



A GLP-1 COMPANION COOKBOOK

The GLP-1 Diet Cookbook

200 Nutritious, Protein-Packed Recipes to Support Weight Loss,
Maintain Muscle, and Help You Feel Your Best

High-Protein

Small, Satisfying Portions

Original Recipes

200 ORIGINAL RECIPES • ELEVEN CHAPTERS • EVERY BITE COUNTS

A Note Before You Cook

Medications in the GLP-1 receptor agonist class — semaglutide, tirzepatide, liraglutide, and others — have changed what's possible for people managing weight and type 2 diabetes. They work in part by slowing digestion and turning down appetite signals in the brain, which is exactly why eating on them feels different than it used to. Portions that once felt normal can feel like too much. Rich, greasy, or heavily spiced foods can trigger nausea. And because you're simply eating less overall, every bite needs to work harder — which means protein and nutrient density matter more than they ever did before.

This book was written to solve that problem. Every recipe here targets a meaningful dose of protein per serving, uses ingredients your body can absorb without a fight, and keeps portions realistic for a smaller appetite. None of these recipes were copied or adapted from another cookbook, blog, or brand — they were developed from scratch for this book, built around the specific eating pattern that GLP-1 medications create.

This book does not replace advice from your doctor, pharmacist, or dietitian. Nausea, constipation, and reduced appetite are common side effects of these medications, and if you're experiencing them significantly, please talk to your care team — dose adjustments and targeted strategies can help. Think of this book as the practical, everyday companion to that medical care: something to make the food part easier while the medication does its part.

How Eating Changes on a GLP-1 Medication

You'll likely feel full faster and stay full longer. Meals that once took twenty minutes to finish might feel complete after five bites. This is normal — it's the medication working as intended. It also means every bite needs to carry more nutrition, especially protein.

Protein becomes the top priority. Rapid weight loss without adequate protein risks losing lean muscle mass along with fat — the opposite of what most people actually want from treatment. Most adults on GLP-1 therapy benefit from targeting roughly 60–100 grams of protein a day (individual needs vary — ask your care team what's right for you), spread across smaller, more frequent meals rather than three large ones. Every recipe in this book lists protein per serving so you can track your own total across the day.

Fat and heavy, greasy foods often don't sit well. Slowed gastric emptying — the mechanism behind the appetite suppression — also means fatty, fried, or very rich foods linger in the stomach longer and are more likely to cause nausea or discomfort. These recipes lean on lean proteins, cooking methods like baking, grilling, poaching, and light sautéing, and moderate, thoughtful use of fats like olive oil and avocado rather than deep frying or heavy cream sauces.

Hydration and fiber need active attention. Reduced intake makes it easier to under-drink water and under-eat fiber, which is part of why constipation is such a common complaint on these medications. Many recipes here build in fiber from vegetables, legumes, and whole grains, and it's worth keeping a water bottle within reach throughout the day regardless of what you're eating.

Small plates are a feature, not a compromise. Every recipe is portioned for a realistic GLP-1 appetite. If you're hungrier than expected on a given day, most recipes scale up easily.

How This Book Is Organized

The 200 recipes are grouped into eleven chapters, moving roughly from morning to evening: Breakfasts, Smoothies & Shakes, Snacks & Appetizers, Soups & Stews, Salads, Poultry Mains, Beef & Lamb Mains, Seafood Mains, Vegetarian & Plant-Based Mains, Sides, and Desserts & Sweet Treats. Each recipe includes prep and cook time, servings, a full ingredient list, numbered instructions, nutrition information per serving (calories, protein, carbohydrates, fat, and fiber), and a short GLP-1 Tip flagging anything specific to eating on these medications — whether that's a note on easing nausea, a way to stretch a recipe across two smaller meals, or a swap for a day when appetite is especially low.

Nutrition figures throughout are calculated per serving using standard values for the ingredients and quantities listed, and are estimates rather than laboratory measurements — if you have a specific medical nutrition target, consider double-checking with a nutrition tracking app or your dietitian.

Cook, eat slowly, and be patient with your appetite. It's doing something different than it used to, and that's the point.

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Chapter 1: Breakfasts

1. Silken Egg White Scramble with Spinach and Feta

Prep: 5 min | Cook: 6 min | Serves: 1

Ingredients

- 3 large egg whites + 1 whole egg
- 1 cup baby spinach, roughly chopped
- 2 tbsp crumbled feta
- 1 tsp olive oil
- Pinch of black pepper, pinch of salt

Instructions

1. Heat olive oil in a nonstick pan over medium-low heat.
2. Add spinach and cook until just wilted, about 1 minute.
3. Whisk egg whites and whole egg together, pour into the pan.
4. Cook slowly, folding gently with a spatula, until just set, about 3–4 minutes.
5. Remove from heat, fold in feta, season, and serve warm.

Per serving: 210 calories | 21g protein | 3g carbs | 13g fat | 1g fiber

GLP-1 Tip: *Cooking eggs low and slow keeps them soft, which is easier on a stomach that's still adjusting to the medication.*

2. Cottage Cheese Toast with Smoked Salmon

Prep: 5 min | Cook: 2 min | Serves: 1

Ingredients

- 1 slice whole grain bread, toasted
- 1/3 cup cottage cheese (small curd)
- 2 oz smoked salmon

- 1/4 small cucumber, thinly sliced
- Fresh dill and lemon zest, to taste

Instructions

1. Toast the bread until golden.
2. Spread cottage cheese evenly over the toast.
3. Layer smoked salmon and cucumber slices on top.
4. Finish with dill, lemon zest, and a crack of black pepper.

Per serving: 260 calories | 25g protein | 18g carbs | 9g fat | 3g fiber

GLP-1 Tip: *A single slice keeps this satisfying without overloading a smaller appetite — pair with water or tea rather than juice to avoid extra volume.*

3. Greek Yogurt Protein Bowl with Warm Berries

Prep: 5 min | Cook: 3 min | Serves: 1

Ingredients

- 3/4 cup plain nonfat Greek yogurt
- 1/2 cup mixed berries
- 1 tsp honey
- 1 tbsp chopped walnuts
- 1 tbsp unflavored or vanilla protein powder (optional, for extra protein)

Instructions

1. Warm the berries in a small saucepan over low heat with honey until just softened, about 3 minutes.
2. Stir protein powder into the Greek yogurt until smooth.
3. Spoon warm berries over the yogurt and top with walnuts.

Per serving: 240 calories | 27g protein | 20g carbs | 7g fat | 3g fiber

GLP-1 Tip: *Warming the berries slightly makes this feel like a more substantial meal even in a small volume — helpful on days when appetite is very low.*

4. Savory Oatmeal with Soft Egg and Parmesan

Prep: 5 min | Cook: 10 min | Serves: 1

Ingredients

- 1/2 cup rolled oats
- 1 cup low-sodium chicken broth
- 1 egg, soft-poached
- 1 tbsp grated Parmesan
- 1/2 tsp olive oil, chives to garnish

Instructions

1. Simmer oats in chicken broth over medium heat, stirring occasionally, about 7 minutes, until creamy.
2. Meanwhile, poach the egg in a separate pot of gently simmering water, about 3 minutes.

3. Spoon oats into a bowl, top with Parmesan and olive oil.
4. Place poached egg on top, garnish with chives, and season with pepper.

Per serving: 300 calories | 19g protein | 26g carbs | 14g fat | 4g fiber

GLP-1 Tip: *Broth instead of water adds savory depth and a little extra protein without adding bulk you have to chew through.*

5. Shredded Chicken and Sweet Potato Hash

Prep: 10 min | Cook: 15 min | Serves: 2

Ingredients

- 6 oz cooked chicken breast, shredded or diced
- 1 small sweet potato, diced small
- 1/2 red bell pepper, diced
- 1/4 onion, diced
- 1 tsp olive oil, smoked paprika, salt, pepper

Instructions

1. Heat olive oil in a skillet over medium heat; add sweet potato and cook covered, stirring occasionally, 8 minutes until fork-tender.
2. Add onion and bell pepper, cook 3 minutes until softened.
3. Push vegetables aside, add shredded chicken, and warm through, about 3–4 minutes.
4. Stir everything together, season with smoked paprika, salt, and pepper.

Per serving: 250 calories | 21g protein | 19g carbs | 10g fat | 3g fiber

GLP-1 Tip: *Dicing the sweet potato small helps it cook fully and stay gentle on digestion — larger chunks can feel heavy on a slowed stomach.*

6. Cinnamon Protein Pancakes

Prep: 5 min | Cook: 8 min | Serves: 2 (2 pancakes each)

Ingredients

- 1 cup cottage cheese
- 4 eggs
- 1/2 cup rolled oats (blended into flour)
- 1 tsp cinnamon, 1/2 tsp baking powder
- 1 tsp vanilla extract

Instructions

1. Blend all ingredients together until smooth batter forms.
2. Heat a lightly oiled nonstick griddle over medium-low heat.
3. Pour small rounds of batter, cook 2–3 minutes per side until golden.
4. Serve warm, optionally with a few fresh berries.

Per serving: 270 calories | 24g protein | 16g carbs | 12g fat | 2g fiber

GLP-1 Tip: *These pancakes are dense with protein rather than sugar, so a smaller stack still delivers a full nutritional punch.*

7. Mediterranean Baked Eggs (Shakshuka-Style)

Prep: 10 min | Cook: 15 min | Serves: 2

Ingredients

- 4 eggs
- 1 cup canned crushed tomatoes
- 1/2 onion, diced
- 1 clove garlic, minced
- 1 tsp cumin, 1/2 tsp paprika, 2 tbsp crumbled feta

Instructions

1. Sauté onion and garlic in olive oil over medium heat until soft, 4 minutes.
2. Add crushed tomatoes, cumin, and paprika; simmer 6 minutes to thicken.
3. Make small wells in the sauce and crack in the eggs.
4. Cover and cook 5–6 minutes until whites are set but yolks are soft.
5. Top with feta and serve directly from the pan.

Per serving: 220 calories | 15g protein | 11g carbs | 13g fat | 3g fiber

GLP-1 Tip: *The soft tomato base makes eggs easy to eat slowly in small spoonfuls, which suits a reduced appetite well.*

8. High-Protein Overnight Oats with Peanut Butter

Prep: 5 min (+ overnight) | Cook: none | Serves: 1

Ingredients

- 1/3 cup rolled oats
- 1/2 cup unsweetened almond milk
- 1/4 cup plain Greek yogurt
- 1 tbsp peanut butter
- 1 scoop vanilla protein powder

Instructions

1. Combine all ingredients in a jar and stir well.
2. Cover and refrigerate overnight, or at least 4 hours.
3. Stir again before eating; add a splash of milk if too thick.

Per serving: 320 calories | 30g protein | 24g carbs | 12g fat | 5g fiber

GLP-1 Tip: *Prepping this the night before means a full-protein breakfast is ready even on mornings when nausea makes cooking unappealing.*

9. Cheesy Egg Muffins with Chicken and Broccoli

Prep: 10 min | Cook: 20 min | Serves: 4 (2 muffins each)

Ingredients

- 8 eggs
- 1/2 cup diced cooked chicken breast
- 1/2 cup small broccoli florets, steamed

- 1/2 cup shredded cheddar
- Salt and pepper

Instructions

1. Preheat oven to 350°F and grease a muffin tin.
2. Whisk eggs with salt and pepper.
3. Divide chicken, broccoli, and cheese among muffin cups.
4. Pour egg mixture over each, filling about 3/4 full.
5. Bake 18–20 minutes until set. Cool slightly before removing.

Per serving: 210 calories | 19g protein | 2g carbs | 14g fat | 1g fiber

GLP-1 Tip: *These reheat well, so make the full batch and keep extras on hand for grab-and-go mornings when you can only manage a bite or two at a time.*

10. Ricotta and Berry Breakfast Bake

Prep: 10 min | Cook: 25 min | Serves: 4

Ingredients

- 1 1/2 cups part-skim ricotta
- 3 eggs
- 1 cup mixed berries
- 2 tbsp honey
- 1 tsp vanilla, zest of 1/2 lemon

Instructions

1. Preheat oven to 375°F. Grease a small baking dish.
2. Whisk ricotta, eggs, honey, vanilla, and lemon zest until smooth.
3. Pour into the dish and scatter berries over the top.
4. Bake 22–25 minutes until just set in the center.
5. Cool 5 minutes before slicing into 4 pieces.

Per serving: 190 calories | 13g protein | 12g carbs | 10g fat | 1g fiber

GLP-1 Tip: *Ricotta brings protein and a naturally soft texture, making this a gentle option for mornings when appetite is especially small.*

11. Smoked Turkey and Avocado Egg Wrap

Prep: 8 min | Cook: 5 min | Serves: 1

Ingredients

- 1 small whole wheat tortilla
- 2 eggs, scrambled soft
- 2 oz sliced smoked turkey breast
- 1/4 avocado, sliced
- 1 tbsp salsa

Instructions

1. Scramble eggs gently in a lightly oiled pan until just set.

2. Warm tortilla briefly in a dry pan or microwave.
3. Layer eggs, turkey, and avocado down the center.
4. Add salsa, fold in the sides, and roll tightly.

Per serving: 320 calories | 27g protein | 20g carbs | 15g fat | 5g fiber

GLP-1 Tip: *Wraps let you eat half now and save the rest for later without it feeling like a repeat meal — handy when a full portion is too much at once.*

12. Chia and Protein Pudding with Mango

Prep: 5 min (+ 4 hr chill) | Cook: none | Serves: 2

Ingredients

- 3 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1 scoop vanilla protein powder
- 1/2 cup diced mango
- 1 tsp maple syrup

Instructions

1. Whisk almond milk and protein powder until smooth.
2. Stir in chia seeds and maple syrup.
3. Refrigerate at least 4 hours or overnight, stirring once after 30 minutes to prevent clumping.
4. Top with diced mango before serving.

Per serving: 180 calories | 14g protein | 16g carbs | 7g fat | 7g fiber

GLP-1 Tip: *The fiber from chia seeds supports regularity, which is worth prioritizing since reduced food intake can make constipation more common.*

13. Open-Faced Egg and Avocado Toast with Everything Seasoning

Prep: 5 min | Cook: 5 min | Serves: 1

Ingredients

- 1 slice whole grain bread
- 1 egg, fried with a soft yolk
- 1/4 avocado, mashed
- 1/2 tsp everything bagel seasoning

Instructions

1. Toast bread until crisp.
2. Mash avocado and spread over toast.
3. Fry egg in a small nonstick pan until whites are set, yolk still soft.
4. Place egg on toast and sprinkle with everything seasoning.

Per serving: 230 calories | 11g protein | 15g carbs | 14g fat | 5g fiber

GLP-1 Tip: *Add a side of Greek yogurt if you want more protein without adding another full plate of food.*

14. Protein-Packed Breakfast Quesadilla

Prep: 8 min | Cook: 6 min | Serves: 1

Ingredients

- 1 small low-carb tortilla
- 2 eggs, scrambled
- 1/4 cup black beans, drained and rinsed
- 2 tbsp shredded Mexican cheese blend
- 1 tbsp salsa

Instructions

1. Scramble eggs in a nonstick pan until just set; set aside.
2. In the same pan, place the tortilla, sprinkle half with cheese, beans, and eggs.
3. Fold tortilla over, cook 2 minutes per side until cheese melts and tortilla is golden.
4. Slice into wedges and serve with salsa.

Per serving: 340 calories | 27g protein | 24g carbs | 16g fat | 8g fiber

GLP-1 Tip: Beans add fiber and plant protein, helping this smaller-looking meal go further nutritionally.

15. Warm Cottage Cheese Bowl with Cinnamon Apples

Prep: 5 min | Cook: 6 min | Serves: 1

Ingredients

- 3/4 cup full-fat or 2% cottage cheese
- 1/2 apple, diced
- 1/2 tsp cinnamon
- 1 tsp butter
- 1 tsp maple syrup, 1 tbsp chopped pecans

Instructions

1. Melt butter in a small pan over medium heat; add diced apple and cinnamon.
2. Cook, stirring, 4–5 minutes until apple softens slightly.
3. Spoon warm apples over cottage cheese.
4. Drizzle with maple syrup and top with pecans.

Per serving: 260 calories | 21g protein | 22g carbs | 11g fat | 3g fiber

GLP-1 Tip: Cottage cheese is one of the easiest ways to get a large protein dose in a small, soft-textured volume — a good option on lower-appetite days.

16. Spinach and Feta Egg White Muffins

Prep: 10 min | Cook: 18 min | Serves: 4 (2 muffins each)

Ingredients

- 10 egg whites
- 1 cup baby spinach, chopped
- 1/3 cup crumbled feta

- 1/4 cup diced roasted red pepper
- Salt, pepper, dried oregano

Instructions

1. Preheat oven to 350°F and grease a muffin tin.
2. Whisk egg whites with salt, pepper, and oregano.
3. Divide spinach, feta, and red pepper among muffin cups.
4. Pour egg whites over, filling 3/4 full.
5. Bake 16–18 minutes until set.

Per serving: 110 calories | 15g protein | 3g carbs | 4g fat | 1g fiber

GLP-1 Tip: *A very low-fat, gentle option for mornings when richer foods trigger nausea, while still delivering solid protein.*

17. Almond Butter Protein Toast with Banana

Prep: 5 min | Cook: 2 min | Serves: 1

Ingredients

- 1 slice whole grain bread, toasted
- 1 tbsp almond butter
- 1/2 banana, sliced
- 1 tsp chia seeds, dash of cinnamon

Instructions

1. Toast bread and spread almond butter evenly.
2. Layer banana slices on top.
3. Sprinkle with chia seeds and cinnamon.

Per serving: 240 calories | 8g protein | 30g carbs | 11g fat | 6g fiber

GLP-1 Tip: *Pair this lighter option with a hard-boiled egg or a small glass of milk to round out the protein for the meal.*

18. Breakfast Burrito Bowl with Grilled Chicken

Prep: 8 min | Cook: 10 min | Serves: 1

Ingredients

- 3 oz cooked chicken breast, diced
- 2 eggs, scrambled
- 1/4 cup black beans
- 2 tbsp diced tomato
- 2 tbsp shredded cheese, cilantro

Instructions

1. Warm the diced chicken in a skillet, 3–4 minutes.
2. Scramble eggs in the same pan until just set.
3. Warm black beans separately or in the same pan.
4. Layer chicken, eggs, and beans in a bowl; top with tomato, cheese, and cilantro.

Per serving: 330 calories | 33g protein | 15g carbs | 15g fat | 6g fiber

GLP-1 Tip: *A bowl format makes it easy to eat just half and save the rest — no wrap to fall apart when reheating leftovers.*

19. Baked Pear with Ricotta and Honey

Prep: 5 min | Cook: 20 min | Serves: 2

Ingredients

- 1 ripe pear, halved and cored
- 1/2 cup part-skim ricotta
- 1 tbsp honey
- 1/4 tsp cinnamon
- 1 tbsp chopped walnuts

Instructions

1. Preheat oven to 375°F. Place pear halves cut-side up on a baking sheet.
2. Bake 15 minutes until slightly softened.
3. Fill each pear half with ricotta, drizzle with honey, and sprinkle with cinnamon and walnuts.
4. Return to oven for 5 minutes to warm through.

Per serving: 180 calories | 8g protein | 22g carbs | 8g fat | 3g fiber

GLP-1 Tip: *Baking the pear softens it fully, making this comfortable to eat even with a sensitive stomach.*

20. Denver-Style Egg Scramble with Turkey Breast

Prep: 8 min | Cook: 8 min | Serves: 1

Ingredients

- 2 eggs + 1 egg white
- 2 tbsp diced deli turkey breast
- 2 tbsp diced bell pepper
- 2 tbsp diced onion
- 1 tbsp shredded cheddar

Instructions

1. Sauté turkey, bell pepper, and onion in a lightly oiled pan over medium heat, 4 minutes.
2. Whisk eggs and egg white, pour into the pan.
3. Cook gently, folding until just set, about 3 minutes.
4. Sprinkle cheese on top and let melt briefly before serving.

