PRIMESPAN

FREE GUIDE

The 5 Free Hunger Levers

What GLP-1 drugs do to your appetite, and five low-cost ways to push the same levers yourself, starting tonight.

The honest part first. No food, supplement or workout matches the average weight loss of GLP-1 drugs. But the drugs work through levers your body already has: hunger, fullness, how fast your stomach empties, blood-sugar spikes and cravings. Food, sleep and muscle push several of the same levers, more weakly, for almost nothing, and they don't stop working when a prescription does.

⅔
of the weight lost came back within a year of stopping semaglutide, in its main trial

1 in 12
insured US adults (without diabetes) prescribed a GLP-1 for weight loss were still taking it three years later

−270
calories a day eaten after about an hour's more sleep, in a 2022 randomised trial

2×
the weight loss on the same official healthy-eating guide, just less processed

THE FIVE LEVERS

1 Eat your plate in order

Vegetables first, then protein, then the potatoes, rice or bread.

The evidence: In people with type 2 diabetes, the same meal eaten in this order lowered blood sugar by 29% at 30 minutes and 37% at an hour, and a follow-up study found a bigger GLP-1 response.

In the book → Chapter 6 shows the studies, and why this is a blood-sugar tool, not a weight-loss plan on its own.

2 Put 25–30 g of protein in every meal

Protein is the most filling nutrient, and it protects muscle while you lose weight.

The evidence: Dried beans cost about $0.26 per 25 g of protein at Walmart; red lentils about £0.26 at Tesco. A slice of white toast with jam has about 3 g.

In the book → Chapter 4's protein value map prices 11 everyday proteins in $ and £, and shows the corner of the supermarket that is both cheap and lean.

3 Cook one more meal from basic ingredients

Swap one ultra-processed meal or snack for something made from single-ingredient foods.

The evidence: In a 2025 UK trial, two diets followed the same official healthy-eating guide. The less-processed one produced about twice the weight loss over eight weeks.

In the book → Appendix C is a full costed week of food: about $44 at Walmart or £25 at Tesco.

4 If you sleep under 6½ hours, add 30–60 minutes

Fix your wake-up time, move bedtime earlier, phone out of the bedroom.

The evidence: In a 2022 trial, short sleepers who got about 1.2 hours more sleep ate about 270 fewer calories a day. They were given no diet advice.

In the book → Chapter 9 includes the study where short sleep shifted dieters' weight loss away from fat and towards muscle.

5 Walk 10 minutes after your biggest meal

Then add three 20-minute strength sessions a week, at home, no equipment.

The evidence: In adults with type 2 diabetes, a 10-minute walk after each meal lowered after-meal blood sugar by about 12% more than one 30-minute walk.

In the book → Chapter 8 has the 20-minute routine, and the trial where people who exercised regained 3.6 kg after treatment ended, against 9.6 kg on the drug alone.

Coming off a GLP-1? Read this first.

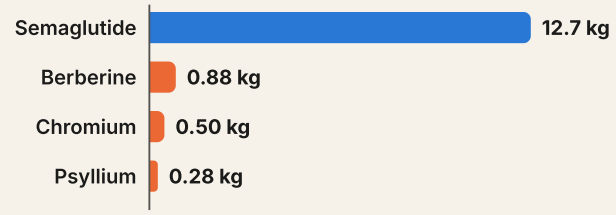
In the main tirzepatide maintenance trial, people switched to placebo regained about 14% of their body weight in a year. Appetite usually returns within weeks. Three things to have running **before** your last dose, agreed with your prescriber:

1. 25–30 g of protein at every meal
2. Three 20-minute strength sessions a week
3. A written "return threshold" weight at which you'll call your clinician

In the book → Chapter 11 and the one-page off-ramp checklist (Appendix D).

"Nature's Ozempic", measured

Average weight loss beyond placebo. Different studies: a comparison of scale, not a head-to-head trial.



Sources: Wilding, NEJM 2021; Elahi Vahed, Int J Obes 2025; Onakpoya, Obes Rev 2013; Darooghegi Mofrad, Crit Rev Food Sci Nutr 2020.

In the book → Chapter 10 grades 11 supplements. Three are worth considering.

$1,788–$5,388
a year of self-pay GLP-1 medication in the US (October 2026 cash prices)

£1,729–£4,290
a year of private tirzepatide in the UK, at £133–£330 per 4-week pen

~$44 / ~£25
a whole week of food on the PrimeSpan shopping list, protein included

PrimeSpan: The Affordable GLP-1 Alternative

- 14 chapters, every claim tagged with its evidence and study size
- 25+ charts and infographics, including the protein value map
- A costed week of food in US $ and UK £, with recipes
- The 20-minute strength routine, the first 30 days, and the GLP-1 off-ramp

Get the full book
primespan.health/glp1

Educational information only, not medical advice. Results vary between people; nothing here promises any amount of weight loss. Talk to your clinician before changing your diet or exercise, and never stop or change a prescribed medicine without your prescriber, especially if you have diabetes. If you have a history of disordered eating, please seek support first: UK, Beat 0808 801 0677; US, National Alliance for Eating Disorders 1-866-662-1235. Figures from STEP-1 (Wilding 2021, 2022), SURMOUNT-4 (Aronne 2024), Prime Therapeutics (2025), Tasali 2022, Dicken 2025, Shukla 2015, Reynolds 2016 and Jensen 2024. Prices: Walmart and Tesco, 9 October 2026.