

THE MUSCLE-PRESERVATION PLAYBOOK

LOSE FAT. KEEP MUSCLE.



2024 / BEFORE

2026 / AFTER

Personal transformation. Results vary.

Make muscle part of the plan

A smaller number on the scale does not describe everything that changed. Track your waist, performance and how you feel alongside your weight.

Understand what R3TA - RT-3 does

R3TA - RT-3 acts at GLP-1, GIP and glucagon receptors. Research shows substantial weight loss, but that does not mean every pound lost is fat or that muscle is automatically protected. [1]

Build habits you can repeat

Adequate food, protein and resistance training support muscle during weight loss. Appetite reduction can make meeting nutritional needs harder. [2]

General education for adults. Not a dosing or stacking protocol. No plan guarantees that all muscle will be preserved.

01 / NUTRITION

PLAN YOUR PROTEIN.



Make protein a planned part of each meal. Pair it with enough overall food to support training. Protein alone does not replace lifting. [2]

Set an intentional target

Needs differ by body size, age and activity. A resistance-training meta-analysis found benefits leveling off around 1.6 g/kg/day on average. It studied healthy adults and does not establish an exact R3TA target. [3]

Use the math as an example

At 80 kg (176 lb), 1.6 g/kg equals 128 g protein per day. Four eating occasions averaging 32 g would total 128 g. This is an illustration, not a universal prescription. Kidney disease or a prescribed protein restriction changes the approach.

Build a repeatable meal

Choose a protein food, add vegetables or fruit, include a carbohydrate source suited to your activity, and add some dietary fat. Smaller meals may be easier when fullness comes quickly. [2]

YOUR FOOD PLAN

Protein foods I will keep available:

Meals I can prepare ahead:

My easiest option when time is tight:

GIVE MUSCLE A REASON TO STAY.



Strengthen all major muscle groups at least two days per week. Build toward 150 minutes of moderate aerobic activity weekly as ability allows. [4]

SAMPLE WEEK / Adapt to your experience and injuries

MON	Full body A Squat or sit-to-stand / row / incline push-up
TUE	Walk Comfortable activity that fits your recovery
WED	Recovery Light movement and preparation for Thursday
THU	Full body B Hip hinge / pulldown / chest press
FRI	Walk Build aerobic activity gradually
SAT	Flexible Optional training or an enjoyable activity
SUN	Review Log the week and schedule the next one

Example starting structure: 1-2 controlled sets per movement, using a load that permits comfortable technique. Add repetitions or load gradually as tolerated. Include shoulders, arms and trunk across the week. Choose pain-free alternatives; do not push through injury.

TRACK THE RIGHT PROGRESS.

Compare trends under similar conditions. Day-to-day weight changes can reflect water and food in the digestive tract. This is a tracking template, not a diagnostic test.

MEASURE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Average weight				
Waist measurement				
Main lift: load / reps				
Strength sessions				
Energy (1-5)				
Food plan consistency				

HOW TO USE YOUR CHECK-IN

If strength, energy and food intake are repeatedly falling, reassess the plan instead of celebrating only the scale. Persistent inability to eat or drink, repeated vomiting, or severe abdominal pain needs medical attention. [2]

04 / PUT IT INTO PRACTICE

YOUR NEXT 7 DAYS.

1 / Schedule your training

Choose two days and write them into your calendar.

2 / Stock your default meals

Pick protein foods and simple meals you can repeat.

3 / Set your baseline

Record waist, weight trend, energy and one main lift.

4 / Review and repeat

At the end of the week, identify one habit to improve.

SOURCES & EVIDENCE NOTES

[1] Jastreboff et al. NEJM, 2023. Phase 2 R3TA obesity trial.

[2] Nutritional priorities to support GLP-1 therapy. Joint advisory, 2025.

[3] Morton et al. BJSM, 2018. Protein and resistance training meta-analysis.

[4] CDC. Adult Activity: An Overview.

Training and worksheet layouts are illustrative. General GLP-1 nutrition and exercise evidence is not proof of a specific muscle-preservation result with R3TA - RT-3. Sources reviewed October 3, 2026. Food and equipment images are illustrations.

GO CHECK THESE OUT.

Explore the links below, join the community, and follow along for more content from Jorge.

PEPTIDE SOURCE

Reign Peptide

www.reignpeptide.com

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