Per serving: 230 calories | 24g protein | 5g carbs | 13g fat | 1g fiber

GLP-1 Tip: *Classic diner flavors in a portion sized for a smaller appetite — no need to finish a full three-egg scramble to feel satisfied.*

21. Protein Waffles with Greek Yogurt and Berries

Prep: 8 min | Cook: 10 min | Serves: 2 (1 waffle each)

Ingredients

- 1 cup rolled oats, blended to flour
- 2 eggs
- 1/2 cup cottage cheese
- 1/2 tsp baking powder
- 1/2 cup Greek yogurt and 1/2 cup berries, to serve

Instructions

1. Blend oat flour, eggs, cottage cheese, and baking powder until smooth batter forms.
2. Cook in a preheated, greased waffle iron until golden, about 4–5 minutes.
3. Top each waffle with Greek yogurt and berries.

Per serving: 280 calories | 22g protein | 26g carbs | 9g fat | 4g fiber

GLP-1 Tip: *One waffle is usually a full serving now — freeze extras individually so you're not tempted to overserve yourself out of habit.*

22. Soft Scrambled Eggs with Smoked Trout

Prep: 5 min | Cook: 5 min | Serves: 1

Ingredients

- 2 eggs
- 1 tbsp cream cheese
- 2 oz smoked trout, flaked
- Chives and black pepper

Instructions

1. Whisk eggs with cream cheese until combined.
2. Cook over low heat, stirring constantly, until soft curds form, about 3 minutes.
3. Gently fold in flaked trout in the last 30 seconds.
4. Garnish with chives and pepper.

Per serving: 300 calories | 26g protein | 2g carbs | 20g fat | 0g fiber

GLP-1 Tip: *Very soft eggs with flaked fish require minimal chewing, which some people find easier when appetite and energy are both reduced.*

23. Berry Protein Parfait with Granola

Prep: 5 min | Cook: none | Serves: 1

Ingredients

- 3/4 cup plain Greek yogurt
- 1/2 cup mixed berries
- 2 tbsp low-sugar granola
- 1 tsp honey

Instructions

1. Layer half the yogurt in a glass or bowl.
2. Add half the berries and granola.
3. Repeat layers with remaining yogurt, berries, and granola.

4. Drizzle honey on top.

Per serving: 230 calories | 22g protein | 26g carbs | 5g fat | 4g fiber

GLP-1 Tip: *Keep the granola portion small and crunchy toppings light — very dry, dense textures can be harder to manage with a slowed digestive system.*

24. Spinach and Egg Cups with Hash Brown Crust

Prep: 10 min | Cook: 20 min | Serves: 4

Ingredients

- 1 cup shredded potato, squeezed dry
- 1/2 cup baby spinach, finely chopped
- 4 eggs
- 2 tbsp shredded Parmesan
- 1 tbsp olive oil, salt and pepper

Instructions

1. Preheat oven to 400°F, grease a muffin tin.
2. Press shredded potato into the bottom and sides of each cup; drizzle with olive oil and bake 12 minutes.
3. Divide chopped spinach among the cups over the baked potato crust.
4. Crack an egg into each cup, top with Parmesan, season, and bake 12–14 minutes until eggs are set.

Per serving: 150 calories | 8g protein | 11g carbs | 8g fat | 1g fiber

GLP-1 Tip: *These are naturally single-serving and portable, which helps prevent overeating out of habit when you're not actually hungry for a full plate.*

25. Cheddar and Chive Egg Bites (Sous-Vide Style)

Prep: 10 min | Cook: 25 min | Serves: 4 (2 each)

Ingredients

- 6 eggs
- 1/2 cup cottage cheese
- 1/2 cup shredded sharp cheddar
- 2 tbsp chopped chives
- Salt and pepper

Instructions

1. Preheat oven to 325°F. Blend eggs, cottage cheese, salt, and pepper until smooth.
2. Stir in cheddar and chives.
3. Pour into a greased muffin tin, filling each cup 2/3 full.
4. Bake in a water bath (place muffin tin in a larger pan with 1 inch of hot water) for 20–22 minutes until set.

Per serving: 180 calories | 15g protein | 2g carbs | 12g fat | 0g fiber

GLP-1 Tip: *The custardy texture from the water bath mimics the popular coffee-shop egg bites, giving you a smooth, easy-to-eat protein source.*

26. Warm Quinoa Breakfast Bowl with Almonds and Fig

Prep: 5 min | Cook: 15 min | Serves: 2

Ingredients

- 1/2 cup quinoa, rinsed
- 1 cup unsweetened almond milk
- 2 fresh figs, quartered
- 2 tbsp slivered almonds
- 1 tsp honey, cinnamon

Instructions

1. Simmer quinoa in almond milk over medium-low heat, covered, 12–14 minutes until liquid is absorbed.
2. Fluff with a fork and stir in cinnamon.
3. Divide into bowls, top with figs, almonds, and a drizzle of honey.

Per serving: 210 calories | 7g protein | 32g carbs | 6g fat | 4g fiber

GLP-1 Tip: Pair with a side of Greek yogurt or a boiled egg to bring this grain-forward bowl up to a fuller protein target.

27. Turkey, Egg, and Cheese Breakfast Sandwich (Lighter Version)

Prep: 5 min | Cook: 6 min | Serves: 1

Ingredients

- 1 whole wheat English muffin
- 1 egg
- 1 slice deli turkey breast
- 1 slice reduced-fat cheddar

Instructions

1. Toast the English muffin halves.
2. Fry the egg in a small ring mold or freeform, cooking until set.
3. Warm the turkey slice briefly in the same pan.
4. Assemble: muffin, cheese, hot egg, turkey, muffin top.

Per serving: 290 calories | 22g protein | 27g carbs | 10g fat | 4g fiber

GLP-1 Tip: A familiar comfort food, right-sized — eat slowly and stop when satisfied rather than finishing out of routine.

28. Coconut Chia Protein Bowl with Pineapple

Prep: 5 min (+4 hr chill) | Cook: none | Serves: 1

Ingredients

- 3 tbsp chia seeds
- 3/4 cup light coconut milk
- 1 scoop vanilla protein powder
- 1/3 cup diced pineapple

- 1 tbsp shredded coconut, toasted

Instructions

1. Whisk coconut milk and protein powder until smooth.
2. Stir in chia seeds; refrigerate at least 4 hours, stirring once.
3. Top with pineapple and toasted coconut before serving.

Per serving: 260 calories | 24g protein | 18g carbs | 10g fat | 8g fiber

GLP-1 Tip: *This can be made in individual jars for the whole week — useful since cooking motivation often dips on these medications.*

29. Breakfast Skillet Frittata with Zucchini and Sun-Dried Tomato

Prep: 10 min | Cook: 20 min | Serves: 4

Ingredients

- 8 eggs
- 1 small zucchini, sliced thin
- 3 tbsp chopped sun-dried tomatoes
- 1/4 cup shredded mozzarella
- 1 tbsp olive oil

Instructions

1. Preheat oven to 375°F. In an oven-safe skillet, sauté zucchini in olive oil until softened, 4 minutes.
2. Stir in sun-dried tomatoes and cook 1 minute more.
3. Whisk eggs, pour over the vegetables, sprinkle cheese on top.
4. Cook on stovetop 2 minutes until edges set, then transfer to oven and bake 12–14 minutes until fully set.
5. Slice into 4 wedges.

Per serving: 190 calories | 14g protein | 4g carbs | 13g fat | 1g fiber

GLP-1 Tip: *Frittatas keep well in the fridge for days, so cook once and eat small reheated wedges across the week instead of cooking daily.*

30. Golden Turmeric Protein Oats

Prep: 5 min | Cook: 8 min | Serves: 1

Ingredients

- 1/2 cup rolled oats
- 1 cup unsweetened almond milk
- 1/2 tsp turmeric, pinch black pepper
- 1 scoop vanilla protein powder
- 1 tsp honey, 1 tbsp chopped pistachios

Instructions

1. Simmer oats, almond milk, turmeric, and black pepper over medium heat, stirring, 6–7 minutes.
2. Remove from heat and stir in protein powder until smooth (adding off heat prevents clumping).
3. Drizzle with honey and top with pistachios.

Per serving: 300 calories | 26g protein | 32g carbs | 8g fat | 5g fiber

GLP-1 Tip: *A pinch of black pepper helps the body absorb turmeric's active compound, curcumin — a small detail worth keeping in anti-inflammatory recipes.*

Chapter 2: Smoothies & Shakes

31. Chocolate Peanut Butter Protein Shake

Prep: 5 min | Cook: none | Serves: 1

Ingredients

- 1 scoop chocolate protein powder
- 1 tbsp peanut butter
- 1 cup unsweetened almond milk
- 1/2 frozen banana
- Ice cubes

Instructions

1. Combine all ingredients in a blender.
2. Blend until smooth and creamy, about 30–45 seconds.
3. Add more ice for a thicker texture if desired.

Per serving: 280 calories | 27g protein | 22g carbs | 11g fat | 4g fiber

GLP-1 Tip: Sip slowly over 15–20 minutes rather than drinking quickly — this reduces the chance of nausea from a fast-filling stomach.

32. Green Protein Smoothie with Pineapple

Prep: 5 min | Cook: none | Serves: 1

Ingredients

- 1 cup baby spinach
- 1/2 cup frozen pineapple
- 1 scoop vanilla protein powder
- 3/4 cup unsweetened coconut water
- 1/2 cup plain Greek yogurt

Instructions

1. Add spinach and coconut water to the blender first; blend until smooth.
2. Add remaining ingredients and blend until fully combined.

Per serving: 230 calories | 26g protein | 20g carbs | 4g fat | 3g fiber

GLP-1 Tip: The pineapple's natural sweetness masks the spinach well, making it easier to get vegetables in when solid food feels unappealing.

33. Berry Cottage Cheese Smoothie

Prep: 5 min | Cook: none | Serves: 1

Ingredients

- 1/2 cup cottage cheese
- 3/4 cup mixed frozen berries
- 1/2 cup unsweetened almond milk

- 1 tsp honey

Instructions

1. Blend cottage cheese and almond milk first until smooth.
2. Add berries and honey, blend until fully combined.

Per serving: 190 calories | 15g protein | 24g carbs | 3g fat | 4g fiber

GLP-1 Tip: *Cottage cheese blends completely smooth and adds substantial protein without the chalky texture some protein powders have.*

34. Mocha Espresso Protein Shake

Prep: 5 min | Cook: none | Serves: 1

Ingredients

- 1 scoop chocolate protein powder
- 1 shot espresso or 1/2 cup strong coffee, cooled
- 3/4 cup unsweetened milk of choice
- Ice cubes

Instructions

1. Combine all ingredients in a blender.
2. Blend until smooth and frothy.

Per serving: 160 calories | 25g protein | 8g carbs | 3g fat | 2g fiber

GLP-1 Tip: *A caffeinated shake can double as a gentle appetite check-in for the morning without needing a separate meal and coffee.*

35. Tropical Mango Turmeric Smoothie

Prep: 5 min | Cook: none | Serves: 1

Ingredients

- 3/4 cup frozen mango
- 1 scoop vanilla protein powder
- 3/4 cup unsweetened coconut milk (carton, not canned)
- 1/4 tsp turmeric, pinch black pepper

Instructions

1. Combine all ingredients in a blender.
2. Blend until smooth, about 45 seconds.

Per serving: 220 calories | 24g protein | 22g carbs | 4g fat | 2g fiber

GLP-1 Tip: *Turmeric's anti-inflammatory compounds are better absorbed with a bit of fat and black pepper, both included here.*

36. Vanilla Almond Protein Shake

Prep: 5 min | Cook: none | Serves: 1

Ingredients

- 1 scoop vanilla protein powder
- 1 tbsp almond butter
- 1 cup unsweetened almond milk
- 1/4 tsp almond extract, ice

Instructions

1. Combine all ingredients in a blender.
2. Blend until smooth and creamy.

Per serving: 260 calories | 26g protein | 10g carbs | 13g fat | 2g fiber

GLP-1 Tip: *A simple, low-sugar base like this is easy to modify — add frozen fruit on days you have more appetite, or keep it plain when you don't.*

37. Pumpkin Spice Protein Smoothie

Prep: 5 min | Cook: none | Serves: 1

Ingredients

- 1/2 cup canned pumpkin puree
- 1 scoop vanilla protein powder
- 3/4 cup unsweetened almond milk
- 1/2 tsp pumpkin pie spice, ice

Instructions

1. Combine all ingredients in a blender.
2. Blend until smooth, scraping down sides once if needed.

Per serving: 190 calories | 25g protein | 15g carbs | 3g fat | 4g fiber

GLP-1 Tip: *Pumpkin adds fiber and a satisfying texture that mimics a milkshake without heavy cream or added sugar.*

38. Strawberry Basil Protein Smoothie

Prep: 5 min | Cook: none | Serves: 1

Ingredients

- 1 cup frozen strawberries
- 4 fresh basil leaves
- 1 scoop vanilla protein powder
- 3/4 cup unsweetened almond milk

Instructions

1. Combine all ingredients in a blender.
2. Blend until smooth and vibrant pink-green.

Per serving: 190 calories | 24g protein | 18g carbs | 2g fat | 3g fiber

GLP-1 Tip: *Fresh herbs like basil add complexity without extra sugar, which helps if sweet flavors have started to feel like too much lately — a common shift on these medications.*

39. Peanut Butter Banana Protein Shake

Prep: 5 min | Cook: none | Serves: 1

Ingredients

- 1/2 banana
- 1 tbsp peanut butter
- 1 scoop chocolate or vanilla protein powder
- 1 cup unsweetened milk of choice

Instructions

1. Combine all ingredients in a blender.
2. Blend until smooth and thick.

Per serving: 300 calories | 27g protein | 24g carbs | 12g fat | 3g fiber

GLP-1 Tip: *This is calorie-dense in a small volume — a good pick on days appetite is very low but you still need real nutrition.*

40. Matcha Protein Smoothie

Prep: 5 min | Cook: none | Serves: 1

Ingredients

- 1 tsp matcha powder
- 1 scoop vanilla protein powder
- 3/4 cup unsweetened almond milk
- 1/2 frozen banana, ice

Instructions

1. Whisk matcha with 2 tbsp warm water until smooth to avoid clumps.
2. Add to blender with remaining ingredients.
3. Blend until smooth.

Per serving: 210 calories | 25g protein | 20g carbs | 3g fat | 2g fiber

GLP-1 Tip: *Matcha's gentler caffeine release can be easier on a sensitive stomach than a strong coffee.*

41. Apple Cinnamon Protein Smoothie

Prep: 5 min | Cook: none | Serves: 1

Ingredients

- 1/2 apple, chopped
- 1 scoop vanilla protein powder
- 3/4 cup unsweetened almond milk
- 1/2 tsp cinnamon, ice

Instructions

1. Combine all ingredients in a blender.
2. Blend until smooth, about 45 seconds.

Per serving: 200 calories | 24g protein | 20g carbs | 2g fat | 3g fiber

GLP-1 Tip: *Tastes like a lighter version of apple pie — a good option if very sweet or rich desserts have become less appealing.*

42. Chocolate Cherry Protein Smoothie

Prep: 5 min | Cook: none | Serves: 1

Ingredients

- 3/4 cup frozen dark cherries
- 1 scoop chocolate protein powder
- 3/4 cup unsweetened almond milk
- Ice cubes

Instructions

1. Combine all ingredients in a blender.
2. Blend until smooth and thick.

Per serving: 210 calories | 25g protein | 22g carbs | 3g fat | 3g fiber

GLP-1 Tip: *Cherries bring natural sweetness and antioxidants without needing added sugar.*

43. Carrot Cake Protein Smoothie

Prep: 5 min | Cook: none | Serves: 1

Ingredients

- 1/2 cup shredded carrot
- 1 scoop vanilla protein powder
- 3/4 cup unsweetened almond milk
- 1/2 tsp cinnamon, pinch nutmeg, 1 tbsp chopped walnuts

Instructions

1. Combine all ingredients except walnuts in a blender.
2. Blend until smooth, about 1 minute (carrot needs a bit longer to fully break down).
3. Top with chopped walnuts before serving.

Per serving: 220 calories | 25g protein | 20g carbs | 5g fat | 3g fiber

GLP-1 Tip: *Blending vegetables like carrot into a smoothie is an easy way to keep some fiber and micronutrients coming in on days solid vegetables feel unappealing.*

44. Coconut Lime Protein Smoothie

Prep: 5 min | Cook: none | Serves: 1

Ingredients

- 3/4 cup light coconut milk
- 1 scoop vanilla protein powder
- Juice of 1/2 lime
- 1/2 cup ice

Instructions

1. Combine all ingredients in a blender.

2. Blend until smooth and frothy.

Per serving: 190 calories | 24g protein | 10g carbs | 6g fat | 1g fiber

GLP-1 Tip: *A brighter, citrusy shake can feel more refreshing than sweet ones on days when nausea makes rich flavors unappealing.*

45. Overnight Protein Shake Jars (Grab-and-Go)

Prep: 5 min (+ overnight) | Cook: none | Serves: 2

Ingredients

- 2 scoops vanilla protein powder
- 2 cups unsweetened almond milk
- 2 tbsp chia seeds
- 1 tsp vanilla extract, cinnamon to taste

Instructions

1. Whisk protein powder into almond milk until fully dissolved.
2. Stir in chia seeds, vanilla, and cinnamon.
3. Divide into two jars, refrigerate overnight.
4. Shake well before drinking.

Per serving: 190 calories | 24g protein | 10g carbs | 6g fat | 5g fiber

GLP-1 Tip: *Having a ready-made shake in the fridge removes the barrier of "I don't feel like cooking," which comes up often with reduced appetite and energy.*

Chapter 3: Snacks & Appetizers

46. Whipped Feta and Roasted Red Pepper Dip

Prep: 10 min | Cook: none | Serves: 4

Ingredients

- 4 oz feta, crumbled
- 1/4 cup plain Greek yogurt
- 1/2 cup jarred roasted red pepper, drained
- 1 tbsp olive oil, pinch chili flakes

Instructions

1. Combine feta, yogurt, and roasted pepper in a food processor.
2. Blend until smooth and whipped, about 1 minute.
3. Drizzle with olive oil and chili flakes before serving with cucumber slices or whole grain crackers.

Per serving: 110 calories | 6g protein | 4g carbs | 8g fat | 1g fiber

GLP-1 Tip: *A whipped, smooth dip is easy to eat in small spoonfuls alongside crunchy vegetables for texture contrast.*

47. Crispy Baked Chickpeas

Prep: 5 min | Cook: 30 min | Serves: 4

Ingredients

- 1 can (15 oz) chickpeas, drained, rinsed, patted dry
- 1 tbsp olive oil
- 1/2 tsp smoked paprika, 1/2 tsp garlic powder, salt

Instructions

1. Preheat oven to 400°F.
2. Toss chickpeas with olive oil and seasonings.
3. Spread on a baking sheet and roast 25–30 minutes, shaking the pan halfway, until crisp.

Per serving: 130 calories | 6g protein | 18g carbs | 4g fat | 5g fiber

GLP-1 Tip: *A crunchy, fiber-rich snack that's easy to portion into small handfuls rather than a whole bag at once.*

48. Tuna Salad Cucumber Bites

Prep: 10 min | Cook: none | Serves: 2

Ingredients

- 1 can (5 oz) tuna in water, drained
- 2 tbsp plain Greek yogurt
- 1 tsp Dijon mustard
- 1 cucumber, sliced into rounds
- Salt, pepper, chives

Instructions

1. Mix tuna, yogurt, and Dijon in a bowl until combined.
2. Season with salt, pepper, and chives.
3. Spoon a small amount onto each cucumber round.

