90-Day Interactive System

Now with a full men vs. women results chapter and day-by-day app-connected coaching

Built to pair with the BPF Workout Player, Macro Player & Meal-Plan Player



WHAT'S INSIDE

- ✓ Protect lean muscle while losing fat on GLP-1 medications
- ✓ Science-backed nutrition and protein targets made simple
- ✓ Strength-training plans for men and women
- ✓ Track progress, adjust, and stay on course with confidence
- ✓ A complete 90-day system with daily guidance and coaching



INTERACTIVE — START HERE

Scan to create your free account, calculate your protein target, and unlock the 90-day program inside the app.

► Tap in the BPF App: app.bpfvirtual.org — [Start Here](#)

Introduction: The Problem No One Warns You About

GLP-1 medications — semaglutide (Ozempic, Wegovy, Rybelsus), tirzepatide (Mounjaro, Zepbound), and liraglutide (Saxenda, Victoza) — are the most effective pharmacological tools for weight loss ever brought to market. As of 2026 they have been joined by a first oral small-molecule option, orforglipron, and a next-generation triple-hormone agonist, retatrutide, is advancing through late-stage trials. For millions of people, these drugs have made a sustained calorie deficit possible for the first time in their lives.

What is far less understood — and rarely explained at the pharmacy counter — is that a large share of the weight these medications remove is not fat. It is muscle. Across the manufacturers' own pivotal trials and independent meta-analyses, lean mass has accounted for roughly a quarter to nearly half of total weight lost when no deliberate muscle-preservation strategy is in place.

This guide exists to close that gap. It gives you a complete, evidence-based system — a nutrition protocol, a resistance-training program, recovery guidelines, a lab-monitoring framework, and a day-by-day 90-day plan — designed specifically to steer that weight loss toward fat and away from muscle. And in this second edition, it does something the first edition did not: it treats men and women as the physiologically different responders they actually are.



WHAT'S NEW IN THIS EDITION



- **A full men-vs-women chapter** (Section 4) covering different rates of weight loss, side-effect burden, hormones, and muscle-preservation priorities.



- **Male/female adjustment callouts** woven through the nutrition, training, and 90-day chapters.



- **A complete 90-day, day-by-day program** — Phase 1 scripted day by day, Phases 2–3 as weekly playbooks with daily checklists.



- **2026 medication updates** including oral options and the current dosing landscape.



- **Deeper app integration** — every meal, lift, glass of water, and weekly check-in links to a live tool.



INTERACTIVE — PROGRAM HOME

Open the protocol hub to see the whole system on one screen and jump to any section.

▶ Tap in the BPF App:



app.bpfvirtual.org — Muscle-First Protocol

Section 4 — Men vs. Women: How Results Differ



WHY THIS CHAPTER EXISTS

Most GLP-1 education treats every patient the same. But biological sex shapes almost every part of this journey — how fast you lose weight, how many side effects you feel, how much muscle is at risk, and which levers protect it best. This chapter translates the research into practical, sex-specific adjustments. Throughout the rest of the book you will see rose **For Women** and steel **For Men** boxes that apply these ideas in context.



SAFETY FIRST

Sex differences describe averages across large groups. They are a starting point for a conversation with your provider, not a rule about you as an individual. Your own labs, history, and response always take priority.

4.1 Different Rates of Weight Loss

On average, women lose a larger percentage of their starting body weight on GLP-1 medications than men do. A 2026 analysis spanning 64 trials found women lost roughly 11% of body weight versus about 7% for men, and a real-world study of more than 80,000 tirzepatide users found women again tended to lose more. Several factors likely contribute: differences in average body size and dosing relative to size, body-fat distribution, and the influence of sex hormones on GLP-1 signaling itself.

Why it matters for muscle. Faster or larger percentage weight loss is not automatically better — it can mean more lean mass is on the line in a given window of time. The person losing weight fastest has the most to gain from protein and resistance training, not the least.

