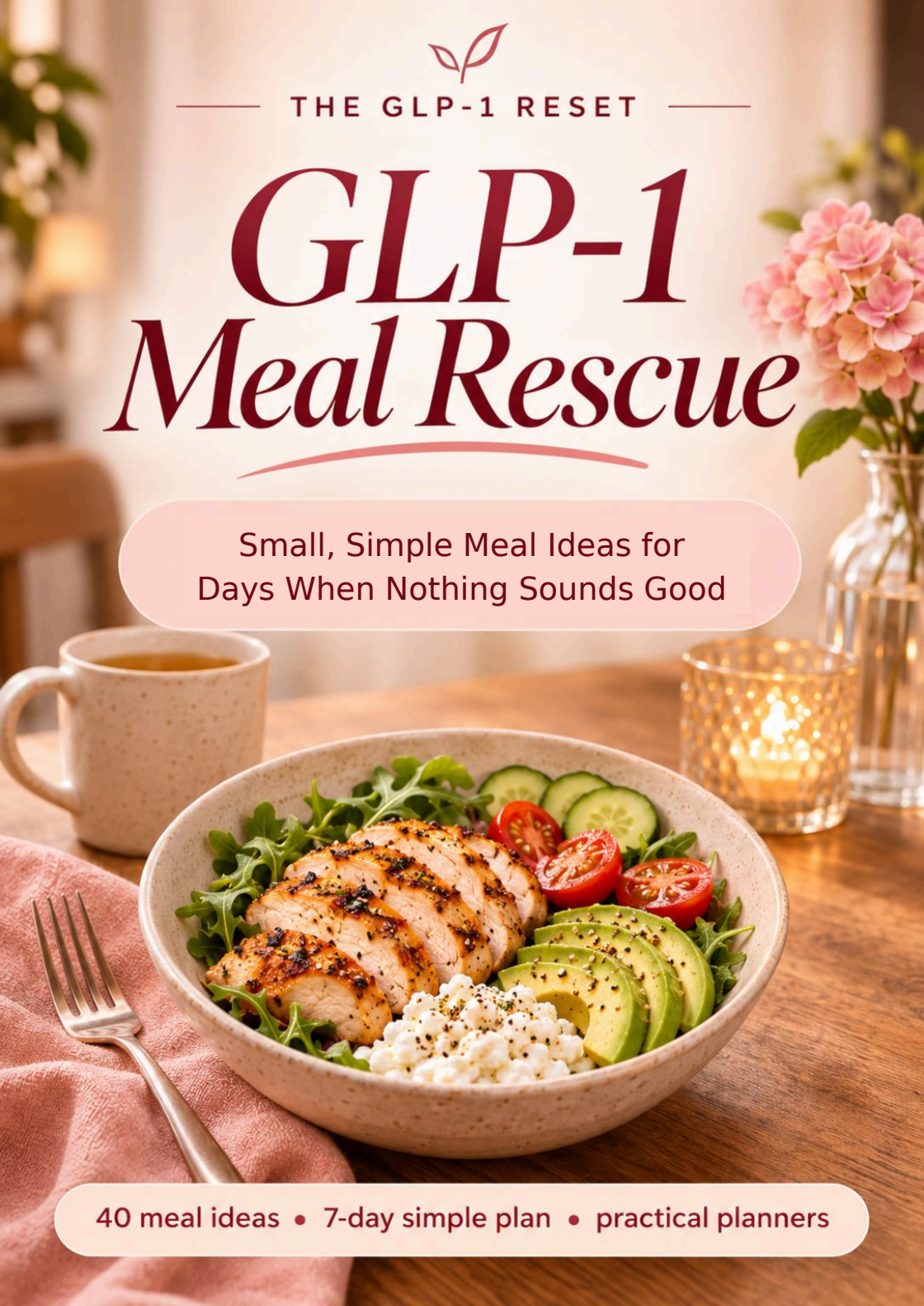
THE GLP-1 RESET

GLP-1 Meal Rescue

Small, Simple Meal Ideas for
Days When Nothing Sounds Good



40 meal ideas • 7-day simple plan • practical planners

START HERE

One choice at a time.

Some days, choosing what to eat feels like one more thing to figure out.

This guide gives you a short list of options to come back to. Small meals, familiar ingredients and a little less searching.

1. Start with the Picker

Cold, warm, savoury or no cooking? Choose what sounds appealing.