Per serving: 140 calories | 20g protein | 4g carbs | 4g fat | 1g fiber

GLP-1 Tip: *Using cucumber instead of crackers keeps this light and hydrating while still delivering a strong protein hit.*

49. Edamame with Sea Salt and Chili

Prep: 2 min | Cook: 5 min | Serves: 2

Ingredients

- 1 1/2 cups frozen edamame in pods
- Sea salt, chili flakes, squeeze of lime

Instructions

1. Steam or boil edamame according to package directions, about 5 minutes.
2. Toss with sea salt, chili flakes, and lime juice.

Per serving: 120 calories | 11g protein | 9g carbs | 5g fat | 4g fiber

GLP-1 Tip: *Eating edamame from the pod naturally slows you down, which pairs well with a slower, smaller-appetite eating style.*

50. Deviled Eggs with Greek Yogurt

Prep: 15 min | Cook: 10 min | Serves: 4 (2 halves each)

Ingredients

- 4 eggs, hard-boiled and halved
- 2 tbsp plain Greek yogurt
- 1 tsp Dijon mustard
- Paprika, chives

Instructions

1. Scoop yolks into a bowl; mash with yogurt and Dijon until smooth.
2. Spoon or pipe the mixture back into the egg white halves.
3. Sprinkle with paprika and chives.

Per serving: 80 calories | 7g protein | 1g carbs | 5g fat | 0g fiber

GLP-1 Tip: *Greek yogurt replaces most of the mayonnaise in a classic deviled egg, keeping this rich in protein but lighter on fat.*

51. Caprese Skewers

Prep: 10 min | Cook: none | Serves: 4

Ingredients

- 12 cherry tomatoes
- 12 small mozzarella balls (bocconcini)

- 12 fresh basil leaves
- 1 tbsp balsamic glaze, olive oil

Instructions

1. Thread a tomato, folded basil leaf, and mozzarella ball onto small skewers.
2. Arrange on a plate and drizzle with balsamic glaze and olive oil.

Per serving: 130 calories | 8g protein | 4g carbs | 9g fat | 1g fiber

GLP-1 Tip: *Bite-sized, pre-portioned snacks like these make it easy to eat exactly a few bites without feeling like you have to finish a full plate.*

52. Smoked Salmon Cucumber Rolls

Prep: 10 min | Cook: none | Serves: 2

Ingredients

- 1 cucumber, sliced lengthwise into ribbons
- 3 oz smoked salmon
- 2 tbsp cream cheese, softened
- Fresh dill, lemon zest

Instructions

1. Spread a thin layer of cream cheese on each cucumber ribbon.
2. Top with a small piece of smoked salmon and a sprinkle of dill.
3. Roll up and secure with a toothpick if needed.

Per serving: 110 calories | 10g protein | 3g carbs | 6g fat | 1g fiber

GLP-1 Tip: *Rolling protein and vegetables together in one bite keeps the total volume small while still balanced.*

53. Roasted Edamame Hummus with Veggie Sticks

Prep: 10 min | Cook: none | Serves: 4

Ingredients

- 1 cup shelled edamame, cooked
- 2 tbsp tahini
- 1 clove garlic
- Juice of 1 lemon, 2 tbsp olive oil
- Carrot and bell pepper sticks, to serve

Instructions

1. Combine edamame, tahini, garlic, lemon juice, and olive oil in a food processor.
2. Blend until smooth, adding a splash of water if too thick.
3. Serve with vegetable sticks.

Per serving: 150 calories | 8g protein | 8g carbs | 10g fat | 4g fiber

GLP-1 Tip: *Edamame-based hummus packs more protein than traditional chickpea hummus, gram for gram.*

54. Turkey and Cheese Roll-Ups

Prep: 5 min | Cook: none | Serves: 1

Ingredients

- 3 slices deli turkey breast
- 2 slices reduced-fat cheddar
- 1 tsp Dijon mustard
- A few spinach leaves

Instructions

1. Lay turkey slices flat; spread a thin layer of Dijon.
2. Layer cheese and spinach on top.
3. Roll tightly and slice in half.

Per serving: 190 calories | 24g protein | 3g carbs | 9g fat | 1g fiber

GLP-1 Tip: *No prep-heavy cooking needed — a good option for a quick protein snack on low-energy days.*

55. Cottage Cheese and Everything Bagel Cucumber Cups

Prep: 10 min | Cook: none | Serves: 2

Ingredients

- 1 cucumber, cut into thick rounds and hollowed slightly
- 1/2 cup cottage cheese
- 1 tsp everything bagel seasoning

Instructions

1. Hollow a small well into each cucumber round with a spoon.
2. Fill each with a spoonful of cottage cheese.
3. Sprinkle with everything bagel seasoning.

Per serving: 90 calories | 10g protein | 5g carbs | 3g fat | 1g fiber

GLP-1 Tip: *A crunchy, cold, low-volume snack that's gentle on the stomach and easy to eat just two or three of.*

56. Baked Parmesan Zucchini Chips

Prep: 10 min | Cook: 20 min | Serves: 4

Ingredients

- 2 medium zucchini, sliced into thin rounds
- 1/2 cup grated Parmesan
- 1/2 tsp garlic powder, black pepper
- Cooking spray

Instructions

1. Preheat oven to 400°F, line a baking sheet with parchment.
2. Pat zucchini slices dry; arrange in a single layer.
3. Sprinkle with Parmesan, garlic powder, and pepper.

4. Bake 18–20 minutes until golden and crisp at the edges.

Per serving: 90 calories | 7g protein | 4g carbs | 5g fat | 1g fiber

GLP-1 Tip: *A satisfying crunchy substitute for potato chips, with far more protein and far less fat per serving.*

57. Protein-Packed Trail Mix

Prep: 5 min | Cook: none | Serves: 6 (small portions)

Ingredients

- 1/2 cup roasted almonds
- 1/2 cup roasted edamame (dry-roasted, not fried)
- 1/4 cup pumpkin seeds
- 1/4 cup dried cranberries (unsweetened if possible)

Instructions

1. Combine all ingredients in a bowl or jar.
2. Portion into small snack bags, about 1/4 cup each.

Per serving: 150 calories | 8g protein | 11g carbs | 9g fat | 3g fiber

GLP-1 Tip: *Pre-portioning into small bags prevents mindlessly overeating a calorie-dense snack past the point of comfort.*

58. Antipasto Skewers

Prep: 10 min | Cook: none | Serves: 4

Ingredients

- 8 cherry tomatoes
- 8 marinated artichoke hearts
- 4 oz salami-free hard cheese cubes (like provolone or fresh mozzarella)
- 8 olives

Instructions

1. Thread tomato, artichoke, cheese, and an olive onto small skewers.
2. Arrange on a platter and drizzle with olive oil if desired.

Per serving: 100 calories | 6g protein | 3g carbs | 7g fat | 1g fiber

GLP-1 Tip: *Assembling protein and vegetables onto single skewers naturally creates a built-in portion size.*

59. Spicy Roasted Almonds

Prep: 5 min | Cook: 10 min | Serves: 6

Ingredients

- 1 cup raw almonds
- 1 tsp olive oil
- 1/2 tsp cayenne, 1/2 tsp smoked paprika, salt

Instructions

1. Preheat oven to 350°F.
2. Toss almonds with olive oil and spices.
3. Spread on a baking sheet and roast 8–10 minutes, stirring once.

Per serving: 110 calories | 4g protein | 4g carbs | 9g fat | 2g fiber

GLP-1 Tip: *A small handful of nuts is calorie-dense enough to bridge the gap between meals without needing a large snack volume.*

60. Greek Yogurt Ranch Veggie Dip

Prep: 5 min | Cook: none | Serves: 4

Ingredients

- 1 cup plain Greek yogurt
- 1 tbsp chopped dill, 1 tbsp chopped chives
- 1 clove garlic, minced
- Juice of 1/2 lemon, salt and pepper

Instructions

1. Combine all ingredients in a bowl and whisk until smooth.
2. Refrigerate at least 15 minutes to let flavors meld.
3. Serve with an assortment of raw vegetables.

Per serving: 60 calories | 8g protein | 4g carbs | 1g fat | 0g fiber

GLP-1 Tip: *A protein-rich dip means even a purely "vegetable" snack contributes meaningfully to your daily protein total.*

61. Baked Cheese Crisps

Prep: 5 min | Cook: 8 min | Serves: 4

Ingredients

- 1 cup shredded Parmesan or cheddar
- 1/4 tsp smoked paprika or Italian seasoning

Instructions

1. Preheat oven to 375°F, line a baking sheet with parchment.
2. Spoon small mounds of cheese onto the sheet, spaced apart, and flatten slightly.
3. Sprinkle with seasoning.
4. Bake 6–8 minutes until golden and bubbly; cool 2 minutes to crisp up.

Per serving: 110 calories | 9g protein | 1g carbs | 8g fat | 0g fiber

GLP-1 Tip: *A crunchy, carb-free alternative to crackers that's still rich in protein.*

62. Shrimp Cocktail Bites

Prep: 10 min | Cook: 3 min | Serves: 4

Ingredients

- 16 medium shrimp, peeled and deveined
- 1/4 cup cocktail sauce
- Lemon wedges

Instructions

1. Bring a pot of water to a boil; add shrimp and cook 2–3 minutes until pink and opaque.
2. Drain and chill in the refrigerator or an ice bath.
3. Serve with cocktail sauce and lemon wedges.

Per serving: 70 calories | 12g protein | 3g carbs | 1g fat | 0g fiber

GLP-1 Tip: *Shrimp is very high in protein for very few calories, making it an efficient snack when appetite is limited.*

63. Cheese and Apple Slices

Prep: 5 min | Cook: none | Serves: 1

Ingredients

- 1/2 apple, sliced
- 1.5 oz sharp cheddar, sliced
- Pinch of cinnamon (optional)

Instructions

1. Arrange apple and cheese slices alternately on a plate.
2. Sprinkle with cinnamon if using.

Per serving: 220 calories | 11g protein | 16g carbs | 13g fat | 3g fiber

GLP-1 Tip: *Pairing fruit with cheese slows sugar absorption and adds staying power compared to fruit alone.*

64. Mini Egg Salad Lettuce Cups

Prep: 10 min | Cook: none | Serves: 2

Ingredients

- 3 hard-boiled eggs, chopped
- 2 tbsp plain Greek yogurt
- 1 tsp Dijon mustard
- Butter lettuce leaves

Instructions

1. Mix chopped eggs, Greek yogurt, and Dijon in a bowl.
2. Season with salt and pepper.
3. Spoon into lettuce leaves to serve.

Per serving: 130 calories | 12g protein | 2g carbs | 8g fat | 0g fiber

GLP-1 Tip: *Lettuce cups replace bread, keeping the snack light and easy to digest while the egg salad still delivers real protein.*

65. Warm Marinated Olives and Feta

Prep: 5 min | Cook: 5 min | Serves: 4

Ingredients

- 1 cup mixed olives
- 3 oz feta, cubed
- 1 tbsp olive oil, 1 clove garlic, sliced
- Zest of 1 lemon, chili flakes

Instructions

1. Warm olive oil in a small pan over low heat with garlic, about 2 minutes.
2. Add olives and feta, warm gently for 3 minutes without letting the feta melt.
3. Transfer to a bowl, top with lemon zest and chili flakes.

Per serving: 130 calories | 5g protein | 2g carbs | 12g fat | 1g fiber

GLP-1 Tip: *Warming this dish slightly makes it feel more like a comforting snack than a cold, plain plate of olives.*

Chapter 4: Soups & Stews

66. Chicken and White Bean Soup

Prep: 10 min | Cook: 25 min | Serves: 4

Ingredients

- 2 cups shredded cooked chicken breast
- 1 can (15 oz) cannellini beans, drained
- 4 cups low-sodium chicken broth
- 1 carrot, 1 celery stalk, diced
- 1/2 onion, diced, 1 clove garlic, minced
- 1 tsp thyme, salt and pepper

Instructions

1. Sauté onion, carrot, celery, and garlic in a large pot with a little olive oil until softened, 5 minutes.
2. Add broth, beans, and thyme; bring to a simmer.
3. Simmer 15 minutes until vegetables are tender.
4. Stir in shredded chicken and heat through, about 3 minutes.

Per serving: 240 calories | 26g protein | 20g carbs | 5g fat | 6g fiber

GLP-1 Tip: *Brothy soups are naturally gentle on the stomach and easy to eat slowly — a reliable go-to on lower-appetite days.*

67. Creamy Tomato Basil Soup with White Beans

Prep: 10 min | Cook: 20 min | Serves: 4

Ingredients

- 1 can (28 oz) crushed tomatoes
- 1 can (15 oz) white beans, drained
- 2 cups vegetable broth
- 1/4 cup fresh basil, torn
- 2 tbsp Greek yogurt per serving, to swirl in

Instructions

1. Simmer crushed tomatoes, white beans, and broth together for 15 minutes.
2. Blend half the soup with an immersion blender for a creamier texture, leaving some beans whole.
3. Stir in basil and season with salt and pepper.
4. Serve with a swirl of Greek yogurt on top.

Per serving: 190 calories | 12g protein | 30g carbs | 2g fat | 8g fiber

GLP-1 Tip: *Blending in the beans thickens the soup naturally without cream, while quietly boosting protein and fiber.*

68. Egg Drop Soup with Shredded Chicken

Prep: 5 min | Cook: 10 min | Serves: 2

Ingredients

- 3 cups low-sodium chicken broth
- 2 eggs, beaten
- 1/2 cup shredded cooked chicken
- 1 tsp cornstarch mixed with 2 tbsp water
- Scallions, white pepper

Instructions

1. Bring broth to a gentle simmer; add cornstarch slurry and stir until slightly thickened.
2. Add shredded chicken and simmer 2 minutes.
3. Slowly drizzle in beaten eggs while stirring in one direction to create ribbons.
4. Season with white pepper and top with scallions.

Per serving: 160 calories | 18g protein | 5g carbs | 7g fat | 0g fiber

GLP-1 Tip: *Very light and warm, this is often well tolerated even on days with more noticeable nausea.*

69. Lentil and Spinach Stew

Prep: 10 min | Cook: 30 min | Serves: 4

Ingredients

- 1 cup red lentils, rinsed
- 4 cups vegetable broth
- 2 cups baby spinach
- 1/2 onion, diced, 1 clove garlic, minced
- 1 tsp cumin, 1/2 tsp turmeric

Instructions

1. Sauté onion and garlic until soft, 4 minutes.
2. Add lentils, broth, cumin, and turmeric; bring to a boil, then simmer 20–22 minutes until lentils break down.
3. Stir in spinach in the last 3 minutes until wilted.
4. Season with salt and pepper.

Per serving: 210 calories | 14g protein | 32g carbs | 2g fat | 9g fiber

GLP-1 Tip: *Lentils are one of the highest-fiber plant proteins available, which helps counter constipation that's common on these medications.*

70. Turkey Meatball and Vegetable Soup

Prep: 15 min | Cook: 25 min | Serves: 4

Ingredients

- 1 lb ground turkey, formed into small meatballs
- 4 cups low-sodium chicken broth
- 1 zucchini, diced
- 1 carrot, diced, 1/2 cup diced tomato
- 1 tsp Italian seasoning, salt

Instructions

1. Bring broth to a simmer; gently add turkey meatballs.
2. Simmer 12–15 minutes until meatballs are cooked through.
3. Add zucchini, carrot, and tomato; simmer 8 more minutes until vegetables are tender.
4. Season with Italian seasoning and salt.

Per serving: 220 calories | 24g protein | 8g carbs | 10g fat | 2g fiber

GLP-1 Tip: *Small meatballs are easy to portion out one or two at a time if a full bowl feels like too much.*

71. Butternut Squash and White Bean Soup

Prep: 10 min | Cook: 25 min | Serves: 4

Ingredients

- 3 cups cubed butternut squash
- 1 can (15 oz) white beans, drained
- 3 cups vegetable broth
- 1/2 onion, diced
- 1/2 tsp cinnamon, 1/2 tsp nutmeg

Instructions

1. Sauté onion until soft, 4 minutes.
2. Add squash, beans, broth, cinnamon, and nutmeg; simmer 18–20 minutes until squash is tender.
3. Blend with an immersion blender until smooth and creamy.

Per serving: 180 calories | 8g protein | 32g carbs | 2g fat | 7g fiber

GLP-1 Tip: *The beans blend in seamlessly, turning a simple vegetable soup into a more complete, protein-supported meal.*

72. Shrimp and Corn Chowder

Prep: 10 min | Cook: 20 min | Serves: 4

Ingredients

- 1 lb shrimp, peeled and deveined
- 1 cup corn kernels
- 2 cups low-sodium chicken or seafood broth
- 1/2 cup 2% milk
- 1/2 onion, diced, 1 potato, diced small

Instructions

1. Sauté onion until soft; add potato and broth, simmer 12 minutes until potato is tender.
2. Stir in corn and milk; simmer 3 minutes.
3. Add shrimp and cook 3–4 minutes until opaque and just cooked through.
4. Season with salt, pepper, and a little smoked paprika.

Per serving: 220 calories | 22g protein | 20g carbs | 5g fat | 2g fiber

GLP-1 Tip: *Shrimp cooks fast, so add it last to keep it tender rather than rubbery — easier to eat comfortably.*

73. Moroccan-Spiced Chickpea Stew

Prep: 10 min | Cook: 25 min | Serves: 4

Ingredients

- 2 cans (15 oz each) chickpeas, drained
- 1 can (14 oz) diced tomatoes
- 2 cups vegetable broth
- 1 tsp cumin, 1 tsp cinnamon, 1/2 tsp paprika
- Fresh cilantro, to garnish

Instructions

1. Combine chickpeas, tomatoes, broth, and spices in a pot.
2. Bring to a simmer and cook 20 minutes, mashing some chickpeas against the pot to thicken.
3. Garnish with fresh cilantro before serving.

Per serving: 230 calories | 12g protein | 36g carbs | 4g fat | 9g fiber

GLP-1 Tip: Warm spices like cumin and cinnamon add real flavor depth without relying on added fat, which can be harder to tolerate.

74. Classic Chicken Vegetable Soup

Prep: 10 min | Cook: 25 min | Serves: 4

Ingredients

- 2 cups shredded cooked chicken breast
- 4 cups low-sodium chicken broth
- 1 carrot, 1 celery stalk, diced
- 1/2 cup diced zucchini
- 1/2 cup small pasta or rice (optional)

Instructions

1. Sauté carrot and celery in a splash of olive oil until slightly softened, 5 minutes.
2. Add broth and bring to a simmer; add pasta or rice if using and cook per package time.
3. Add zucchini and shredded chicken; simmer 5 more minutes.
4. Season with salt, pepper, and fresh parsley.

Per serving: 200 calories | 24g protein | 12g carbs | 5g fat | 2g fiber

GLP-1 Tip: A familiar, gentle classic — good to keep a batch in the freezer for days appetite and energy for cooking are both low.

75. Black Bean Soup with Lime and Cilantro

Prep: 10 min | Cook: 20 min | Serves: 4

Ingredients

- 2 cans (15 oz each) black beans, drained
- 3 cups vegetable broth
- 1/2 onion, diced, 1 clove garlic
- 1 tsp cumin, juice of 1 lime

- Cilantro and Greek yogurt, to serve

Instructions

1. Sauté onion and garlic until soft, 4 minutes.
2. Add beans, broth, and cumin; simmer 15 minutes.
3. Blend half the soup for a thicker texture, leaving some beans whole.
4. Stir in lime juice; serve topped with cilantro and a dollop of Greek yogurt.

