

The Healthy Human Guide

**HOW TO LOSE WEIGHT, FEEL BETTER,
AND BUILD HABITS THAT ACTUALLY
LAST**

Welcome

Hi there,

First, I'm so happy you're here.

Whether you're just beginning your weight-loss journey, starting a GLP-1 medication, or simply trying to feel more like yourself again, I want you to know one thing:

You do not have to be perfect to be successful.

For years I thought losing weight meant eating as little as possible, saying no to every treat, and waiting until Monday to "start over."

I couldn't have been more wrong.

I've personally lost over 110 pounds, and today I have the privilege of helping patients every single day navigate weight loss, GLP-1 medications, nutrition, confidence, and sustainable lifestyle changes.

The biggest lesson I've learned?

The people who keep the weight off aren't usually the people with the most willpower.

They're the people who build habits they can actually maintain.

That's exactly what this guide is about.

Let's do this together.

Love,
Ally Starke

My Philosophy

Weight loss is never just about the number on the scale.

It's about...

- ✨ Feeling confident in photos.
- ✨ Having more energy to play with your kids.
- ✨ Walking into a room without immediately wondering what everyone thinks about your body.
- ✨ Feeling strong.
- ✨ Living longer.
- ✨ Building a life that doesn't revolve around food.

I don't believe in crash diets.

I don't believe in eliminating entire food groups.

I don't believe in "cheat meals."

I don't believe you need to earn your food.

I believe healthy habits should fit into your real life—not the other way around.

My goal isn't to help you lose weight as quickly as possible.

My goal is to help you lose it once.

The Six Pillars of Sustainable Weight Loss

I like to think of weight loss as a six-legged table.

Take one leg away and the table becomes unstable.

The six pillars are:

 GLP-1 Medication (when appropriate)

 Protein

 Strength Training

 Hydration

 Recovery & Sleep

 Consistency

The medication can absolutely make the journey easier—but it works best when it's supporting healthy habits, not replacing them.

Understanding GLP-1 Medications

GLP-1 medications are incredible tools, but they're often misunderstood.

They don't melt fat.

They don't "fix" metabolism overnight.

They don't remove the need for healthy habits.

Instead, they help by:

- Reducing appetite
- Helping you feel full sooner
- Slowing stomach emptying
- Making it easier to maintain a calorie deficit

Many people describe it as finally having "food noise" turned down.

That creates an opportunity.

The goal during that opportunity is to build habits that will continue serving you long after the medication.

Calories Matter—But Not the Way You Think

Yes, weight loss requires a calorie deficit.

But eating as little as possible is not the goal.

Many people think:

"If 1,200 calories works... then 700 calories must work even better."

Unfortunately, that mindset often leads to:

- Muscle loss
- Low energy
- Increased hunger later
- Difficulty getting enough vitamins and minerals
- A lifestyle that's impossible to maintain

For many adults, **1,200 calories per day should generally be viewed as a minimum intake, not a goal to consistently eat below**, unless you're working under the guidance of your healthcare provider.

Think nourishment—not deprivation.

new *mantra*:

Protein Is Your Best Friend.

If you only remember one thing from this guide...

Remember protein.

When you're losing weight, your body can lose both fat and muscle.

Our goal is to lose as much fat as possible while preserving muscle.

Protein helps:

- ✓ Keep you full
- ✓ Preserve muscle
- ✓ Support metabolism
- ✓ Improve recovery
- ✓ Reduce cravings

Aim for approximately **100 grams of protein daily**, or the amount recommended by your healthcare provider or registered dietitian.

My biggest tip?

Don't save your protein for dinner.

Spread it throughout the day.

A great goal is aiming for 25–35 grams at each meal.

What Does 100g of Protein Actually Look Like?

Breakfast

- Greek yogurt + protein granola
- Eggs with cottage cheese
- Protein smoothie

Lunch

- Rotisserie chicken salad
- Turkey wrap
- Shrimp rice bowl

Snack

- Fairlife protein shake
- Cottage cheese
- Beef jerky
- Edamame

Dinner

- Salmon
- Chicken breast
- Lean steak
- Ground turkey tacos

Protein doesn't have to be complicated.

It just has to become a habit.

Strength Training Changes Everything

One of the biggest myths in weight loss is that cardio is the answer.

Cardio is great for heart health.

But if your goal is improving body composition and maintaining muscle while losing weight, resistance training deserves a place in your routine.

Benefits include:

- Preserving lean muscle
- Supporting metabolism
- Improving strength
- Better posture
- Greater confidence

Start with two to four sessions each week.

Remember:

You don't have to destroy yourself in the gym.

You simply need to challenge your muscles consistently.

Hydration

Water isn't glamorous.

But it matters.

Hydration supports:

- Digestion
- Energy
- Exercise performance
- Overall well-being

Many people also mistake thirst for hunger.

Keep a water bottle nearby and sip consistently throughout the day.

A simple habit is drinking water with every meal and snack.

Sleep & Stress

Most people overlook this.

Sleep affects hunger hormones, recovery, mood, decision-making, and exercise performance.

Stress can also make healthy habits feel much harder.

Instead of trying to be perfect during stressful seasons, ask:

"What is the smallest healthy choice I can make today?"

Small choices, repeated often, create lasting results.

Real Life Still Happens

Let's talk about Taco Bell.

Or pizza.

Or birthday cake.

Here's the truth:

One meal will not ruin your progress.

Healthy people still celebrate birthdays.

Healthy people still go on vacation.

Healthy people still eat dessert.

The difference is they don't let one meal become one week.

Enjoy the moment.

Then return to your normal routine at the very next meal.

No guilt.

No punishment.

No "I'll start Monday."

My Healthy Human Checklist

Every day, aim for:

- ☐ Protein first
- ☐ 1,200+ calories (or your personalized goal)
- ☐ Plenty of water
- ☐ Some movement
- ☐ Fruits and vegetables
- ☐ A few minutes outside
- ☐ Enough sleep
- ☐ One thing that brings you joy

Notice there isn't a checkbox for "be perfect."

Because perfection was never the goal.

Consistency is.

Final Thoughts

If you take one thing away from this guide, let it be this:

You don't need another extreme diet.

You don't need to punish yourself.

You don't need to earn your food.

You need habits that fit your real life.

Healthy people aren't perfect.

They're simply consistent.

Give yourself grace.

Celebrate small wins.

Keep showing up.

Because the little things you do every day will always matter more than the perfect things you do once.

I'm cheering you on every step of the way.

With love,

Ally