2. Open a meal card

Each card lists what you need, how to assemble it and what to prepare first.

3. Make it your own

Use ideas at any time of day. Repeat favourites and change ingredients to suit you.

The day examples are optional inspiration, not a complete or personalised eating plan. Follow pack instructions for storage, cooking and reheating.

Quick Picker →

40 meal cards →

7-day example →

Grocery list →

Your planners →

TAP A MEAL TO OPEN IT

What sounds good?

Start with one category. Pick an option. You can always choose something different later.

Something cold

#01 Berry yoghurt · #09 Tuna & avocado · #15 Tomato cottage cheese

Something warm

#03 Egg & toast · #33 Chicken soup · #38 Lentil soup

Just a few bites

#11 Salmon cucumber bites · #17 Cheese & grapes · #18 Egg & crackers

Something savoury

#10 Turkey hummus rolls · #19 Yoghurt dip & cucumber · #39 Beans & tortilla

Something simple & fresh

#12 Chicken lettuce cups · #15 Tomato cottage cheese · #19 Yoghurt dip & cucumber

Something protein-forward

#08 Egg & cottage cheese · #13 Hummus & egg plate · #26 Turkey meatballs

No cooking

#09 Tuna & avocado · #10 Turkey hummus rolls · #23 Cottage cheese & crackers

Quick & simple

#02 Peach cottage cheese · #17 Cheese & grapes · #20 Turkey & apple

No cooking = ingredients already cooked or ready to eat.

TINY BREAKFAST IDEAS

A small start.



Ideas 01-04 · Four options to choose from.

01 Greek yoghurt berry bowl

You need Greek yoghurt, berries and chia seeds.

Put it together Spoon yoghurt into a bowl. Add berries and chia.

Preparation note Wash the berries before serving.

02 Cottage cheese peach cup

You need Cottage cheese, peach and cinnamon.

Put it together Slice the peach. Add to cottage cheese; sprinkle with cinnamon.

Preparation note Use fresh or drained canned peach.

03 Scrambled egg & toast

You need Egg and bread.

Put it together Scramble the egg. Serve with a piece of toast.

Preparation note Cook the egg before serving.

04 Banana yoghurt smoothie

You need Banana, Greek yoghurt and milk.

Put it together Blend together until smooth.

Preparation note Use milk or a suitable milk alternative.

TINY BREAKFAST IDEAS

A small start.



Ideas 05-08 · Four options to choose from.

05 Egg bites & cucumber

You need Prepared egg bites and cucumber.

Put it together Slice the cucumber. Serve alongside the egg bites.

Preparation note Use cooked egg bites; follow pack instructions.

06 Turkey & avocado rice cake

You need Rice cake, ready-to-eat turkey and avocado.

Put it together Top the rice cake with turkey and sliced avocado.

Preparation note Use turkey that is already fully cooked.

07 Mini egg & turkey wrap

You need Small tortilla, egg and cooked turkey.

Put it together Scramble the egg. Add turkey and fold into the tortilla.

Preparation note Use ready-to-eat turkey; cook the egg.

08 Egg & cottage cheese bowl

You need Egg and cottage cheese.

Put it together Scramble the egg. Spoon cottage cheese alongside it.

Preparation note Serve after the egg is cooked.

NO-COOK MEAL IDEAS

A little assembly.



Ideas 09-12 · Four options to choose from.

09 Tuna avocado bowl

You need Ready-to-eat tuna, avocado and cucumber.

Put it together Drain tuna. Chop avocado and cucumber; combine in a bowl.

Preparation note Choose canned or packaged ready-to-eat tuna.

10 Turkey hummus roll-ups

You need Cooked turkey slices, hummus and cucumber.

Put it together Spread hummus on turkey. Add cucumber sticks and roll.

Preparation note Use turkey sold ready to eat.

11 Smoked salmon cucumber bites

You need Ready-to-eat smoked salmon, cucumber and cottage cheese.

Put it together Top cucumber slices with cottage cheese and salmon.

Preparation note Follow pack storage and serving instructions.

12 Chicken salad lettuce cups

You need Prepared chicken salad and lettuce leaves.

Put it together Wash lettuce. Spoon chicken salad into the leaves.

Preparation note Chicken salad must use fully cooked chicken.

NO-COOK MEAL IDEAS

A little assembly.



Ideas 13-16 · Four options to choose from.

13 Hummus, egg & carrot plate

You need Hummus, a boiled egg and carrots.