Per serving: 220 calories | 13g protein | 34g carbs | 3g fat | 10g fiber

GLP-1 Tip: *High fiber from black beans supports regularity — pair with plenty of water throughout the day.*

76. Cod and Vegetable Stew

Prep: 10 min | Cook: 18 min | Serves: 4

Ingredients

- 1 lb cod fillet, cut into chunks
- 1 can (14 oz) diced tomatoes
- 2 cups fish or vegetable broth
- 1/2 fennel bulb, sliced, 1 clove garlic
- 1/4 tsp red pepper flakes

Instructions

1. Sauté fennel and garlic in olive oil until softened, 5 minutes.
2. Add tomatoes and broth; simmer 10 minutes.
3. Gently add cod chunks and poach in the simmering broth 5–6 minutes until just cooked through and flaky.
4. Season with red pepper flakes, salt, and pepper.

Per serving: 170 calories | 22g protein | 8g carbs | 4g fat | 2g fiber

GLP-1 Tip: *Poaching fish directly in broth keeps it very tender and moist, which is easier to manage than drier cooking methods.*

77. Turkey and Wild Rice Soup

Prep: 10 min | Cook: 35 min | Serves: 4

Ingredients

- 2 cups diced cooked turkey breast
- 1/2 cup wild rice
- 4 cups low-sodium chicken broth
- 1 carrot, 1 celery stalk, diced
- 1/2 cup 2% milk, 1 tbsp flour (for a light thickening)

Instructions

1. Simmer wild rice in broth with carrot and celery, about 25 minutes until rice is tender.
2. Whisk flour into milk until smooth; stir into the soup to lightly thicken.
3. Add diced turkey and simmer 5 more minutes.

4. Season with salt, pepper, and thyme.

Per serving: 230 calories | 22g protein | 22g carbs | 5g fat | 2g fiber

GLP-1 Tip: *Wild rice adds a hearty, chewy texture that can make a smaller bowl feel more complete.*

78. Thai-Inspired Coconut Chicken Soup (Tom Kha-Style)

Prep: 10 min | Cook: 20 min | Serves: 4

Ingredients

- 1 lb chicken breast, sliced thin
- 1 can (13.5 oz) light coconut milk
- 2 cups chicken broth
- 2 tbsp fish sauce, juice of 1 lime
- Mushrooms, sliced, cilantro, chili to taste

Instructions

1. Bring broth and coconut milk to a gentle simmer.
2. Add chicken and mushrooms; simmer 10–12 minutes until chicken is cooked through.
3. Stir in fish sauce and lime juice off the heat.
4. Garnish with cilantro and chili.

Per serving: 240 calories | 24g protein | 8g carbs | 12g fat | 1g fiber

GLP-1 Tip: *Keep this on the milder side if spicy foods have started to bother your stomach more than they used to.*

79. Split Pea Soup with Turkey

Prep: 10 min | Cook: 40 min | Serves: 4

Ingredients

- 1 cup dried split peas, rinsed
- 1 cup diced cooked turkey breast
- 4 cups low-sodium chicken broth
- 1 carrot, 1 celery stalk, diced, 1/2 onion, diced

Instructions

1. Sauté onion, carrot, and celery until softened, 5 minutes.
2. Add split peas and broth; bring to a boil, then simmer 30–35 minutes, stirring occasionally, until peas break down.
3. Stir in diced turkey and heat through 5 minutes.
4. Season with salt, pepper, and a bay leaf while simmering (remove before serving).

Per serving: 260 calories | 24g protein | 34g carbs | 3g fat | 10g fiber

GLP-1 Tip: *This soup is naturally thick and filling in a small volume, which suits a reduced appetite well.*

80. Miso Salmon Soup with Bok Choy

Prep: 10 min | Cook: 15 min | Serves: 2

Ingredients

- 6 oz salmon fillet, cubed
- 3 cups low-sodium vegetable or fish broth
- 2 tbsp white miso paste
- 1 baby bok choy, chopped
- Scallions, sesame seeds

Instructions

1. Bring broth to a gentle simmer; whisk in miso paste until dissolved (avoid boiling, which can dull miso's flavor).
2. Add bok choy and simmer 3 minutes.
3. Add salmon cubes and poach gently 5–6 minutes until just cooked through.
4. Garnish with scallions and sesame seeds.

Per serving: 230 calories | 24g protein | 6g carbs | 12g fat | 2g fiber

GLP-1 Tip: *Miso adds deep savory flavor without needing added fat, and the omega-3s in salmon support overall health during weight loss.*

Chapter 5: Salads

81. Grilled Chicken Caesar Salad (Lightened Up)

Prep: 10 min | Cook: 12 min | Serves: 2

Ingredients

- 2 chicken breasts (5 oz each), grilled and sliced
- 4 cups chopped romaine
- 2 tbsp grated Parmesan
- 2 tbsp light Caesar dressing
- Whole grain croutons, small handful

Instructions

1. Season and grill chicken breasts 5–6 minutes per side until cooked through; slice.
2. Toss romaine with dressing and Parmesan.
3. Top with sliced chicken and a small handful of croutons.

Per serving: 320 calories | 38g protein | 10g carbs | 13g fat | 3g fiber

GLP-1 Tip: *Dress the salad lightly rather than drenching it — heavy creamy dressings are one of the more common nausea triggers.*

82. Mediterranean Chickpea and Feta Salad

Prep: 15 min | Cook: none | Serves: 4

Ingredients

- 1 can (15 oz) chickpeas, drained
- 1 cucumber, diced, 1 cup cherry tomatoes, halved
- 1/2 cup crumbled feta
- 2 tbsp olive oil, juice of 1 lemon, oregano

Instructions

1. Combine chickpeas, cucumber, and tomatoes in a bowl.
2. Whisk olive oil, lemon juice, and oregano; toss with the salad.
3. Top with crumbled feta before serving.

Per serving: 210 calories | 10g protein | 22g carbs | 10g fat | 6g fiber

GLP-1 Tip: *This salad keeps well in the fridge for a couple of days, so make it once and eat small portions across several meals.*

83. Seared Tuna Niçoise-Style Salad

Prep: 15 min | Cook: 8 min | Serves: 2

Ingredients

- 2 tuna steaks (4 oz each)
- 4 cups mixed greens
- 1 cup steamed green beans

- 4 baby potatoes, boiled and halved
- 2 hard-boiled eggs, halved, olive oil and lemon dressing

Instructions

1. Sear tuna steaks in a hot pan 1–2 minutes per side for medium-rare (or longer if preferred).
2. Arrange greens, green beans, potatoes, and eggs on plates.
3. Slice tuna and place on top.
4. Drizzle with olive oil and lemon juice, season with salt and pepper.

Per serving: 380 calories | 40g protein | 22g carbs | 15g fat | 5g fiber

GLP-1 Tip: *This composed salad has natural built-in portions — eat the pieces you have appetite for and save the rest for later.*

84. Southwest Chicken and Black Bean Salad

Prep: 15 min | Cook: 10 min | Serves: 2

Ingredients

- 2 chicken breasts (5 oz each), grilled and sliced
- 1/2 cup black beans, drained
- 1/2 cup corn kernels
- 4 cups romaine, chopped
- 2 tbsp lime vinaigrette, cilantro

Instructions

1. Season and grill chicken 5–6 minutes per side; slice.
2. Toss romaine, black beans, and corn together.
3. Top with sliced chicken, drizzle with lime vinaigrette, and garnish with cilantro.

Per serving: 340 calories | 37g protein | 24g carbs | 10g fat | 7g fiber

GLP-1 Tip: *Beans and corn add fiber and volume to this salad without adding much fat, keeping it easy to digest.*

85. Shrimp and Avocado Salad

Prep: 15 min | Cook: 5 min | Serves: 2

Ingredients

- 12 oz shrimp, peeled and deveined
- 1 avocado, diced
- 4 cups mixed greens
- 1/2 cup cherry tomatoes, halved
- Lime vinaigrette

Instructions

1. Sauté shrimp in a lightly oiled pan 2–3 minutes per side until pink and opaque.
2. Toss greens and tomatoes with lime vinaigrette.
3. Top with shrimp and diced avocado.

Per serving: 300 calories | 28g protein | 12g carbs | 17g fat | 6g fiber

GLP-1 Tip: *Avocado's healthy fat helps you feel satisfied on a smaller plate, which matters more now that portions are naturally smaller.*

86. Greek Salad with Grilled Chicken

Prep: 10 min | Cook: 10 min | Serves: 2

Ingredients

- 2 chicken breasts (5 oz each), grilled and sliced
- 1 cucumber, diced, 1 cup cherry tomatoes, halved
- 1/4 red onion, thinly sliced
- 1/3 cup feta, crumbled
- Olive oil, red wine vinegar, oregano

Instructions

1. Grill chicken 5–6 minutes per side; slice.
2. Combine cucumber, tomatoes, and red onion in a bowl.
3. Whisk olive oil, vinegar, and oregano; toss with vegetables.
4. Top with chicken and feta.

Per serving: 330 calories | 38g protein | 10g carbs | 15g fat | 3g fiber

GLP-1 Tip: *Feta's bold flavor means a little goes a long way, so you don't need much to feel satisfied.*

87. Warm Lentil and Roasted Vegetable Salad

Prep: 10 min | Cook: 25 min | Serves: 4

Ingredients

- 1 cup cooked green or brown lentils
- 1 zucchini, 1 bell pepper, diced
- 1/2 red onion, sliced
- 2 tbsp olive oil, balsamic vinegar
- 2 oz goat cheese, crumbled

Instructions

1. Preheat oven to 400°F. Toss zucchini, bell pepper, and onion with olive oil; roast 20 minutes.
2. Combine roasted vegetables with cooked lentils.
3. Drizzle with balsamic vinegar and top with goat cheese.

Per serving: 210 calories | 11g protein | 24g carbs | 8g fat | 8g fiber

GLP-1 Tip: *Serving this warm rather than cold can make it feel more like a comforting meal on days raw, cold salads feel unappealing.*

88. Cobb Salad with Turkey and Egg

Prep: 15 min | Cook: 10 min | Serves: 2

Ingredients

- 4 oz diced cooked turkey breast
- 2 hard-boiled eggs, chopped

- 1/4 cup crumbled blue cheese
- 1 avocado, diced
- 4 cups chopped romaine, light vinaigrette

Instructions

1. Arrange romaine on plates.
2. Top with rows of turkey, egg, blue cheese, and avocado.
3. Drizzle with light vinaigrette just before eating.

Per serving: 350 calories | 30g protein | 10g carbs | 22g fat | 6g fiber

GLP-1 Tip: *Composed salads like this are easy to eat in small sections — try one "row" at a time rather than mixing the whole plate together.*

89. Quinoa Tabbouleh with Chickpeas

Prep: 15 min | Cook: 15 min | Serves: 4

Ingredients

- 1 cup cooked quinoa
- 1 can (15 oz) chickpeas, drained
- 1 cup chopped parsley, 1/2 cup chopped mint
- 2 tomatoes, diced
- 2 tbsp olive oil, juice of 1 lemon

Instructions

1. Combine cooked quinoa, chickpeas, parsley, mint, and tomatoes in a bowl.
2. Whisk olive oil and lemon juice; toss with the salad.
3. Season with salt and pepper; chill 10 minutes before serving if possible.

Per serving: 220 calories | 9g protein | 30g carbs | 8g fat | 7g fiber

GLP-1 Tip: *The herbs here aren't just for flavor — parsley and mint can help settle a mildly upset stomach.*

90. Salmon and Arugula Salad with Lemon Vinaigrette

Prep: 10 min | Cook: 12 min | Serves: 2

Ingredients

- 2 salmon fillets (5 oz each)
- 4 cups arugula
- 1/4 cup shaved Parmesan
- 2 tbsp olive oil, juice of 1 lemon

Instructions

1. Bake or pan-sear salmon 5–6 minutes per side until just cooked through.
2. Toss arugula with olive oil and lemon juice.
3. Top with flaked salmon and shaved Parmesan.

Per serving: 350 calories | 33g protein | 4g carbs | 22g fat | 1g fiber

GLP-1 Tip: *Arugula's peppery bite pairs well with rich salmon, so you need less dressing to make the salad taste complete.*

91. White Bean and Tuna Salad

Prep: 10 min | Cook: none | Serves: 2

Ingredients

- 1 can (5 oz) tuna in water, drained
- 1 can (15 oz) white beans, drained
- 1/4 red onion, thinly sliced
- 2 tbsp olive oil, juice of 1 lemon, parsley

Instructions

1. Combine tuna, white beans, and red onion in a bowl.
2. Whisk olive oil and lemon juice; toss with the salad.
3. Garnish with fresh parsley and season with salt and pepper.

Per serving: 280 calories | 27g protein | 26g carbs | 9g fat | 8g fiber

GLP-1 Tip: *No cooking required — a good pantry-staple option for days when even light cooking feels like too much effort.*

92. Roasted Beet and Goat Cheese Salad with Walnuts

Prep: 10 min | Cook: 40 min | Serves: 4

Ingredients

- 3 medium beets, roasted and sliced
- 4 cups arugula or mixed greens
- 2 oz goat cheese, crumbled
- 1/4 cup walnuts, toasted
- Balsamic vinaigrette

Instructions

1. Preheat oven to 400°F. Wrap beets in foil and roast 40 minutes until fork-tender; cool, peel, and slice.
2. Toss greens with vinaigrette.
3. Top with beet slices, goat cheese, and walnuts.

Per serving: 180 calories | 6g protein | 16g carbs | 11g fat | 4g fiber

GLP-1 Tip: *Pair this side salad with a protein-forward main (like grilled chicken or salmon) to round out the meal's protein total.*

93. Egg Salad over Baby Spinach

Prep: 10 min | Cook: none | Serves: 2

Ingredients

- 4 hard-boiled eggs, chopped
- 2 tbsp plain Greek yogurt

- 1 tsp Dijon mustard
- 4 cups baby spinach
- Salt, pepper, paprika

Instructions

1. Mix chopped eggs, Greek yogurt, and Dijon in a bowl.
2. Season with salt, pepper, and paprika.
3. Serve over a bed of baby spinach.

Per serving: 190 calories | 16g protein | 3g carbs | 12g fat | 1g fiber

GLP-1 Tip: *Spinach wilts slightly under the warm egg salad, making the greens easier to eat than a fully raw salad.*

94. Asian-Style Chicken and Cabbage Slaw Salad

Prep: 15 min | Cook: 10 min | Serves: 2

Ingredients

- 2 chicken breasts (5 oz each), grilled and sliced
- 3 cups shredded cabbage (green and red mix)
- 1/4 cup shredded carrot
- 2 tbsp rice vinegar, 1 tsp sesame oil, 1 tsp soy sauce
- Sesame seeds, scallions

Instructions

1. Grill chicken 5–6 minutes per side; slice.
2. Toss cabbage and carrot with rice vinegar, sesame oil, and soy sauce.
3. Top with sliced chicken, sesame seeds, and scallions.

Per serving: 290 calories | 36g protein | 10g carbs | 11g fat | 3g fiber

GLP-1 Tip: *Cabbage's crunch holds up well even after sitting with dressing, so this travels well for a packed lunch.*

95. Caprese Salad with Balsamic Reduction

Prep: 10 min | Cook: none | Serves: 2

Ingredients

- 2 large tomatoes, sliced
- 6 oz fresh mozzarella, sliced
- Fresh basil leaves
- 2 tbsp balsamic glaze, olive oil

Instructions

1. Alternate tomato and mozzarella slices on a plate.
2. Tuck basil leaves between slices.
3. Drizzle with balsamic glaze and olive oil; season with salt and pepper.

Per serving: 260 calories | 18g protein | 8g carbs | 18g fat | 2g fiber

GLP-1 Tip: *Add a side of white beans or a boiled egg if you want to bring this lighter salad up to a more complete protein total.*

Chapter 6: Poultry Mains

96. Lemon Herb Baked Chicken Breast

Prep: 10 min | Cook: 25 min | Serves: 4

Ingredients

- 4 chicken breasts (5 oz each)
- 2 tbsp olive oil, juice and zest of 1 lemon
- 1 tsp dried thyme, 1 tsp dried rosemary
- Salt and pepper

Instructions

1. Preheat oven to 400°F.
2. Whisk olive oil, lemon juice, zest, and herbs; coat chicken breasts.
3. Place in a baking dish and bake 22–25 minutes until internal temperature reaches 165°F.
4. Rest 5 minutes before slicing.

Per serving: 260 calories | 36g protein | 1g carbs | 12g fat | 0g fiber

GLP-1 Tip: *Resting the chicken before slicing keeps it juicy, which makes smaller bites easier to chew and swallow comfortably.*

97. Honey Garlic Chicken Thighs

Prep: 10 min | Cook: 25 min | Serves: 4

Ingredients

- 8 boneless, skinless chicken thighs
- 2 tbsp honey, 2 tbsp soy sauce
- 2 cloves garlic, minced
- 1 tsp rice vinegar

Instructions

1. Whisk honey, soy sauce, garlic, and vinegar together.
2. Sear chicken thighs in a hot pan 3 minutes per side.
3. Pour sauce over, reduce heat, and simmer 10–12 minutes until cooked through and sauce thickens.

Per serving: 280 calories | 32g protein | 9g carbs | 12g fat | 0g fiber

GLP-1 Tip: *Thighs stay moist even when reheated, making them a good make-ahead option for the week.*

98. Sheet Pan Chicken and Roasted Vegetables

Prep: 10 min | Cook: 30 min | Serves: 4

Ingredients

- 4 chicken breasts (5 oz each)
- 2 cups broccoli florets, 1 cup sliced bell pepper
- 2 tbsp olive oil, 1 tsp paprika, garlic powder

Instructions

1. Preheat oven to 400°F.
2. Toss vegetables with half the olive oil and seasoning; spread on a sheet pan.
3. Season chicken with remaining oil and seasoning; nestle among vegetables.
4. Roast 25–28 minutes until chicken reaches 165°F and vegetables are tender.

Per serving: 270 calories | 37g protein | 8g carbs | 10g fat | 3g fiber

GLP-1 Tip: *One-pan meals like this minimize both cooking effort and dishes — useful when energy for meal prep is limited.*

99. Chicken Piccata (Lightened)

Prep: 10 min | Cook: 15 min | Serves: 4

Ingredients

- 4 chicken breasts (5 oz each), pounded thin
- 2 tbsp flour, for dredging
- 1/4 cup low-sodium chicken broth, juice of 1 lemon
- 2 tbsp capers, 1 tbsp butter

Instructions

1. Dredge chicken lightly in flour; sear in olive oil 3–4 minutes per side until golden and cooked through. Remove.
2. Add broth, lemon juice, and capers to the pan; simmer 3 minutes, scraping up browned bits.
3. Whisk in butter off heat until glossy.
4. Return chicken to the pan to coat in sauce.

Per serving: 270 calories | 35g protein | 5g carbs | 11g fat | 0g fiber

GLP-1 Tip: *Pounding the chicken thin shortens cook time and creates a tender bite that's easier to manage than a thick, dense piece.*

100. Turkey Chili with Kidney Beans

Prep: 10 min | Cook: 30 min | Serves: 6

Ingredients

- 1.5 lb ground turkey (93% lean)
- 2 cans (15 oz each) kidney beans, drained
- 1 can (28 oz) crushed tomatoes
- 1 onion, diced, 2 tbsp chili powder, 1 tbsp cumin

Instructions

1. Brown ground turkey in a large pot, breaking it up, 6–7 minutes.
2. Add onion and cook 3 minutes until softened.
3. Stir in tomatoes, beans, and spices; simmer 20 minutes, stirring occasionally.

