

# 5 Energy-Boosting Meals to Fight Wegovy Fatigue

When your appetite drops 40% overnight, energy usually follows. Most Wegovy fatigue traces back to two things: under-eating protein and quiet dehydration. These five meals deliver steady energy — complex carbs that don't spike, B-vitamins for cellular energy, and the electrolytes your body is quietly losing.

## THE ENERGY PLAYBOOK

- Eat protein at breakfast. Skipping it is the #1 pattern in fatigued patients.
- Drink 80–100 oz of water daily. Add electrolytes if losing weight quickly.
- Get bloodwork if fatigue persists past month two (iron, B12, vitamin D).
- Steady > heroic. Five small energy-dense meals beat one big one.

## 1. Strawberry Banana Protein Smoothie

**Why it works.** Bananas hold a rare trio of natural sugars that release across three timelines. Strawberries add vitamin C for iron absorption. Whey turns it into a meal, not a sugar crash.

### INGREDIENTS

- 1 frozen banana + 1 cup frozen strawberries
- 1 scoop vanilla whey or pea protein (25 g)
- 1 cup milk of choice
- 1 tbsp almond butter; pinch of salt

### HOW TO MAKE IT

- 1 Add liquid to blender first, then protein, then fruit.
- 2 Blend on high 45 seconds until fully smooth.
- 3 Taste. Add ice if you want it thicker.
- 4 Drink within 20 minutes.

## 2. Poached Chicken with Quinoa

**Why it works.** Quinoa is one of few grains with all nine essential amino acids, plus iron and magnesium — the two minerals most often low in fatigued patients. Paired with chicken: 40 g of protein without heaviness.

### INGREDIENTS

- 2 chicken breasts
- 1 cup quinoa, rinsed
- 2 cups broth; lemon juice + zest
- Handful of baby spinach; olive oil
- Salt, pepper

#### HOW TO MAKE IT

- 1 Poach chicken 14 min in simmering salted water. Rest.
- 2 Cook quinoa in broth, 15 min absorption method.
- 3 Stir spinach into hot quinoa to wilt. Add lemon.
- 4 Slice chicken, place over quinoa, drizzle oil.

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### 3. Lentil & Bone Broth Soup

**Why it works.** Bone broth delivers sodium, potassium, and magnesium — the exact electrolytes that plummet during rapid weight loss. Lentils add plant protein, folate, and iron.

#### INGREDIENTS

- 1 cup brown or green lentils, rinsed
- 4 cups bone broth (low sodium)
- 1 onion + 2 carrots + 2 celery stalks
- 2 garlic cloves; 1 bay leaf
- 1 tsp cumin; 1/2 tsp turmeric; lemon; parsley

#### HOW TO MAKE IT

- 1 Soften onion, carrot, celery 5 min. Add garlic + spices.
- 2 Add lentils, broth, bay leaf. Simmer 25–30 min.
- 3 Remove bay leaf. Blend half for creaminess (optional).
- 4 Finish with lemon and parsley.

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### 4. Baked Cod with Sweet Potato

**Why it works.** Cod contributes B12 (the nerve-energy vitamin) and selenium. Sweet potato is the rare complex carb that won't spike-and-crash on a slowed gut. Fuel that lasts 4–5 hours.

#### INGREDIENTS

- 2 cod fillets (5 oz each)

- 2 medium sweet potatoes, cubed
- 1 tbsp olive oil; 1 tsp paprika
- 1 tsp garlic powder; 1 tsp herbs
- 1/2 lemon, sliced

#### HOW TO MAKE IT

- 1 Oven to 400°F. Toss sweet potato with oil + paprika.
- 2 Roast 20 min. Add cod with herbs; top with lemon.
- 3 Roast 10–12 min more until fish flakes.
- 4 Serve together with fresh lemon.

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## 5. Energizing Green Smoothie

**Why it works.** Spinach brings iron and folate; pineapple adds bromelain to aid protein digestion. Avocado delivers potassium (higher than a banana) and stable fat for hours of energy.

#### INGREDIENTS

- 2 big handfuls baby spinach
- 1/2 cup frozen pineapple; 1/4 avocado
- 1 scoop vanilla protein powder
- 1 tbsp chia seeds
- 1.5 cups coconut water

#### HOW TO MAKE IT

- 1 Add coconut water, protein, spinach, fruit to blender.
- 2 Blend 60 seconds until completely smooth.
- 3 Pour over ice if desired.
- 4 Consume within 15 minutes of blending.

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