Put it together Slice the egg and carrots. Arrange alongside hummus.

Preparation note The egg must already be boiled.

14 Edamame & fruit bowl

You need Cooked edamame and fruit.

Put it together Shell edamame if needed. Serve with washed fruit.

Preparation note Use edamame prepared as directed on its pack.

15 Cottage cheese tomato bowl

You need Cottage cheese, cherry tomatoes and pepper.

Put it together Halve the tomatoes. Add to cottage cheese with pepper.

Preparation note Wash the tomatoes before cutting.

16 Bean salad & avocado

You need Prepared bean salad and avocado.

Put it together Slice avocado and add it to the bean salad.

Preparation note Use cooked, ready-to-eat beans.

TINY SNACK MEALS

A few simple bites.



Ideas 17-20 · Four options to choose from.

17 Cheese & grapes

You need Cheese and grapes.

Put it together Cut cheese into bites. Serve with washed grapes.

Preparation note Use any suitable ready-to-eat cheese.

18 Boiled egg & crackers

You need A boiled egg and crackers.

Put it together Peel and slice the egg. Serve with crackers.

Preparation note Boil the egg in advance or use a prepared one.

19 Greek yoghurt dip & cucumber

You need Greek yoghurt dip and cucumber.

Put it together Slice cucumber into sticks. Serve with the dip.

Preparation note Use prepared dip or plain yoghurt as the dip.

20 Turkey & apple plate

You need Ready-to-eat turkey slices and apple.

Put it together Slice the apple. Arrange alongside the turkey.

Preparation note Use turkey that is already cooked.

TINY SNACK MEALS

A few simple bites.



Ideas 21-24 · Four options to choose from.

21 Nut butter & apple slices

You need Nut butter and apple.

Put it together Slice the apple. Spread with nut butter or dip it.

Preparation note Choose a nut butter suited to your allergies.

22 Tuna rice cakes

You need Ready-to-eat tuna and rice cakes.

Put it together Drain tuna and spoon onto rice cakes.

Preparation note Use canned or packaged ready-to-eat tuna.

23 Cottage cheese & crackers

You need Cottage cheese and crackers.

Put it together Spoon cottage cheese onto crackers or serve alongside.

Preparation note Assemble just before eating for crisp crackers.

24 Ready-to-eat protein pudding

You need A ready-to-eat protein pudding.

Put it together Open and spoon into a bowl, or eat from the pot.

Preparation note Optional shop-bought choice; check ingredients.

BUSY-DAY MEALS

Make ready-made work.



Ideas 25-28 · Four options to choose from.

25 Chicken rice & cucumber bowl

You need Cooked chicken, cooked rice and cucumber.

Put it together Slice chicken and cucumber. Arrange over rice.

Preparation note Chicken and rice must already be cooked.

26 Turkey meatballs & vegetables

You need Cooked turkey meatballs and cooked vegetables.

Put it together Heat as directed. Place together in a bowl.

Preparation note Use prepared meatballs and vegetables.

27 Salmon & sweet potato plate

You need Cooked salmon and cooked sweet potato.

Put it together Flake salmon. Serve beside pieces of sweet potato.

Preparation note Cook both ingredients first, or use prepared portions.

28 Tuna pasta mini bowl

You need Cooked pasta and ready-to-eat tuna.

Put it together Drain tuna. Toss with pasta and serve.

Preparation note Cook pasta first; heat only if you prefer it warm.

BUSY-DAY MEALS

Make ready-made work.



Ideas 29-32 · Four options to choose from.

29 Turkey burger rice bowl

You need Cooked turkey patty, cooked rice and cucumber.

Put it together Slice the patty. Serve over rice with cucumber.

Preparation note Cook the patty fully before assembling.

30 Tofu rice & vegetable bowl

You need Tofu, cooked rice and cooked vegetables.

Put it together Prepare tofu as directed. Combine with rice and vegetables.

Preparation note Rice and vegetables must already be cooked.

31 Prawn rice & courgette bowl

You need Cooked prawns, cooked rice and cooked courgette.

Put it together Combine the prepared ingredients in a bowl.

Preparation note Use fully cooked prawns; heat as directed.

32 Bean rice & avocado bowl

You need Cooked beans, cooked rice and avocado.

Put it together Spoon beans over rice. Top with sliced avocado.

Preparation note Use cooked beans and rice, prepared as directed.

WARM & SIMPLE OPTIONS

Warm & simple.



Ideas 33-36 · Four options to choose from.