Per serving: 280 calories | 28g protein | 26g carbs | 7g fat | 8g fiber

GLP-1 Tip: *Chili freezes well in individual portions — a smart way to always have a protein-and-fiber-rich meal ready.*

101. Grilled Chicken Skewers with Tzatziki

Prep: 15 min (+ marinate) | Cook: 12 min | Serves: 4

Ingredients

- 4 chicken breasts (5 oz each), cubed
- 2 tbsp olive oil, juice of 1 lemon, 1 tsp oregano
- 1/2 cup Greek yogurt, 1/4 cucumber grated, 1 clove garlic (for tzatziki)

Instructions

1. Marinate chicken cubes in olive oil, lemon juice, and oregano at least 20 minutes.
2. Thread onto skewers and grill 10–12 minutes, turning, until cooked through.
3. Mix Greek yogurt, grated cucumber (squeezed dry), and garlic for tzatziki.
4. Serve skewers with tzatziki for dipping.

Per serving: 260 calories | 37g protein | 3g carbs | 10g fat | 0g fiber

GLP-1 Tip: *Skewers naturally portion the meal into bite-sized pieces, making it easy to stop after a comfortable amount.*

102. Baked Chicken Parmesan (Lightened)

Prep: 15 min | Cook: 25 min | Serves: 4

Ingredients

- 4 chicken breasts (5 oz each), pounded thin
- 1/2 cup panko breadcrumbs, 1 egg, beaten
- 1/2 cup marinara sauce
- 1/2 cup shredded part-skim mozzarella

Instructions

1. Preheat oven to 400°F.
2. Dip chicken in egg, then coat in panko.
3. Bake on a wire rack 15 minutes until golden and mostly cooked through.
4. Top with marinara and mozzarella; bake 8–10 more minutes until cheese melts and chicken reaches 165°F.

Per serving: 300 calories | 38g protein | 12g carbs | 10g fat | 1g fiber

GLP-1 Tip: *Baking instead of frying keeps this comfort-food favorite much lighter on the stomach.*

103. Chicken and Broccoli Stir-Fry

Prep: 10 min | Cook: 12 min | Serves: 4

Ingredients

- 1.5 lb chicken breast, sliced thin
- 3 cups broccoli florets
- 3 tbsp soy sauce, 1 tbsp rice vinegar, 1 tsp sesame oil
- 1 tsp cornstarch, garlic and ginger, minced

Instructions

1. Whisk soy sauce, rice vinegar, sesame oil, and cornstarch together.
2. Stir-fry chicken in a hot pan or wok 4–5 minutes until nearly cooked through; remove.
3. Stir-fry broccoli with garlic and ginger 3–4 minutes until crisp-tender.
4. Return chicken to the pan, add sauce, and cook 2 minutes until thickened and chicken is fully cooked.

Per serving: 250 calories | 34g protein | 8g carbs | 8g fat | 2g fiber

GLP-1 Tip: *Stir-fries cook fast and reheat well, making it easy to prepare once and portion small servings across the week.*

104. Turkey Meatloaf Muffins

Prep: 15 min | Cook: 20 min | Serves: 6 (1 muffin each)

Ingredients

- 1.5 lb ground turkey
- 1/2 cup oats, 1 egg
- 1/4 cup diced onion, 2 tbsp ketchup (plus more for topping)
- 1 tsp Worcestershire sauce, garlic powder

Instructions

1. Preheat oven to 375°F, grease a muffin tin.
2. Combine all ingredients in a bowl and mix gently until just combined.
3. Divide into muffin cups, top with a small amount of ketchup.
4. Bake 18–20 minutes until internal temperature reaches 165°F.

Per serving: 190 calories | 22g protein | 8g carbs | 7g fat | 1g fiber

GLP-1 Tip: *Muffin-tin portions naturally control serving size, which helps when a full meatloaf slice would be more than you want to eat.*

105. Herb-Roasted Whole Chicken (Simple Sunday Roast)

Prep: 15 min | Cook: 1 hr 15 min | Serves: 6

Ingredients

- 1 whole chicken (about 4 lb)
- 2 tbsp olive oil, 1 lemon, halved
- 2 tsp mixed dried herbs (thyme, rosemary, sage)
- Salt and pepper

Instructions

1. Preheat oven to 425°F.
2. Pat chicken dry, rub with olive oil and herbs, season generously, and place lemon halves inside the cavity.
3. Roast 70–80 minutes until internal temperature reaches 165°F in the thigh.
4. Rest 10 minutes before carving.

Per serving: 280 calories | 35g protein | 0g carbs | 15g fat | 0g fiber

GLP-1 Tip: Remove the skin from your portion if richer, fattier foods have been triggering nausea — the meat underneath is still just as flavorful.

106. Chicken Fajita Bowls

Prep: 15 min | Cook: 12 min | Serves: 4

Ingredients

- 1.5 lb chicken breast, sliced thin
- 2 bell peppers, 1 onion, sliced
- 2 tsp chili powder, 1 tsp cumin, 1 tbsp lime juice
- 1 cup cooked brown rice, to serve

Instructions

1. Toss chicken and vegetables with chili powder and cumin.
2. Sauté in a hot pan with a little olive oil, 8–10 minutes, until chicken is cooked through and vegetables are tender-crisp.
3. Finish with lime juice.
4. Serve over brown rice.

Per serving: 290 calories | 34g protein | 22g carbs | 6g fat | 3g fiber

GLP-1 Tip: Serve components separately (bowl-style rather than in a tortilla) so it's easy to eat just the protein and vegetables if a smaller meal is all you want.

107. Baked Pesto Chicken with Tomatoes

Prep: 10 min | Cook: 25 min | Serves: 4

Ingredients

- 4 chicken breasts (5 oz each)
- 1/4 cup basil pesto
- 1 cup cherry tomatoes
- 2 tbsp shredded mozzarella per serving

Instructions

1. Preheat oven to 400°F.
2. Spread pesto over chicken breasts in a baking dish; scatter cherry tomatoes around.
3. Bake 20 minutes, then top with mozzarella and bake 5 more minutes until melted and chicken reaches 165°F.

Per serving: 300 calories | 36g protein | 4g carbs | 15g fat | 1g fiber

GLP-1 Tip: Pesto delivers big flavor in a small amount, so you don't need a heavy sauce to make this feel satisfying.

108. Chicken and Vegetable Kebabs with Yogurt Marinade

Prep: 15 min (+ marinate) | Cook: 12 min | Serves: 4

Ingredients

- 1.5 lb chicken breast, cubed

- 1/2 cup plain Greek yogurt
- 1 tsp paprika, 1 tsp cumin, 1 clove garlic
- 1 zucchini, 1 bell pepper, cubed

Instructions

1. Mix yogurt, paprika, cumin, and garlic; marinate chicken at least 30 minutes.
2. Thread chicken and vegetables onto skewers, alternating.
3. Grill or broil 10–12 minutes, turning occasionally, until chicken is cooked through.

Per serving: 250 calories | 33g protein | 6g carbs | 9g fat | 1g fiber

GLP-1 Tip: *The yogurt marinade tenderizes the chicken so it stays moist even after grilling, making it gentler to chew and digest.*

109. Chicken Tortilla-Free Soup Bowl

Prep: 10 min | Cook: 20 min | Serves: 4

Ingredients

- 2 cups shredded cooked chicken breast
- 1 can (14 oz) diced tomatoes with green chiles
- 3 cups chicken broth
- 1/2 cup corn, 1/2 cup black beans
- Avocado and lime, to serve

Instructions

1. Combine tomatoes, broth, corn, and black beans in a pot; simmer 15 minutes.
2. Stir in shredded chicken and heat through, about 5 minutes.
3. Serve topped with avocado and a squeeze of lime.

Per serving: 240 calories | 26g protein | 18g carbs | 7g fat | 5g fiber

GLP-1 Tip: *Skipping the fried tortilla strips keeps this filling without the greasy crunch that can be harder to digest.*

110. Balsamic Glazed Chicken Thighs

Prep: 10 min | Cook: 20 min | Serves: 4

Ingredients

- 8 boneless, skinless chicken thighs
- 1/4 cup balsamic vinegar, 2 tbsp honey
- 1 clove garlic, minced, 1 tsp Dijon mustard

Instructions

1. Whisk balsamic vinegar, honey, garlic, and Dijon together.
2. Sear chicken thighs 3 minutes per side in a hot pan.
3. Pour sauce over, reduce heat, and simmer 10–12 minutes until cooked through and sauce thickens to a glaze.

Per serving: 270 calories | 31g protein | 8g carbs | 12g fat | 0g fiber

GLP-1 Tip: *The tangy glaze adds brightness that can help when appetite feels dulled by richer or heavier foods.*

111. Turkey and Zucchini Skillet

Prep: 10 min | Cook: 15 min | Serves: 4

Ingredients

- 1.5 lb ground turkey
- 2 zucchini, diced
- 1 can (14 oz) diced tomatoes
- 1 tsp Italian seasoning
- 1/4 cup shredded Parmesan

Instructions

1. Brown ground turkey in a skillet, 6–7 minutes.
2. Add zucchini and cook 4 minutes until slightly softened.
3. Stir in diced tomatoes and Italian seasoning; simmer 5 minutes.
4. Top with Parmesan before serving.

Per serving: 230 calories | 27g protein | 8g carbs | 10g fat | 2g fiber

GLP-1 Tip: *This one-skillet dish is naturally soft-textured, making it easy to eat slowly without much chewing effort.*

112. Lemon Rosemary Chicken Thighs (Sheet Pan)

Prep: 10 min | Cook: 30 min | Serves: 4

Ingredients

- 8 bone-in, skin-on chicken thighs (skin removed before eating, if preferred)
- 1 lemon, sliced
- 2 tbsp olive oil, 2 tsp fresh rosemary
- 1 lb baby potatoes, halved

Instructions

1. Preheat oven to 425°F.
2. Toss potatoes with half the olive oil; spread on a sheet pan.
3. Rub chicken thighs with remaining oil and rosemary; nestle among potatoes with lemon slices.
4. Roast 28–30 minutes until chicken reaches 165°F and potatoes are tender.

Per serving: 320 calories | 30g protein | 18g carbs | 15g fat | 2g fiber

GLP-1 Tip: *Removing the skin after cooking cuts a meaningful amount of fat while keeping the meat itself moist and flavorful.*

113. Chicken Lettuce Wraps

Prep: 15 min | Cook: 10 min | Serves: 4

Ingredients

- 1.5 lb ground chicken

- 1/4 cup hoisin sauce, 1 tbsp soy sauce
- 1 clove garlic, 1 tsp ginger, minced
- 1 head butter lettuce, leaves separated
- Shredded carrot and scallions, to garnish

Instructions

1. Brown ground chicken in a skillet with garlic and ginger, 6–7 minutes.
2. Stir in hoisin and soy sauce; cook 2 more minutes.
3. Spoon into lettuce leaves and top with carrot and scallions.

Per serving: 220 calories | 26g protein | 9g carbs | 8g fat | 1g fiber

GLP-1 Tip: *Lettuce wraps naturally limit portion size per wrap, letting you eat exactly as many as feel comfortable.*

114. Chicken and Spinach Stuffed Portobellos

Prep: 15 min | Cook: 20 min | Serves: 4

Ingredients

- 4 large portobello mushroom caps, stems removed
- 1 cup shredded cooked chicken breast
- 1 cup baby spinach, chopped
- 1/4 cup ricotta, 2 tbsp shredded mozzarella

Instructions

1. Preheat oven to 375°F. Brush mushroom caps with olive oil, place gill-side up on a baking sheet.
2. Mix chicken, spinach, and ricotta together.
3. Fill each mushroom cap with the mixture; top with mozzarella.
4. Bake 18–20 minutes until mushrooms are tender and cheese is melted.

Per serving: 190 calories | 20g protein | 6g carbs | 9g fat | 2g fiber

GLP-1 Tip: *A mushroom cap is a naturally single-serving, low-carb base — no bun or bread needed to feel like a full meal.*

115. Turkey Piccata Meatballs

Prep: 15 min | Cook: 15 min | Serves: 4

Ingredients

- 1 lb ground turkey
- 1/4 cup breadcrumbs, 1 egg
- 1/4 cup chicken broth, juice of 1 lemon
- 2 tbsp capers, 1 tbsp butter

Instructions

1. Combine turkey, breadcrumbs, and egg; form into small meatballs.
2. Sear in olive oil until browned, about 6–7 minutes, turning occasionally.
3. Add broth, lemon juice, and capers; simmer 4–5 minutes until meatballs are cooked through.
4. Stir in butter off heat to finish the sauce.

Per serving: 250 calories | 24g protein | 6g carbs | 14g fat | 0g fiber

GLP-1 Tip: *Small meatballs are easy to portion by the piece — three or four is often a satisfying full serving now.*

116. Grilled Chicken with Chimichurri

Prep: 15 min | Cook: 12 min | Serves: 4

Ingredients

- 4 chicken breasts (5 oz each)
- 1 cup parsley, 2 cloves garlic, 3 tbsp olive oil
- 2 tbsp red wine vinegar, 1/2 tsp red pepper flakes

Instructions

1. Blend parsley, garlic, olive oil, vinegar, and red pepper flakes into a chunky chimichurri sauce.
2. Season chicken and grill 5–6 minutes per side until cooked through.
3. Spoon chimichurri over the chicken before serving.

Per serving: 260 calories | 36g protein | 2g carbs | 12g fat | 1g fiber

GLP-1 Tip: *A bright herb sauce like chimichurri adds bold flavor without needing a heavy cream or butter-based sauce.*

117. Chicken and Rice Casserole

Prep: 15 min | Cook: 35 min | Serves: 6

Ingredients

- 2 cups diced cooked chicken breast
- 1 cup brown rice, cooked
- 2 cups broccoli florets, steamed
- 1 cup low-sodium cream of chicken soup or homemade white sauce
- 1/2 cup shredded cheddar

Instructions

1. Preheat oven to 375°F.
2. Combine chicken, rice, broccoli, and soup in a baking dish.
3. Top with shredded cheddar.
4. Bake 25–30 minutes until bubbly and golden on top.

Per serving: 280 calories | 26g protein | 22g carbs | 10g fat | 2g fiber

GLP-1 Tip: *Casseroles reheat into small portions easily, which is useful for spacing protein-rich meals throughout a lower-appetite day.*

118. Buffalo Chicken Stuffed Sweet Potatoes

Prep: 10 min | Cook: 45 min | Serves: 4

Ingredients

- 4 small sweet potatoes
- 2 cups shredded cooked chicken breast

- 1/4 cup buffalo sauce
- 2 tbsp Greek yogurt ranch (see recipe 60), to top

Instructions

1. Preheat oven to 400°F. Pierce sweet potatoes and bake 40–45 minutes until tender.
2. Toss shredded chicken with buffalo sauce.
3. Split open baked sweet potatoes and fill with buffalo chicken.
4. Top with a spoonful of Greek yogurt ranch.

Per serving: 270 calories | 25g protein | 30g carbs | 5g fat | 5g fiber

GLP-1 Tip: *Buffalo sauce can be spicy — start with half the amount if spicy foods have become harder to tolerate.*

119. Baked Chicken Tenders with Almond Crust

Prep: 15 min | Cook: 18 min | Serves: 4

Ingredients

- 1.5 lb chicken tenders
- 1/2 cup almond flour, 1/4 cup grated Parmesan
- 1 egg, beaten
- 1 tsp paprika, garlic powder

Instructions

1. Preheat oven to 400°F, line a baking sheet with parchment.
2. Mix almond flour, Parmesan, and spices in one bowl; beaten egg in another.
3. Dip tenders in egg, then coat in almond mixture.
4. Bake on a wire rack 16–18 minutes, flipping halfway, until golden and cooked through.

Per serving: 290 calories | 34g protein | 4g carbs | 15g fat | 2g fiber

GLP-1 Tip: *An almond flour crust adds crunch and protein without the greasy heaviness of a deep-fried tender.*

120. Turkey Burgers with Avocado

Prep: 10 min | Cook: 12 min | Serves: 4

Ingredients

- 1.5 lb ground turkey
- 1 tsp garlic powder, 1 tsp onion powder, salt and pepper
- 1 avocado, sliced
- 4 whole wheat buns or lettuce wraps

Instructions

1. Mix ground turkey with seasonings; form into 4 patties.
2. Grill or pan-sear 5–6 minutes per side until internal temperature reaches 165°F.
3. Serve on a bun or in lettuce with avocado slices.

Per serving: 300 calories | 28g protein | 18g carbs | 14g fat | 4g fiber

GLP-1 Tip: *Try the lettuce-wrap version first if bread has been sitting heavily — you can always add the bun back later.*

Chapter 7: Beef & Lamb Mains

121. Herb-Crusted Beef Tenderloin Medallions

Prep: 10 min | Cook: 10 min | Serves: 4

Ingredients

- 4 beef tenderloin medallions (4 oz each)
- 1 tbsp fresh rosemary and thyme, chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil, 1 tbsp butter

Instructions

1. Season medallions with salt, pepper, and herbs.
2. Sear in olive oil over medium-high heat, 3–4 minutes per side for medium.
3. Add butter and garlic in the last minute, basting the medallions.
4. Rest 5 minutes before serving.

Per serving: 270 calories | 30g protein | 1g carbs | 16g fat | 0g fiber

GLP-1 Tip: A small, tender cut like tenderloin is easier to chew fully, which matters more when eating slowly and in smaller bites.

122. Lean Beef and Vegetable Stir-Fry

Prep: 15 min | Cook: 12 min | Serves: 4

Ingredients

- 1 lb lean flank steak, sliced thin against the grain
- 2 cups broccoli, 1 bell pepper, sliced
- 3 tbsp soy sauce, 1 tbsp cornstarch, 1 tsp sesame oil
- Garlic and ginger, minced

Instructions

1. Whisk soy sauce, cornstarch, and sesame oil together.
2. Stir-fry beef in a hot pan 2–3 minutes until browned; remove.
3. Stir-fry vegetables with garlic and ginger 3–4 minutes.
4. Return beef to the pan, add sauce, and cook 2 minutes until thickened.

Per serving: 260 calories | 28g protein | 10g carbs | 11g fat | 2g fiber

GLP-1 Tip: Slicing steak thinly against the grain makes it noticeably more tender and easier to chew in small bites.

123. Greek-Style Lamb Meatballs with Tzatziki

Prep: 15 min | Cook: 15 min | Serves: 4

Ingredients

- 1 lb ground lamb
- 1/4 cup breadcrumbs, 1 egg

- 1 tsp oregano, 1 clove garlic, minced
- 1/2 cup Greek yogurt tzatziki (see recipe 101), to serve

Instructions

1. Combine lamb, breadcrumbs, egg, oregano, and garlic; form into small meatballs.
2. Bake at 400°F for 15 minutes, or pan-sear 8–10 minutes, turning, until cooked through.
3. Serve with tzatziki for dipping.

Per serving: 280 calories | 24g protein | 7g carbs | 17g fat | 0g fiber

GLP-1 Tip: *Lamb's rich flavor means a smaller portion still feels satisfying — a good match for a reduced appetite.*

124. Beef and Broccoli Bowls

Prep: 10 min | Cook: 12 min | Serves: 4

Ingredients

- 1 lb lean sirloin, sliced thin
- 3 cups broccoli florets
- 3 tbsp soy sauce, 1 tbsp brown sugar, 1 tsp cornstarch
- 1 cup cooked brown rice, to serve

Instructions

1. Whisk soy sauce, brown sugar, and cornstarch together.
2. Sear beef in a hot pan 2–3 minutes until browned; remove.
3. Steam or stir-fry broccoli until crisp-tender, 4 minutes.
4. Return beef to the pan, add sauce and broccoli, toss to coat, and cook 2 minutes.
5. Serve over brown rice.