Dimension	♀ Typical pattern in women	♂ Typical pattern in men
 % body weight lost	Often higher on average	Often lower on average
 GI side effects (nausea, vomiting)	~2–2.5× more common	Less common on average
 Starting muscle mass	Lower absolute muscle	Higher absolute muscle
 Key hormone shift with fat loss	Estrogen changes; menopause context	Testosterone often rises with fat loss
 Top muscle-loss risk window	Peri-/post-menopause	Older age, low baseline activity
 Bone-density concern	Higher baseline risk	Lower but still real

4.2 Different Side-Effect Burden

Gastrointestinal side effects — nausea, vomiting, and diarrhea — are consistently reported more often by women, in some analyses about 2 to 2.5 times as frequently as by men on the same medications. Researchers believe fluctuating estrogen levels influence both GLP-1 receptor activity and gut sensitivity, which may explain part of the gap. This matters enormously for a muscle-first plan, because the single biggest threat to protein intake is a stomach that will not cooperate.

Phase 1 · Foundation — Weeks 1–4 (Day-by-Day)

The Phase 1 rhythm: train Monday / Wednesday / Friday (full-body Template A); use Tuesday, Thursday, and the weekend for a walk, mobility, and recovery. Protein target every single day, appetite or not. This is where the muscle-first habit is built.



FOR WOMEN

If you're in the higher-nausea group, pre-make two grab-and-go protein options the night before each training day. Cross off water on the tracker — dehydration makes nausea worse.



FOR MEN

Log your starting lifts honestly and leave 3–4 reps in reserve. The goal these 4 weeks is a repeatable groove, not a maximum.

WEEK 1 — Establish the Baseline



DAY 1 Set Your Numbers

TRAIN Rest / 15-min easy walk.

EAT Three protein-forward meals; note what you actually ate.

PROTEIN Calculate target in the Macro Player; aim to hit it.

HYDRATE 2–3 L water; log every glass.

FOCUS Take baseline photos + waist measurement.

► **TAP:** [Macro Player — set protein target](#)



DAY 2 First Full-Body Session

TRAIN Template A: squat, hinge, push, pull, carry — 2 sets each, easy.

EAT Protein first at every meal.

PROTEIN Hit target; add a shake if short.

HYDRATE 2–3 L.

► **TAP:** [Workout Player — Template A, log every set](#)



DAY 3 Active Recovery

TRAIN 20–30 min walk + 5 min stretching.

EAT Repeat yesterday's winning meals.

PROTEIN Same target.

HYDRATE 2–3 L.

FOCUS Notice appetite and energy; log symptoms.

► **TAP:** [Side-Effect Log](#)



DAY 4 Full-Body Session 2

TRAIN Template A, same loads — groove the movements.

EAT Keep a fast protein option on hand.

PROTEIN Target again.

HYDRATE 2–3 L.

► **TAP:** [Workout Player](#)



DAY 5 Recovery + Meal Prep

TRAIN Walk + mobility.

EAT Batch-cook 2–3 protein sources for the week.

PROTEIN Target.

Your Interactive Toolkit

Every tool in this program, one tap away. On your phone, tap any tile; in print, scan the code. Each opens directly in the free BPF app.



Start Here / Get the App
Create your free account & unlock the 90-day program



90-Day Program Home
The full day-by-day protocol hub



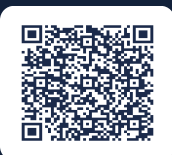
Macro Player
Auto-calculate your daily protein target



7-Day Meal Plan
Loads the muscle-first plan into the player



Protein Finder
Rank foods by protein per calorie



Hydration Tracker
Hit 2–3 L a day, logged in a tap



Side-Effect Log
Track nausea, appetite & dose changes



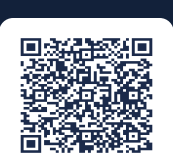
Body-Composition Calc
Set your lean-mass baseline



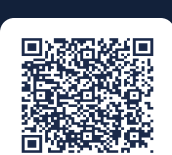
Lab Tracker
Store labs & watch the trend



Weekly Check-In
60-second weekly progress capture



Women's Track
Protein & bone-loading priorities



Men's Track
Progression & testosterone notes