33 Chicken soup with shredded chicken

You need Prepared chicken soup and cooked shredded chicken.

Put it together Add chicken to the soup. Heat as directed and stir.

Preparation note Use fully cooked chicken.

34 Scrambled egg & rice bowl

You need Egg and cooked rice.

Put it together Scramble the egg. Serve over warmed rice.

Preparation note Cook the egg; reheat rice as directed.

35 Blended vegetable soup with tofu

You need Prepared blended vegetable soup and tofu.

Put it together Prepare tofu as directed. Add to soup and heat.

Preparation note Use pack instructions for heating and serving.

36 Mashed sweet potato & cooked turkey

You need Mashed sweet potato and cooked minced turkey.

Put it together Warm the prepared ingredients. Spoon into a bowl.

Preparation note Cook turkey fully before assembling.

WARM & SIMPLE OPTIONS

Warm & simple.



Ideas 37-40 · Four options to choose from.

37 Baked potato with cottage cheese

You need A cooked baked potato and cottage cheese.

Put it together Open the warm potato. Spoon cottage cheese on top.

Preparation note Bake the potato first or use a prepared one.

38 Lentil soup mini bowl

You need Prepared lentil soup.

Put it together Heat as directed. Ladle into a bowl and serve.

Preparation note Use ready-made soup or a batch already prepared.

39 Mashed beans & tortilla

You need Cooked beans and a small tortilla.

Put it together Mash beans. Warm them and spoon into the tortilla.

Preparation note Use cooked or canned beans.

40 Warm oats with Greek yoghurt

You need Oats, Greek yoghurt and cinnamon.

Put it together Cook oats as directed. Stir in yoghurt; add cinnamon.

Preparation note Add yoghurt after cooking the oats.

FLEXIBLE DAY EXAMPLE

A day with familiar favourites

An example to borrow from, not a schedule to follow.

Morning idea

#02 Cottage cheese peach cup

Midday idea

#09 Tuna avocado bowl

Optional snack idea

#17 Cheese & grapes

Evening idea

#33 Chicken soup with shredded chicken

Swap, repeat or move any idea to another time. These examples do not set how much or how often you should eat.

FLEXIBLE DAY EXAMPLE

A day with a warm finish

An example to borrow from, not a schedule to follow.

Morning idea

#04 Banana yoghurt smoothie

Midday idea

#12 Chicken salad lettuce cups

Optional snack idea

#18 Boiled egg & crackers

Evening idea

#30 Tofu rice & vegetable bowl

Swap, repeat or move any idea to another time. These examples do not set how much or how often you should eat.

NO-COOK DAY EXAMPLE

Ready to assemble.

Use ingredients already cooked or sold ready to eat.

Morning

#01 Greek yoghurt berry bowl

Midday

#10 Turkey hummus roll-ups

Optional snack

#17 Cheese & grapes

Evening

#12 Chicken salad lettuce cups

A little preparation still counts

Wash produce, open packs and slice ingredients. This example avoids cooking at assembly time; it does not mean zero preparation.

Choose and change freely. Follow the storage and serving instructions on the foods you use.

TINY MEAL FORMULA

Keep the next choice simple.

Use this as an idea builder, not a rule for every meal.

A protein source

Eggs · yoghurt · cottage cheese
Chicken · turkey · tuna
Tofu · beans · lentils

+

A simple side

Toast · rice · crackers · potato
Fruit · cucumber · vegetables

+

An optional drink or add-on

A drink you enjoy, or an ingredient that makes the combination your own.

For example

Cooked chicken + rice + cucumber.
See meal #25 for the card.

Start with ingredients you already have. The formula is flexible; it is not a complete nutrition checklist.

7-DAY SIMPLE MEAL PLAN

A week of options.

Borrow the ideas you like. Swap or repeat them as needed.

DAY 1

Morning

#01 Greek yoghurt berry bowl

Midday

#10 Turkey hummus roll-ups

Evening

#33 Chicken soup with shredded chicken

Optional snack

#17 Cheese & grapes

DAY 2

Morning

#03 Scrambled egg & toast

Midday

#09 Tuna avocado bowl

Evening

#25 Chicken rice & cucumber bowl

Optional snack

#18 Boiled egg & crackers

An example of meal choices, not a prescribed or complete daily intake. Use your own portions and individual guidance.

7-DAY SIMPLE MEAL PLAN

A week of options.