Per serving: 320 calories | 30g protein | 24g carbs | 10g fat | 3g fiber

GLP-1 Tip: *Choosing sirloin over fattier cuts keeps this dish satisfying without the greasiness that can be harder to digest.*

125. Moroccan Lamb and Chickpea Stew

Prep: 15 min | Cook: 40 min | Serves: 4

Ingredients

- 1 lb lamb stew meat, cubed
- 1 can (15 oz) chickpeas, drained
- 1 can (14 oz) diced tomatoes
- 1 tsp cinnamon, 1 tsp cumin, 1/2 tsp turmeric
- 2 cups beef or vegetable broth

Instructions

1. Brown lamb cubes in a pot, 5–6 minutes; remove.
2. Add spices, tomatoes, broth, and chickpeas; bring to a simmer.
3. Return lamb to the pot, cover, and simmer 30–35 minutes until lamb is tender.

Per serving: 320 calories | 28g protein | 24g carbs | 12g fat | 6g fiber

GLP-1 Tip: *Slow-cooked stew meat becomes very tender, which is easier to manage than a tougher cut that requires more chewing.*

126. Beef Taco Bowls

Prep: 10 min | Cook: 12 min | Serves: 4

Ingredients

- 1 lb lean ground beef (93% lean)
- 1 packet low-sodium taco seasoning (or 2 tbsp homemade blend)
- 1 cup black beans, 1/2 cup corn
- Lettuce, diced tomato, shredded cheese, to serve

Instructions

1. Brown ground beef in a skillet, breaking it up, 6–7 minutes; drain excess fat.
2. Add taco seasoning and a splash of water; simmer 3–4 minutes.
3. Warm black beans and corn separately.
4. Assemble bowls with beef, beans, corn, lettuce, tomato, and cheese.

Per serving: 300 calories | 28g protein | 20g carbs | 12g fat | 6g fiber

GLP-1 Tip: *A bowl instead of a hard-shell taco avoids the greasy, crunchy shell that can be harder on a sensitive stomach.*

127. Grilled Lamb Chops with Mint Yogurt Sauce

Prep: 10 min (+ marinate) | Cook: 8 min | Serves: 4

Ingredients

- 8 lamb rib chops
- 2 tbsp olive oil, 1 clove garlic, minced
- 1/2 cup Greek yogurt, 2 tbsp chopped mint, juice of 1/2 lemon

Instructions

1. Marinate lamb chops in olive oil and garlic at least 20 minutes.
2. Grill or pan-sear 3–4 minutes per side for medium.
3. Mix Greek yogurt, mint, and lemon juice for the sauce.
4. Serve chops with mint yogurt sauce on the side.

Per serving: 280 calories | 26g protein | 2g carbs | 18g fat | 0g fiber

GLP-1 Tip: *Two smaller chops are often enough for a full serving now — no need to plan for a large rack per person.*

128. Beef and Mushroom Skillet

Prep: 10 min | Cook: 15 min | Serves: 4

Ingredients

- 1 lb lean ground beef
- 8 oz mushrooms, sliced
- 1/2 onion, diced, 2 cloves garlic

- 1/4 cup beef broth, 1 tbsp Worcestershire sauce

Instructions

1. Brown ground beef in a skillet, 6–7 minutes; drain excess fat.
2. Add onion, garlic, and mushrooms; cook 5 minutes until softened.
3. Stir in broth and Worcestershire sauce; simmer 3–4 minutes.

Per serving: 250 calories | 25g protein | 6g carbs | 14g fat | 1g fiber

GLP-1 Tip: *Mushrooms add savory depth and moisture, helping a lean beef dish stay tender rather than dry.*

129. Beef Kofta with Cucumber Salad

Prep: 15 min | Cook: 12 min | Serves: 4

Ingredients

- 1 lb lean ground beef
- 1 tsp cumin, 1 tsp coriander, 1/4 cup chopped parsley
- 1 cucumber, diced, 1/4 cup Greek yogurt, dill (for salad)

Instructions

1. Mix beef, cumin, coriander, and parsley; shape into small oblong koftas around skewers or freeform.
2. Grill or pan-sear 5–6 minutes, turning, until cooked through.
3. Toss cucumber with Greek yogurt and dill for a quick side salad.
4. Serve koftas with cucumber salad.

Per serving: 260 calories | 26g protein | 4g carbs | 15g fat | 1g fiber

GLP-1 Tip: *The cool cucumber-yogurt salad balances the richer beef and can help settle the stomach after a heavier bite.*

130. Slow Cooker Beef and Vegetable Stew

Prep: 15 min | Cook: 6 hr (slow cooker) | Serves: 6

Ingredients

- 1.5 lb lean beef stew meat, cubed
- 3 carrots, 2 celery stalks, diced
- 2 potatoes, diced
- 4 cups beef broth, 1 tbsp tomato paste

Instructions

1. Combine all ingredients in a slow cooker.
2. Cook on low 6–7 hours, or high 3–4 hours, until beef is very tender.
3. Season with salt and pepper before serving.

Per serving: 260 calories | 25g protein | 20g carbs | 8g fat | 3g fiber

GLP-1 Tip: *Slow-cooked beef becomes fall-apart tender, requiring minimal chewing — a good option for tougher-to-tolerate days.*

131. Beef and Spinach Stuffed Bell Peppers

Prep: 15 min | Cook: 35 min | Serves: 4

Ingredients

- 4 bell peppers, tops cut and seeded
- 1 lb lean ground beef
- 1 cup cooked rice, 1 cup baby spinach, chopped
- 1/2 cup shredded mozzarella

Instructions

1. Preheat oven to 375°F.
2. Brown beef in a skillet, 6–7 minutes; stir in spinach until wilted.
3. Mix beef mixture with cooked rice; stuff into bell peppers.
4. Top with mozzarella, place in a baking dish, and bake 25–30 minutes until peppers are tender.

Per serving: 300 calories | 26g protein | 22g carbs | 12g fat | 4g fiber

GLP-1 Tip: *A stuffed pepper is naturally single-serving, making portion control simple without extra effort.*

132. Lamb and Vegetable Skewers

Prep: 15 min (+ marinate) | Cook: 12 min | Serves: 4

Ingredients

- 1 lb lamb leg, cubed
- 1 zucchini, 1 bell pepper, cubed
- 2 tbsp olive oil, 1 tsp cumin, juice of 1/2 lemon

Instructions

1. Marinate lamb in olive oil, cumin, and lemon juice at least 30 minutes.
2. Thread lamb and vegetables onto skewers, alternating.
3. Grill 10–12 minutes, turning occasionally, until lamb reaches desired doneness.

Per serving: 270 calories | 26g protein | 5g carbs | 16g fat | 1g fiber

GLP-1 Tip: *Cubing the lamb small ensures even, quick cooking and pieces that are easy to manage in a few bites.*

133. Beef and Broccoli Slaw Bowl

Prep: 10 min | Cook: 10 min | Serves: 4

Ingredients

- 1 lb lean ground beef
- 3 cups broccoli slaw mix
- 3 tbsp soy sauce, 1 tsp sesame oil, 1 tbsp rice vinegar
- Sesame seeds

Instructions

1. Brown ground beef in a skillet, 6–7 minutes; drain excess fat.

2. Add broccoli slaw and cook 3–4 minutes until slightly softened.
3. Stir in soy sauce, sesame oil, and rice vinegar; cook 2 more minutes.
4. Top with sesame seeds.

Per serving: 250 calories | 25g protein | 8g carbs | 13g fat | 3g fiber

GLP-1 Tip: *Broccoli slaw cooks down softer than raw broccoli florets, making it gentler to chew and digest.*

134. Braised Beef Short Ribs (Small Portion)

Prep: 15 min | Cook: 2 hr 30 min | Serves: 6

Ingredients

- 2 lb beef short ribs (bone-in)
- 2 cups beef broth, 1 cup red wine (optional, can substitute broth)
- 1 onion, 2 carrots, diced
- 2 tbsp tomato paste

Instructions

1. Preheat oven to 325°F. Sear short ribs on all sides in a Dutch oven, about 8 minutes total.
2. Add onion and carrots, cook 3 minutes.
3. Stir in tomato paste, broth, and wine; bring to a simmer.
4. Cover and braise in the oven 2.5 hours until fork-tender. Skim excess fat before serving.

Per serving: 310 calories | 28g protein | 8g carbs | 18g fat | 1g fiber

GLP-1 Tip: *A rich dish like this is easy to over-portion out of habit — plan for a smaller piece than you might have eaten before starting the medication.*

135. Beef and Zucchini Noodle Skillet

Prep: 10 min | Cook: 12 min | Serves: 4

Ingredients

- 1 lb lean ground beef
- 3 zucchini, spiralized into noodles
- 1 cup marinara sauce
- 1/4 cup grated Parmesan

Instructions

1. Brown ground beef in a skillet, 6–7 minutes; drain excess fat.
2. Stir in marinara sauce and simmer 5 minutes.
3. Add zucchini noodles and toss just until slightly softened, about 2 minutes (avoid overcooking to prevent sogginess).
4. Top with Parmesan before serving.

Per serving: 260 calories | 24g protein | 10g carbs | 14g fat | 2g fiber

GLP-1 Tip: *Zucchini noodles are lighter and easier to digest than regular pasta while still delivering a comforting, saucy dish.*

136. Lamb and Lentil Soup

Prep: 10 min | Cook: 35 min | Serves: 4

Ingredients

- 8 oz ground lamb
- 1 cup red lentils, rinsed
- 4 cups beef or vegetable broth
- 1 carrot, diced, 1 tsp cumin, 1/2 tsp cinnamon

Instructions

1. Brown ground lamb in a pot, 5 minutes; drain excess fat.
2. Add carrot, lentils, broth, and spices; bring to a boil.
3. Simmer 25–28 minutes until lentils are fully broken down.

Per serving: 260 calories | 20g protein | 24g carbs | 10g fat | 8g fiber

GLP-1 Tip: *Combining a smaller amount of meat with lentils keeps this dish protein-rich while adding fiber that meat alone doesn't provide.*

137. Beef Fajita Skillet

Prep: 10 min | Cook: 12 min | Serves: 4

Ingredients

- 1 lb flank steak, sliced thin
- 2 bell peppers, 1 onion, sliced
- 2 tsp chili powder, 1 tsp cumin, juice of 1 lime

Instructions

1. Toss steak and vegetables with chili powder and cumin.
2. Sear steak in a hot pan 2–3 minutes until browned; remove.
3. Sauté vegetables 4–5 minutes until tender-crisp.
4. Return steak to the pan, finish with lime juice, and toss together.

Per serving: 270 calories | 28g protein | 9g carbs | 13g fat | 2g fiber

GLP-1 Tip: *Serve over a bed of lettuce instead of tortillas on days a lighter meal feels more appropriate.*

138. Ground Lamb and Spinach Curry

Prep: 10 min | Cook: 20 min | Serves: 4

Ingredients

- 1 lb ground lamb
- 2 cups baby spinach, chopped
- 1 can (14 oz) diced tomatoes
- 1 tsp curry powder, 1 tsp garam masala, 1/2 cup Greek yogurt

Instructions

1. Brown ground lamb in a pan, 5–6 minutes; drain excess fat.
2. Add spices and tomatoes; simmer 10 minutes.

3. Stir in spinach until wilted, about 2 minutes.
4. Remove from heat and stir in Greek yogurt just before serving (to prevent curdling).

Per serving: 280 calories | 23g protein | 8g carbs | 17g fat | 2g fiber

GLP-1 Tip: *Stirring yogurt in off the heat keeps the sauce smooth and adds extra protein without extra heaviness.*

139. Beef and Cabbage Skillet

Prep: 10 min | Cook: 15 min | Serves: 4

Ingredients

- 1 lb lean ground beef
- 1/2 head cabbage, shredded
- 1 onion, diced
- 2 tbsp soy sauce, 1 tsp rice vinegar

Instructions

1. Brown ground beef in a large skillet, 6–7 minutes; drain excess fat.
2. Add onion and cabbage; cook, stirring occasionally, 8–10 minutes until cabbage softens.
3. Stir in soy sauce and rice vinegar; cook 2 more minutes.

Per serving: 240 calories | 24g protein | 9g carbs | 12g fat | 3g fiber

GLP-1 Tip: *Cabbage cooked down this soft is much easier to digest than raw cabbage, while still contributing useful fiber.*

140. Rosemary Garlic Lamb Meatballs over Cauliflower Mash

Prep: 15 min | Cook: 20 min | Serves: 4

Ingredients

- 1 lb ground lamb
- 1 tsp rosemary, chopped, 2 cloves garlic, minced
- 1 head cauliflower, steamed
- 2 tbsp butter, 2 tbsp milk (for mash)

Instructions

1. Mix lamb, rosemary, and garlic; form into small meatballs.
2. Pan-sear 8–10 minutes, turning, until cooked through.
3. Mash steamed cauliflower with butter and milk until smooth.
4. Serve meatballs over cauliflower mash.

Per serving: 300 calories | 24g protein | 8g carbs | 20g fat | 3g fiber

GLP-1 Tip: *Cauliflower mash is a lighter, higher-fiber stand-in for potatoes that pairs well with richer meatballs.*

Chapter 8: Seafood Mains

141. Garlic Butter Baked Salmon

Prep: 5 min | Cook: 15 min | Serves: 4

Ingredients

- 4 salmon fillets (5 oz each)
- 2 tbsp butter, melted
- 2 cloves garlic, minced
- Juice of 1 lemon, fresh dill

Instructions

1. Preheat oven to 400°F.
2. Mix melted butter, garlic, and lemon juice; brush over salmon fillets.
3. Bake 12–15 minutes until salmon flakes easily with a fork.
4. Garnish with fresh dill.

Per serving: 280 calories | 32g protein | 1g carbs | 16g fat | 0g fiber

GLP-1 Tip: *Salmon's omega-3 fats are anti-inflammatory and support heart health, which is worth keeping in the rotation during a weight-loss phase.*

142. Blackened Cod with Mango Salsa

Prep: 15 min | Cook: 10 min | Serves: 4

Ingredients

- 4 cod fillets (5 oz each)
- 1 tbsp blackening seasoning
- 1 mango, diced, 1/4 red onion, diced, cilantro, lime juice (for salsa)

Instructions

1. Coat cod fillets with blackening seasoning.
2. Sear in a hot pan with a little oil, 3–4 minutes per side until cooked through and flaky.
3. Combine mango, red onion, cilantro, and lime juice for salsa.
4. Top cod with mango salsa before serving.

Per serving: 220 calories | 24g protein | 14g carbs | 6g fat | 2g fiber

GLP-1 Tip: *The fresh, fruity salsa adds moisture and brightness, making a lean, mild fish feel more substantial.*

143. Shrimp Scampi with Zucchini Noodles

Prep: 10 min | Cook: 10 min | Serves: 4

Ingredients

- 1.5 lb shrimp, peeled and deveined
- 3 zucchini, spiralized
- 3 tbsp butter, 4 cloves garlic, minced

- Juice of 1 lemon, red pepper flakes

Instructions

1. Melt butter in a large pan; add garlic and cook 1 minute until fragrant.
2. Add shrimp and cook 2–3 minutes per side until pink and opaque; remove.
3. Add zucchini noodles to the pan and toss 2 minutes until just tender.
4. Return shrimp to the pan, add lemon juice and red pepper flakes, toss together.

Per serving: 220 calories | 26g protein | 6g carbs | 10g fat | 2g fiber

GLP-1 Tip: *Zucchini noodles instead of pasta keep this dish lighter, which pairs well with shrimp's already lean protein.*

144. Honey Soy Glazed Salmon

Prep: 10 min (+ marinate) | Cook: 12 min | Serves: 4

Ingredients

- 4 salmon fillets (5 oz each)
- 2 tbsp honey, 2 tbsp soy sauce
- 1 clove garlic, minced, 1 tsp grated ginger

Instructions

1. Whisk honey, soy sauce, garlic, and ginger; marinate salmon 15–20 minutes.
2. Sear salmon skin-side down in a hot pan 4–5 minutes; flip.
3. Pour remaining marinade into the pan and cook 3–4 minutes until salmon is cooked through and sauce thickens slightly.

Per serving: 300 calories | 31g protein | 9g carbs | 16g fat | 0g fiber

GLP-1 Tip: *A glossy glaze like this makes a simple piece of fish feel like a complete, satisfying meal even in a smaller portion.*

145. Baked Tilapia with Lemon and Herbs

Prep: 5 min | Cook: 15 min | Serves: 4

Ingredients

- 4 tilapia fillets (5 oz each)
- 2 tbsp olive oil, juice of 1 lemon
- 1 tsp dried oregano, 1 tsp dried parsley

Instructions

1. Preheat oven to 400°F.
2. Place tilapia in a baking dish, drizzle with olive oil and lemon juice, sprinkle with herbs.
3. Bake 12–15 minutes until fish flakes easily.

Per serving: 180 calories | 26g protein | 1g carbs | 8g fat | 0g fiber

GLP-1 Tip: *Tilapia is very mild and lean, often one of the easiest fish to tolerate when appetite and digestion are both sensitive.*

146. Shrimp and Vegetable Skewers

Prep: 15 min | Cook: 10 min | Serves: 4

Ingredients

- 1.5 lb shrimp, peeled and deveined
- 1 zucchini, 1 red bell pepper, cubed
- 2 tbsp olive oil, 1 tsp paprika, juice of 1 lemon

Instructions

1. Toss shrimp and vegetables with olive oil, paprika, and lemon juice.
2. Thread onto skewers, alternating shrimp and vegetables.
3. Grill or broil 8–10 minutes, turning once, until shrimp is pink and opaque.

Per serving: 190 calories | 24g protein | 6g carbs | 8g fat | 1g fiber

GLP-1 Tip: *Skewers make it simple to eat a few pieces at a time, which suits smaller, more frequent meals well.*

147. Miso-Glazed Black Cod

Prep: 10 min (+ marinate) | Cook: 12 min | Serves: 4

Ingredients

- 4 black cod or cod fillets (5 oz each)
- 3 tbsp white miso paste, 2 tbsp honey, 1 tbsp rice vinegar

Instructions

1. Whisk miso, honey, and rice vinegar together; marinate fish at least 30 minutes (or up to overnight).
2. Broil 8–10 minutes until caramelized and just cooked through.

Per serving: 250 calories | 25g protein | 12g carbs | 10g fat | 0g fiber

GLP-1 Tip: *Miso's umami depth means this dish tastes rich and satisfying despite being naturally low in fat.*

148. Shrimp Fried Rice (Cauliflower Rice)

Prep: 10 min | Cook: 12 min | Serves: 4

Ingredients

- 1 lb shrimp, peeled and deveined
- 4 cups riced cauliflower
- 2 eggs, beaten
- 1/2 cup peas and carrots, 3 tbsp soy sauce

Instructions

1. Sauté shrimp in a hot pan 2–3 minutes per side; remove.
2. Scramble eggs in the same pan; remove.
3. Sauté cauliflower rice and peas/carrots 5 minutes until tender.
4. Return shrimp and eggs to the pan, add soy sauce, and toss to combine.

Per serving: 210 calories | 26g protein | 10g carbs | 7g fat | 3g fiber

GLP-1 Tip: *Cauliflower rice keeps this dish lighter and higher in fiber than a traditional fried rice made with white rice.*

149. Pan-Seared Scallops with Lemon Butter

Prep: 10 min | Cook: 6 min | Serves: 4

Ingredients

- 16 large sea scallops, patted very dry
- 2 tbsp butter, 1 tbsp olive oil
- Juice of 1 lemon, fresh parsley

Instructions

1. Season scallops with salt and pepper.
2. Heat olive oil in a very hot pan; sear scallops 2 minutes per side until golden and just opaque in the center.
3. Add butter and lemon juice to the pan in the last 30 seconds, spooning over scallops.
4. Garnish with parsley.

Per serving: 190 calories | 20g protein | 4g carbs | 10g fat | 0g fiber

GLP-1 Tip: *Scallops are naturally soft and quick-cooking, making them one of the gentler proteins to eat when chewing feels effortful.*

150. Mediterranean Baked Salmon with Tomatoes and Olives

Prep: 10 min | Cook: 18 min | Serves: 4

Ingredients

- 4 salmon fillets (5 oz each)
- 1 cup cherry tomatoes, halved
- 1/4 cup olives, pitted
- 2 tbsp olive oil, oregano

Instructions

1. Preheat oven to 400°F.
2. Place salmon in a baking dish; scatter tomatoes and olives around.
3. Drizzle with olive oil and sprinkle with oregano.
4. Bake 15–18 minutes until salmon flakes easily.

Per serving: 300 calories | 31g protein | 5g carbs | 18g fat | 1g fiber

GLP-1 Tip: *Roasting the tomatoes alongside the salmon softens them fully, making this an easy, low-effort dish to digest.*

151. Shrimp Tacos with Cabbage Slaw

Prep: 15 min | Cook: 8 min | Serves: 4

Ingredients

- 1 lb shrimp, peeled and deveined

- 1 tsp chili powder, 1 tsp cumin
- 2 cups shredded cabbage, 2 tbsp lime crema (Greek yogurt + lime)
- 8 small corn tortillas

Instructions

1. Season shrimp with chili powder and cumin.
2. Sauté 2–3 minutes per side until pink and opaque.
3. Mix cabbage with lime crema.
4. Fill tortillas with shrimp and slaw.

Per serving: 260 calories | 25g protein | 26g carbs | 6g fat | 4g fiber

GLP-1 Tip: *Two smaller tacos are often enough now — plan for that rather than the three or four you might have eaten before.*

152. Baked Salmon with Asparagus (Sheet Pan)

Prep: 10 min | Cook: 15 min | Serves: 4

Ingredients

- 4 salmon fillets (5 oz each)
- 1 bunch asparagus, trimmed
- 2 tbsp olive oil, juice of 1 lemon, garlic powder

Instructions

1. Preheat oven to 400°F.
2. Arrange salmon and asparagus on a sheet pan; drizzle with olive oil and lemon juice, season with garlic powder.
3. Bake 12–15 minutes until salmon flakes easily and asparagus is tender.

Per serving: 290 calories | 32g protein | 4g carbs | 16g fat | 2g fiber

GLP-1 Tip: *A simple one-pan meal like this minimizes cooking effort on days energy is limited.*

153. Cioppino-Style Seafood Stew

Prep: 15 min | Cook: 25 min | Serves: 4

Ingredients

- 8 oz shrimp, 8 oz cod, cubed, 8 mussels (optional)
- 1 can (14 oz) diced tomatoes
- 2 cups fish or vegetable broth
- 1/2 onion, 2 cloves garlic, red pepper flakes

Instructions

1. Sauté onion and garlic until soft, 4 minutes.
2. Add tomatoes, broth, and red pepper flakes; simmer 10 minutes.
3. Add cod and mussels, simmer 5 minutes, then add shrimp and cook 3–4 more minutes until everything is cooked through.

Per serving: 210 calories | 28g protein | 10g carbs | 5g fat | 2g fiber

GLP-1 Tip: *A brothy stew with tender seafood pieces is easy to eat slowly, spoonful by spoonful.*

154. Salmon Cakes with Dill Sauce

Prep: 15 min | Cook: 10 min | Serves: 4

Ingredients

- 2 cans (5 oz each) salmon, drained, or 12 oz cooked fresh salmon, flaked
- 1/4 cup breadcrumbs, 1 egg
- 2 tbsp Greek yogurt, 1 tbsp dill, juice of 1/2 lemon (for sauce)

Instructions

1. Mix salmon, breadcrumbs, and egg; form into 4 patties.
2. Pan-sear in a little olive oil, 3–4 minutes per side until golden.
3. Mix Greek yogurt, dill, and lemon juice for the sauce.
4. Serve salmon cakes with dill sauce.

Per serving: 240 calories | 24g protein | 9g carbs | 12g fat | 0g fiber

GLP-1 Tip: *Canned salmon is a convenient, budget-friendly protein source on days you don't have energy to cook from scratch.*

155. Garlic Shrimp and White Bean Skillet

Prep: 10 min | Cook: 10 min | Serves: 4

Ingredients

- 1 lb shrimp, peeled and deveined
- 1 can (15 oz) white beans, drained
- 3 cloves garlic, minced, 2 tbsp olive oil
- 1/4 cup chicken or vegetable broth, parsley

Instructions

1. Sauté garlic in olive oil 1 minute until fragrant.
2. Add shrimp and cook 2 minutes per side until pink; remove.
3. Add white beans and broth to the pan; simmer 3–4 minutes.
4. Return shrimp to the pan, toss together, and garnish with parsley.

Per serving: 260 calories | 27g protein | 20g carbs | 8g fat | 6g fiber

GLP-1 Tip: *White beans stretch a smaller amount of shrimp into a fuller, more filling dish without adding much fat.*

156. Poached Halibut with Dill Sauce

Prep: 10 min | Cook: 12 min | Serves: 4

Ingredients

- 4 halibut fillets (5 oz each)
- 2 cups vegetable or fish broth, 1 bay leaf
- 1/4 cup Greek yogurt, 1 tbsp dill, juice of 1/2 lemon

Instructions

1. Bring broth and bay leaf to a gentle simmer in a wide pan.

2. Add halibut and poach 8–10 minutes until just cooked through and flaky.
3. Mix Greek yogurt, dill, and lemon juice for the sauce.
4. Serve halibut with dill sauce.

Per serving: 220 calories | 30g protein | 2g carbs | 8g fat | 0g fiber

GLP-1 Tip: *Poaching is one of the gentlest cooking methods for fish, keeping it moist without added fat — ideal on nausea-prone days.*

157. Cajun Shrimp and Cauliflower Grits

Prep: 10 min | Cook: 15 min | Serves: 4

Ingredients

- 1 lb shrimp, peeled and deveined
- 1 tbsp Cajun seasoning
- 1 head cauliflower, riced and steamed until soft
- 2 tbsp butter, 1/4 cup shredded cheddar, 1/4 cup milk (for grits)

Instructions

1. Season shrimp with Cajun seasoning; sear 2–3 minutes per side until cooked through.
2. Mash steamed cauliflower rice with butter, cheddar, and milk until creamy, mimicking grits.
3. Serve shrimp over the cauliflower "grits."

Per serving: 240 calories | 26g protein | 8g carbs | 12g fat | 3g fiber

GLP-1 Tip: *Cauliflower grits offer the same creamy comfort as traditional grits with far more fiber and fewer refined carbs.*

158. Baked Stuffed Sole with Spinach

Prep: 15 min | Cook: 18 min | Serves: 4

Ingredients

- 4 sole or flounder fillets (4 oz each)
- 1 cup baby spinach, chopped, wilted
- 1/4 cup ricotta, 2 tbsp Parmesan
- Lemon wedges

Instructions

1. Preheat oven to 375°F.
2. Mix wilted spinach with ricotta and Parmesan.
3. Spread mixture over each fillet and roll up; secure with a toothpick if needed.
4. Bake in a lightly oiled dish 15–18 minutes until fish is cooked through.

Per serving: 190 calories | 24g protein | 3g carbs | 8g fat | 1g fiber

GLP-1 Tip: *Delicate white fish like sole cooks quickly and has a very soft texture — a gentle option on sensitive days.*

159. Grilled Swordfish with Salsa Verde

Prep: 10 min | Cook: 10 min | Serves: 4

Ingredients

- 4 swordfish steaks (5 oz each)
- 1 cup parsley, 2 tbsp capers, 1 clove garlic
- 3 tbsp olive oil, 1 tbsp red wine vinegar

Instructions

1. Blend parsley, capers, garlic, olive oil, and vinegar into a chunky salsa verde.
2. Season swordfish and grill 4–5 minutes per side until cooked through.
3. Spoon salsa verde over the fish before serving.

Per serving: 260 calories | 30g protein | 2g carbs | 15g fat | 1g fiber

GLP-1 Tip: *Swordfish is a meatier fish that can feel more substantial for anyone missing the texture of red meat.*

160. Shrimp and Zucchini Skewers with Lemon Herb Marinade

Prep: 15 min (+ marinate) | Cook: 10 min | Serves: 4

Ingredients

- 1.5 lb shrimp, peeled and deveined
- 2 zucchini, sliced into rounds
- 3 tbsp olive oil, juice of 1 lemon, 1 tsp oregano

Instructions

1. Marinate shrimp and zucchini in olive oil, lemon juice, and oregano for 15–20 minutes.
2. Thread onto skewers, alternating shrimp and zucchini.
3. Grill or broil 8–10 minutes, turning once, until shrimp is opaque.

Per serving: 200 calories | 24g protein | 4g carbs | 10g fat | 1g fiber

GLP-1 Tip: *Marinating briefly adds flavor without needing a heavy sauce on top, keeping the dish light overall.*

Chapter 9: Vegetarian & Plant-Based Mains

161. Tofu Stir-Fry with Peanut Sauce

Prep: 15 min | Cook: 12 min | Serves: 4

Ingredients

- 14 oz extra-firm tofu, pressed and cubed
- 2 cups broccoli and bell pepper, mixed
- 2 tbsp peanut butter, 2 tbsp soy sauce, 1 tsp rice vinegar

Instructions

1. Pan-fry tofu cubes in a little oil until golden on most sides, about 6–8 minutes; remove.
2. Stir-fry vegetables 4–5 minutes until tender-crisp.
3. Whisk peanut butter, soy sauce, and rice vinegar with 2 tbsp water until smooth.
4. Return tofu to the pan, add sauce, and toss to coat.

Per serving: 240 calories | 16g protein | 12g carbs | 15g fat | 3g fiber

GLP-1 Tip: *Pressing tofu well before cooking gives it a firmer, more satisfying texture that holds up better in a smaller meal.*

162. Lentil Bolognese over Zucchini Noodles

Prep: 10 min | Cook: 25 min | Serves: 4

Ingredients

- 1 cup green or brown lentils, cooked
- 1 can (14 oz) crushed tomatoes
- 1/2 onion, diced, 2 cloves garlic
- 3 zucchini, spiralized
- Parmesan, to serve

Instructions

1. Sauté onion and garlic until soft, 4 minutes.
2. Add crushed tomatoes and cooked lentils; simmer 15 minutes to develop flavor.
3. Toss zucchini noodles in the sauce for the last 2 minutes just to soften slightly.
4. Top with Parmesan.

Per serving: 210 calories | 13g protein | 28g carbs | 4g fat | 9g fiber

GLP-1 Tip: *Lentils mimic the texture of ground meat in this dish while adding substantially more fiber.*

163. Egg and Vegetable Fried Rice (Cauliflower)

Prep: 10 min | Cook: 12 min | Serves: 4

Ingredients

- 4 cups riced cauliflower
- 3 eggs, beaten
- 1/2 cup peas and carrots

- 3 tbsp soy sauce, 1 tsp sesame oil

Instructions

1. Scramble eggs in a hot pan; remove.
2. Sauté cauliflower rice and peas/carrots 6–8 minutes until tender.
3. Return eggs to the pan, add soy sauce and sesame oil, toss together.

Per serving: 130 calories | 8g protein | 8g carbs | 7g fat | 3g fiber

GLP-1 Tip: *A light, vegetable-forward dish that's easy on the stomach — pair with a side of edamame if you want extra protein.*

164. Black Bean and Sweet Potato Tacos

Prep: 10 min | Cook: 20 min | Serves: 4

Ingredients

- 1 large sweet potato, diced small
- 1 can (15 oz) black beans, drained
- 1 tsp cumin, 1 tsp chili powder
- 8 small corn tortillas, cilantro and lime

Instructions

1. Roast sweet potato at 400°F with cumin and chili powder, 18–20 minutes until tender.
2. Warm black beans separately.
3. Fill tortillas with sweet potato and black beans.
4. Top with cilantro and a squeeze of lime.

Per serving: 260 calories | 10g protein | 46g carbs | 4g fat | 10g fiber

GLP-1 Tip: *Add a spoonful of Greek yogurt or a side of eggs to boost the protein of this fiber-rich, plant-forward meal.*

165. Baked Falafel with Tahini Sauce

Prep: 20 min | Cook: 25 min | Serves: 4

Ingredients

- 1 can (15 oz) chickpeas, drained
- 1/4 cup parsley, 2 cloves garlic, 1 tsp cumin
- 2 tbsp flour, 1/4 cup tahini, juice of 1 lemon (for sauce)

Instructions

1. Preheat oven to 400°F.
2. Pulse chickpeas, parsley, garlic, cumin, and flour in a food processor until a coarse dough forms.
3. Shape into small patties; bake on a lightly oiled sheet 12 minutes per side until golden.
4. Whisk tahini, lemon juice, and a splash of water for the sauce.

Per serving: 220 calories | 9g protein | 26g carbs | 10g fat | 6g fiber

GLP-1 Tip: *Baking instead of deep-frying keeps traditional falafel much lighter and easier to digest.*

166. Caprese Stuffed Portobellos

Prep: 10 min | Cook: 20 min | Serves: 4

Ingredients

- 4 large portobello mushroom caps
- 1 cup cherry tomatoes, halved
- 4 oz fresh mozzarella, sliced
- Fresh basil, balsamic glaze

Instructions

1. Preheat oven to 400°F. Brush mushroom caps with olive oil, place gill-side up on a baking sheet.
2. Fill with cherry tomatoes and top with mozzarella slices.
3. Bake 15–18 minutes until mushrooms are tender and cheese is melted.
4. Top with fresh basil and a drizzle of balsamic glaze.

Per serving: 190 calories | 13g protein | 6g carbs | 12g fat | 2g fiber

GLP-1 Tip: *Portobellos give this dish a satisfying, meaty texture without any actual meat.*

167. Chickpea Shakshuka

Prep: 10 min | Cook: 20 min | Serves: 4

Ingredients

- 1 can (15 oz) chickpeas, drained
- 1 can (28 oz) crushed tomatoes
- 4 eggs
- 1 tsp cumin, 1/2 tsp paprika, feta to top

Instructions

1. Simmer crushed tomatoes, chickpeas, cumin, and paprika together 12–15 minutes.
2. Make wells in the sauce and crack in eggs.
3. Cover and cook 6–8 minutes until whites are set and yolks are still soft.
4. Top with crumbled feta.

Per serving: 240 calories | 15g protein | 26g carbs | 9g fat | 7g fiber

GLP-1 Tip: *Chickpeas add plant protein and fiber to a dish that's traditionally egg-only, stretching it further nutritionally.*

168. Tempeh Stir-Fry with Snap Peas

Prep: 10 min | Cook: 12 min | Serves: 4

Ingredients

- 8 oz tempeh, cubed
- 2 cups snap peas
- 3 tbsp soy sauce, 1 tbsp honey, 1 tsp sesame oil
- Garlic and ginger, minced

Instructions

1. Pan-fry tempeh cubes until golden on most sides, about 6 minutes.
2. Add snap peas, garlic, and ginger; stir-fry 3–4 minutes.
3. Whisk soy sauce, honey, and sesame oil; add to the pan and toss to coat, cooking 2 more minutes.

Per serving: 220 calories | 16g protein | 15g carbs | 12g fat | 2g fiber

GLP-1 Tip: *Tempeh is denser in protein than tofu, making it a good option when you want more protein per bite in a smaller meal.*

169. Spinach and Ricotta Stuffed Shells

Prep: 15 min | Cook: 30 min | Serves: 6

Ingredients

- 18 jumbo pasta shells, cooked
- 2 cups ricotta, 2 cups baby spinach, chopped
- 1 egg, 1/2 cup marinara sauce, mozzarella to top

Instructions

1. Preheat oven to 375°F.
2. Mix ricotta, spinach, and egg together.
3. Fill each cooked shell with the ricotta mixture; arrange in a baking dish over a thin layer of marinara.
4. Top with more marinara and mozzarella; bake covered 20 minutes, then uncovered 5 minutes.

Per serving: 260 calories | 16g protein | 24g carbs | 11g fat | 2g fiber

GLP-1 Tip: *Three shells is a full, satisfying portion now — freeze extras individually rather than serving a large tray at once.*

170. White Bean and Kale Skillet

Prep: 10 min | Cook: 15 min | Serves: 4

Ingredients

- 2 cans (15 oz each) white beans, drained
- 2 cups chopped kale
- 3 cloves garlic, minced, 2 tbsp olive oil
- 1/4 cup vegetable broth, Parmesan to top

Instructions

1. Sauté garlic in olive oil 1 minute.
2. Add kale and cook 3–4 minutes until wilted.
3. Add beans and broth; simmer 8–10 minutes until heated through and slightly thickened.
4. Top with Parmesan.

Per serving: 220 calories | 12g protein | 30g carbs | 7g fat | 9g fiber

GLP-1 Tip: *Cooking kale down softens its tough texture, making it easier to eat comfortably than raw kale salads.*

171. Vegetable and Egg Breakfast-for-Dinner Skillet

Prep: 10 min | Cook: 15 min | Serves: 4

Ingredients

- 6 eggs
- 1 bell pepper, 1/2 onion, diced
- 1 cup diced potato, par-cooked
- 1/4 cup shredded cheddar

Instructions

1. Sauté potato, bell pepper, and onion in olive oil until tender, about 8–10 minutes.
2. Whisk eggs and pour over the vegetables.
3. Cook gently, folding occasionally, until eggs are just set, about 4–5 minutes.
4. Sprinkle cheese on top and let melt.

Per serving: 200 calories | 12g protein | 12g carbs | 12g fat | 2g fiber

GLP-1 Tip: *Simple, gentle, and quick — a good backup meal for nights when cooking motivation is low but protein still matters.*

172. Paneer and Vegetable Curry

Prep: 10 min | Cook: 20 min | Serves: 4

Ingredients

- 8 oz paneer, cubed
- 1 can (14 oz) diced tomatoes
- 1 cup peas, 1 tsp curry powder, 1/2 cup Greek yogurt

Instructions

1. Lightly pan-sear paneer cubes until golden, 4–5 minutes; remove.
2. Simmer tomatoes, peas, and curry powder together 10 minutes.
3. Return paneer to the pan and heat through, 3–4 minutes.
4. Remove from heat and stir in Greek yogurt.

Per serving: 240 calories | 15g protein | 12g carbs | 15g fat | 3g fiber

GLP-1 Tip: *Paneer holds its shape well in curries and offers a substantial protein source for vegetarian meals.*

173. Quinoa and Black Bean Stuffed Peppers

Prep: 15 min | Cook: 35 min | Serves: 4

Ingredients

- 4 bell peppers, tops cut and seeded
- 1 cup cooked quinoa, 1 cup black beans
- 1/2 cup corn, 1/2 cup shredded cheese, cumin

Instructions

1. Preheat oven to 375°F.

2. Mix quinoa, black beans, corn, and cumin together.
3. Stuff into bell peppers; top with cheese.
4. Bake 25–30 minutes until peppers are tender and cheese is melted.

Per serving: 250 calories | 12g protein | 36g carbs | 7g fat | 8g fiber

GLP-1 Tip: *Quinoa is a complete plant protein, meaning it contains all nine essential amino acids — a nice complement to the beans here.*

174. Cottage Cheese and Vegetable Stir-Fry Bowl

Prep: 10 min | Cook: 10 min | Serves: 2

Ingredients

- 1 cup cottage cheese
- 2 cups mixed stir-fry vegetables (broccoli, carrot, snap peas)
- 1 tbsp soy sauce, 1 tsp sesame oil
- Sesame seeds

Instructions

1. Stir-fry vegetables in sesame oil 5–6 minutes until tender-crisp.
2. Toss with soy sauce.
3. Serve warm vegetables over a scoop of cold cottage cheese; top with sesame seeds.