Borrow the ideas you like. Swap or repeat them as needed.

DAY 3

Morning

#04 Banana yoghurt smoothie

Midday

#12 Chicken salad lettuce cups

Evening

#27 Salmon & sweet potato plate

Optional snack

#21 Nut butter & apple slices

DAY 4

Morning

#02 Cottage cheese peach cup

Midday

#16 Bean salad & avocado

Evening

#30 Tofu rice & vegetable bowl

Optional snack

#19 Greek yoghurt dip & cucumber

An example of meal choices, not a prescribed or complete daily intake. Use your own portions and individual guidance.

7-DAY SIMPLE MEAL PLAN

A week of options.

Borrow the ideas you like. Swap or repeat them as needed.

DAY 5

Morning

#07 Mini egg & turkey wrap

Midday

#15 Cottage cheese tomato bowl

Evening

#26 Turkey meatballs & vegetables

Optional snack

#23 Cottage cheese & crackers

DAY 6

Morning

#05 Egg bites & cucumber

Midday

#13 Hummus, egg & carrot plate

Evening

#38 Lentil soup mini bowl

Optional snack

#20 Turkey & apple plate

An example of meal choices, not a prescribed or complete daily intake. Use your own portions and individual guidance.

7-DAY SIMPLE MEAL PLAN

A week of options.

Borrow the ideas you like. Swap or repeat them as needed.

DAY 7

Morning

#08 Egg & cottage cheese bowl

Midday

#11 Smoked salmon cucumber bites

Evening

#28 Tuna pasta mini bowl

Optional snack

#22 Tuna rice cakes

A meal I would like to repeat

A swap that suits my week

An example of meal choices, not a prescribed or complete daily intake. Use your own portions and individual guidance.

SIMPLE GROCERY LIST

For the example week.

Check what you already have. Buy only what you plan to use.

Protein foods

- [ ] Eggs / prepared egg bites
- [ ] Greek yoghurt / yoghurt dip
- [ ] Cottage cheese / cheese
- [ ] Cooked turkey / turkey meatballs
- [ ] Ready-to-eat chicken / chicken salad
- [ ] Tuna / smoked salmon / salmon
- [ ] Tofu / cooked beans / lentil soup

Sides & produce

- [ ] Bread / crackers / pasta / rice
- [ ] Small tortillas / sweet potato
- [ ] Berries / peach / banana / apple
- [ ] Grapes / avocado / cucumber
- [ ] Lettuce / tomatoes / vegetables

Plus: hummus, nut butter, chia, cinnamon and milk or a suitable alternative, if using those ideas. Prepared soup may already contain some ingredients.

SIMPLE GROCERY LIST

Other options. Your list.

These are alternatives for the wider guide, not extra items required for the example week.

Optional alternatives

- [ ] Rice cakes / oats / potatoes
- [ ] Cooked prawns / courgettes
- [ ] Prepared vegetable soup
- [ ] Protein pudding, if you want it

Useful preparation choices

- [ ] Ready-to-eat ingredients
- [ ] Cooked portions for planned meals

My three priorities this shop

Ingredients I already have

No particular brand is needed. Check labels for ingredients, allergens and preparation instructions.

YOUR PLANNER

My day plan.

A few choices to make the day simpler. Tap a field to type, or print and write.

Date

What sounds good today?

My first easy option / meal number

Another option for later

What needs preparing first?

My backup choice

My short shopping list

Change your choices whenever you like. This is a planning page, not a required eating schedule.

YOUR PLANNER

My favourite easy meal combos.

Save the options you would happily choose again. Add the meal number so they are easy to find.

An easy breakfast

A no-cook favourite

A warm option

A few-bites favourite

A busy-day choice

My first choice next time nothing sounds good

YOUR PLANNER

My busy-day backup plan.

Choose a few realistic backups before you need them.

My easiest morning option

My backup lunch

My ready-to-assemble evening option

An optional snack

Ingredients to keep available

One thing to prepare ahead

Pick foods that suit your preferences, budget and available storage. Keep pack instructions with prepared foods.

BEFORE YOU GO

Educational information only.

This guide provides general meal ideas and planning tools for educational purposes. It does not replace personalised medical or nutritional advice.

If you use GLP-1 medication, follow your healthcare professional’s guidance for your individual needs.

Choose foods that are appropriate for your allergies, dietary requirements and personal circumstances.

Come back to one simple question.

What sounds good?

Open the Picker, choose a few options and make the next choice your own.