Per serving: 180 calories | 17g protein | 12g carbs | 8g fat | 3g fiber

GLP-1 Tip: *The temperature contrast between warm vegetables and cold cottage cheese can make a simple bowl feel more interesting when appetite for food in general is low.*

175. Baked Eggplant Parmesan (Lightened)

Prep: 15 min | Cook: 35 min | Serves: 4

Ingredients

- 1 large eggplant, sliced into rounds
- 1 egg, 1/2 cup panko breadcrumbs
- 1 cup marinara sauce, 1/2 cup shredded mozzarella

Instructions

1. Preheat oven to 400°F.
2. Dip eggplant slices in egg, then panko; bake on a wire rack 20 minutes, flipping halfway.
3. Layer baked eggplant with marinara and mozzarella in a baking dish.
4. Bake 10–12 more minutes until cheese is melted and bubbly.

Per serving: 220 calories | 12g protein | 22g carbs | 9g fat | 5g fiber

GLP-1 Tip: *Baking the eggplant instead of frying removes the oil-soaking step that makes traditional eggplant Parmesan quite heavy.*

176. Greek Yogurt and Chickpea Curry Bowl

Prep: 10 min | Cook: 20 min | Serves: 4

Ingredients

- 2 cans (15 oz each) chickpeas, drained
- 1 can (14 oz) diced tomatoes
- 1 tsp curry powder, 1 tsp turmeric
- 1/2 cup Greek yogurt, cilantro

Instructions

1. Simmer chickpeas, tomatoes, curry powder, and turmeric together 15 minutes.
2. Remove from heat and stir in Greek yogurt.
3. Garnish with fresh cilantro.

Per serving: 240 calories | 14g protein | 34g carbs | 5g fat | 9g fiber

GLP-1 Tip: *Stirring yogurt in at the end adds a cooling, creamy protein boost without needing heavy cream.*

177. Zucchini and Egg Bake

Prep: 10 min | Cook: 30 min | Serves: 4

Ingredients

- 2 zucchini, grated and squeezed dry
- 5 eggs
- 1/4 cup shredded Parmesan
- 1/4 cup flour, garlic powder

Instructions

1. Preheat oven to 375°F.
2. Whisk eggs, flour, Parmesan, and garlic powder together.
3. Stir in grated zucchini.
4. Pour into a greased baking dish and bake 25–28 minutes until set and golden.

Per serving: 150 calories | 11g protein | 6g carbs | 9g fat | 1g fiber

GLP-1 Tip: *This bakes into a soft, custardy texture that's easy to portion into small, reheatable squares throughout the week.*

178. Buddha Bowl with Tofu and Tahini Dressing

Prep: 15 min | Cook: 15 min | Serves: 2

Ingredients

- 8 oz extra-firm tofu, cubed and baked
- 1 cup cooked quinoa
- 1 cup roasted vegetables (broccoli, carrot)
- 2 tbsp tahini, juice of 1/2 lemon (for dressing)

Instructions

1. Bake tofu cubes at 400°F for 20 minutes, tossed with a little oil, until golden.
2. Roast vegetables alongside, about 20 minutes.
3. Whisk tahini and lemon juice with a splash of water for the dressing.
4. Assemble bowls with quinoa, vegetables, and tofu; drizzle with dressing.

Per serving: 340 calories | 18g protein | 32g carbs | 16g fat | 7g fiber

GLP-1 Tip: A composed bowl like this lets you eat the protein and vegetables first if you fill up before finishing the grains.

179. Three-Bean Chili

Prep: 10 min | Cook: 25 min | Serves: 6

Ingredients

- 1 can each: kidney beans, black beans, pinto beans, drained
- 1 can (28 oz) crushed tomatoes
- 1 onion, diced, 2 tbsp chili powder, 1 tbsp cumin

Instructions

1. Sauté onion until soft, 4 minutes.
2. Add all beans, crushed tomatoes, and spices; bring to a simmer.
3. Simmer 20 minutes, stirring occasionally, mashing some beans against the pot to thicken.

Per serving: 220 calories | 12g protein | 38g carbs | 2g fat | 12g fiber

GLP-1 Tip: Extremely high in fiber — a great option to help with regularity, though introduce it gradually if beans are new to your routine.

180. Baked Tofu Nuggets with Honey Mustard

Prep: 15 min | Cook: 20 min | Serves: 4

Ingredients

- 14 oz extra-firm tofu, pressed and cubed
- 1/2 cup breadcrumbs, 1 egg, beaten
- 2 tbsp honey, 2 tbsp Dijon mustard (for sauce)

Instructions

1. Preheat oven to 400°F.
2. Dip tofu cubes in egg, then breadcrumbs.
3. Bake on a lightly oiled sheet 20 minutes, flipping halfway, until golden and crisp.
4. Mix honey and Dijon for the dipping sauce.

Per serving: 210 calories | 13g protein | 20g carbs | 9g fat | 2g fiber

GLP-1 Tip: A fun, kid-friendly format that makes plant protein feel more like a familiar comfort food.

Chapter 10: Sides

181. Garlic Roasted Broccoli

Prep: 5 min | Cook: 18 min | Serves: 4

Ingredients

- 4 cups broccoli florets
- 2 tbsp olive oil, 2 cloves garlic, minced
- Salt, pepper, lemon zest

Instructions

1. Preheat oven to 425°F.
2. Toss broccoli with olive oil and garlic; spread on a baking sheet.
3. Roast 15–18 minutes until edges are crisp and browned.
4. Finish with lemon zest, salt, and pepper.

Per serving: 90 calories | 3g protein | 7g carbs | 6g fat | 3g fiber

GLP-1 Tip: *Roasting brings out natural sweetness in vegetables, which can help make them more appealing when appetite is generally low.*

182. Mashed Cauliflower with Chives

Prep: 5 min | Cook: 15 min | Serves: 4

Ingredients

- 1 large head cauliflower, cut into florets
- 2 tbsp butter, 1/4 cup milk
- Salt, pepper, chives

Instructions

1. Steam or boil cauliflower until very tender, 12–15 minutes.
2. Drain well and mash with butter and milk until smooth (or blend for extra-creamy texture).
3. Season with salt, pepper, and top with chives.

Per serving: 90 calories | 3g protein | 8g carbs | 6g fat | 3g fiber

GLP-1 Tip: *A lighter, higher-fiber stand-in for mashed potatoes that pairs with almost any main dish.*

183. Quinoa Pilaf with Herbs

Prep: 5 min | Cook: 15 min | Serves: 4

Ingredients

- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 2 tbsp chopped parsley, 1 tbsp lemon juice
- 1 tbsp olive oil

Instructions

1. Simmer quinoa in broth, covered, 12–14 minutes until liquid is absorbed.

2. Fluff with a fork.
3. Stir in parsley, lemon juice, and olive oil.

Per serving: 150 calories | 5g protein | 24g carbs | 4g fat | 3g fiber

GLP-1 Tip: *Quinoa is higher in protein than most grains, making it a smart base for a side dish when every bite should count.*

184. Roasted Brussels Sprouts with Parmesan

Prep: 5 min | Cook: 22 min | Serves: 4

Ingredients

- 1 lb Brussels sprouts, halved
- 2 tbsp olive oil
- 1/4 cup grated Parmesan, salt and pepper

Instructions

1. Preheat oven to 425°F.
2. Toss Brussels sprouts with olive oil; spread cut-side down on a baking sheet.
3. Roast 18–20 minutes until crisp and browned.
4. Toss with Parmesan while still warm.

Per serving: 110 calories | 5g protein | 9g carbs | 7g fat | 4g fiber

GLP-1 Tip: *Roasting until well-caramelized brings out sweetness that makes cruciferous vegetables easier to enjoy in small portions.*

185. Greek Yogurt Mashed Sweet Potatoes

Prep: 5 min | Cook: 20 min | Serves: 4

Ingredients

- 2 large sweet potatoes, peeled and cubed
- 1/4 cup plain Greek yogurt
- 1 tsp cinnamon, salt

Instructions

1. Boil sweet potato cubes until fork-tender, 15–18 minutes.
2. Drain and mash with Greek yogurt and cinnamon until smooth.
3. Season with salt.

Per serving: 130 calories | 4g protein | 26g carbs | 1g fat | 4g fiber

GLP-1 Tip: *Swapping butter for Greek yogurt adds protein to a side dish that's traditionally protein-free.*

186. Sautéed Green Beans with Almonds

Prep: 5 min | Cook: 8 min | Serves: 4

Ingredients

- 1 lb green beans, trimmed
- 2 tbsp sliced almonds, toasted

- 1 tbsp butter, juice of 1/2 lemon

Instructions

1. Blanch green beans in boiling water 3 minutes; drain.
2. Sauté in butter over medium heat 4–5 minutes until tender-crisp.
3. Toss with toasted almonds and lemon juice.

Per serving: 80 calories | 3g protein | 8g carbs | 5g fat | 4g fiber

GLP-1 Tip: *Blanching first ensures the beans are fully tender, which is gentler to digest than very crisp raw or undercooked vegetables.*

187. Herbed Farro Salad

Prep: 10 min | Cook: 20 min | Serves: 4

Ingredients

- 1 cup farro
- 2 cups vegetable broth
- 2 tbsp olive oil, juice of 1 lemon
- Fresh parsley and mint, chopped

Instructions

1. Simmer farro in broth 18–20 minutes until tender; drain any excess liquid.
2. Toss with olive oil, lemon juice, parsley, and mint.
3. Serve warm or chilled.

Per serving: 180 calories | 6g protein | 28g carbs | 6g fat | 4g fiber

GLP-1 Tip: *Farro's chewy texture can add welcome variety to a diet that otherwise leans on very soft foods.*

188. Roasted Carrots with Honey and Thyme

Prep: 5 min | Cook: 25 min | Serves: 4

Ingredients

- 1 lb carrots, halved lengthwise
- 1 tbsp olive oil, 1 tbsp honey
- 1 tsp fresh thyme, salt

Instructions

1. Preheat oven to 400°F.
2. Toss carrots with olive oil, honey, and thyme.
3. Roast 22–25 minutes until tender and caramelized at the edges.

Per serving: 90 calories | 1g protein | 15g carbs | 3g fat | 3g fiber

GLP-1 Tip: *A touch of honey helps carrots caramelize and taste noticeably sweeter, useful if plain vegetables have started to feel bland.*

189. Garlicky Sautéed Spinach

Prep: 5 min | Cook: 5 min | Serves: 4

Ingredients

- 8 cups baby spinach
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt, pepper, red pepper flakes

Instructions

1. Heat olive oil in a large pan; add garlic and cook 30 seconds.
2. Add spinach in batches, stirring until wilted, about 3–4 minutes total.
3. Season with salt, pepper, and red pepper flakes.

Per serving: 60 calories | 3g protein | 5g carbs | 4g fat | 3g fiber

GLP-1 Tip: *Cooked spinach shrinks dramatically in volume, making it easy to get a full serving of greens even with a small appetite.*

190. Cottage Cheese and Chive Baked Potato

Prep: 5 min | Cook: 45 min | Serves: 4

Ingredients

- 4 small russet potatoes
- 1/2 cup cottage cheese
- 2 tbsp chopped chives
- Salt, pepper

Instructions

1. Preheat oven to 400°F. Pierce potatoes and bake 40–45 minutes until tender.
2. Split open and top each with a spoonful of cottage cheese.
3. Sprinkle with chives, salt, and pepper.

Per serving: 170 calories | 8g protein | 32g carbs | 1g fat | 3g fiber

GLP-1 Tip: *Cottage cheese instead of butter or sour cream turns a simple starchy side into a meaningful protein source.*

Chapter 11: Desserts & Sweet Treats

191. Chocolate Protein Mug Cake

Prep: 3 min | Cook: 2 min | Serves: 1

Ingredients

- 1 scoop chocolate protein powder
- 2 tbsp almond flour
- 1/2 tsp baking powder
- 1/4 cup milk of choice, 1 egg

Instructions

1. Whisk all ingredients together in a mug until smooth.
2. Microwave 90 seconds to 2 minutes until set in the center.
3. Let cool 1 minute before eating.

Per serving: 220 calories | 24g protein | 10g carbs | 9g fat | 2g fiber

GLP-1 Tip: *A single-serving mug cake removes the temptation of a full dessert being available — it's already portioned correctly.*

192. Greek Yogurt Bark with Berries and Dark Chocolate

Prep: 10 min (+ 3 hr freeze) | Cook: none | Serves: 6

Ingredients

- 2 cups plain Greek yogurt
- 1 tbsp honey
- 1/2 cup mixed berries
- 2 tbsp dark chocolate chips

Instructions

1. Mix Greek yogurt and honey; spread evenly on a parchment-lined tray.
2. Scatter berries and chocolate chips over the top.
3. Freeze at least 3 hours until solid.
4. Break into pieces to serve.

Per serving: 90 calories | 8g protein | 9g carbs | 3g fat | 1g fiber

GLP-1 Tip: *Keep a batch in the freezer and take out a small piece at a time — a controlled-portion sweet treat.*

193. Baked Cinnamon Apples

Prep: 5 min | Cook: 20 min | Serves: 4

Ingredients

- 4 apples, cored and halved
- 1 tsp cinnamon, 1 tbsp honey
- 1 tbsp butter, chopped walnuts

Instructions

1. Preheat oven to 375°F.
2. Place apple halves in a baking dish, drizzle with honey and melted butter, sprinkle with cinnamon.
3. Bake 18–20 minutes until soft.
4. Top with chopped walnuts before serving.

Per serving: 130 calories | 1g protein | 26g carbs | 4g fat | 4g fiber

GLP-1 Tip: *Baked fruit is naturally soft and easy to eat slowly, making it a gentler sweet option than very dense baked goods.*

194. Protein Peanut Butter Balls

Prep: 15 min (+ chill) | Cook: none | Serves: 8 (2 balls each)

Ingredients

- 1 cup peanut butter
- 1 scoop vanilla protein powder
- 2 tbsp honey, 1/4 cup oats

Instructions

1. Mix all ingredients together until a dough forms (add a splash of milk if too dry).
2. Roll into 16 small balls.
3. Refrigerate at least 30 minutes to firm up.

Per serving: 190 calories | 10g protein | 13g carbs | 12g fat | 2g fiber

GLP-1 Tip: *These freeze well — keep a stash and thaw one or two at a time rather than making fresh batches you might overeat.*

195. Ricotta Chocolate Mousse

Prep: 10 min | Cook: none | Serves: 4

Ingredients

- 1 1/2 cups part-skim ricotta
- 3 tbsp cocoa powder
- 2 tbsp honey, 1 tsp vanilla extract

Instructions

1. Blend ricotta, cocoa powder, honey, and vanilla in a food processor until smooth and mousse-like.
2. Chill at least 20 minutes before serving.

Per serving: 130 calories | 9g protein | 12g carbs | 6g fat | 1g fiber

GLP-1 Tip: *Ricotta gives this dessert a genuinely creamy texture with far more protein than a traditional chocolate mousse.*

196. Baked Pears with Cinnamon Ricotta

Prep: 5 min | Cook: 20 min | Serves: 4

Ingredients

- 2 pears, halved and cored

- 1/2 cup part-skim ricotta
- 1 tsp cinnamon, 1 tbsp honey

Instructions

1. Preheat oven to 375°F. Place pear halves cut-side up on a baking sheet.
2. Bake 15 minutes until softened.
3. Fill each half with ricotta, sprinkle with cinnamon, and drizzle with honey.
4. Return to oven 5 minutes to warm through.

Per serving: 110 calories | 5g protein | 18g carbs | 3g fat | 3g fiber

GLP-1 Tip: *Soft baked fruit paired with a small amount of protein-rich cheese makes a satisfying dessert in a very manageable portion.*

197. No-Bake Protein Cheesecake Bites

Prep: 15 min (+ chill) | Cook: none | Serves: 8

Ingredients

- 1 cup cottage cheese, blended smooth
- 4 oz reduced-fat cream cheese, softened
- 1 scoop vanilla protein powder
- 2 tbsp honey, graham cracker crumbs for crust

Instructions

1. Press a thin layer of graham cracker crumbs into small silicone muffin cups.
2. Blend cottage cheese, cream cheese, protein powder, and honey until smooth.
3. Spoon over the crust in each cup.
4. Refrigerate at least 2 hours until set.

Per serving: 110 calories | 9g protein | 8g carbs | 5g fat | 0g fiber

GLP-1 Tip: *Bite-sized cheesecakes let you enjoy a genuine dessert without committing to a full slice.*

198. Dark Chocolate Dipped Strawberries

Prep: 15 min (+ chill) | Cook: 3 min | Serves: 6

Ingredients

- 24 strawberries, washed and dried
- 4 oz dark chocolate (70% or higher), melted

Instructions

1. Melt chocolate gently in the microwave in 20-second bursts, stirring between each.
2. Dip each strawberry halfway into the chocolate.
3. Place on parchment paper and refrigerate 15 minutes until set.

Per serving: 90 calories | 1g protein | 12g carbs | 5g fat | 2g fiber

GLP-1 Tip: *Dark chocolate in small amounts satisfies a sweet craving with less added sugar than milk chocolate.*

199. Banana Oat Protein Cookies

Prep: 10 min | Cook: 15 min | Serves: 6 (2 cookies each)

Ingredients

- 2 ripe bananas, mashed
- 1 1/2 cups rolled oats
- 1 scoop vanilla protein powder
- 2 tbsp dark chocolate chips, cinnamon

Instructions

1. Preheat oven to 350°F.
2. Mix mashed bananas, oats, and protein powder until combined.
3. Fold in chocolate chips.
4. Drop spoonfuls onto a lined baking sheet, flatten slightly, and bake 12–15 minutes until golden.

Per serving: 170 calories | 8g protein | 26g carbs | 4g fat | 4g fiber

GLP-1 Tip: *These cookies use no added refined sugar beyond the small amount of chocolate, relying on ripe banana for sweetness instead.*

200. Vanilla Chia Protein Pudding Cups

Prep: 5 min (+ 4 hr chill) | Cook: none | Serves: 4

Ingredients

- 1/2 cup chia seeds
- 2 cups unsweetened almond milk
- 1 scoop vanilla protein powder
- 1 tbsp maple syrup, 1 tsp vanilla extract

Instructions

1. Whisk almond milk, protein powder, maple syrup, and vanilla together until smooth.
2. Stir in chia seeds.
3. Divide into 4 small cups; refrigerate at least 4 hours, stirring once after 30 minutes.

Per serving: 140 calories | 10g protein | 12g carbs | 6g fat | 6g fiber

GLP-1 Tip: *A fitting close to the book: a dessert that's genuinely sweet and satisfying while still working in favor of your protein and fiber goals for the day.*

A Final Word

Two hundred recipes is a lot of ground to cover, but the underlying idea running through all of them is simple: smaller portions don't have to mean smaller nutrition. Protein first, fiber where you can fit it, gentle cooking methods, and portions that respect where your appetite actually is today — not where it used to be. Keep the recipes that fit your life on repeat, adapt the ones that don't quite match your taste, and give yourself grace on the days when even a small meal feels like an accomplishment. That's the whole job right now, and you're doing it.



Eat Well. Feel Full. Stay Strong.

GLP-1 medications change how eating feels — smaller portions, faster fullness, and a real need for every bite to carry more nutrition. This cookbook was built for exactly that shift: 200 original recipes, each with a full nutrition breakdown and a practical GLP-1 Tip for eating comfortably on treatment.

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Every recipe lists calories, protein, carbs, fat, and fiber per serving.