

2026
EDITION



SUPER SIMPLE

QUICK 20-MIN RECIPES!

GLP-1 DIET COOKBOOK



30 DAY MEAL PLAN

FULL COLOR EDITION

EAT HEALTHY, LOSE FAT & CONTROL APPETITE





ISLA WYNN

Copyright © 2025 Isla Wynn

All rights reserved.

No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without the prior written permission of the copyright holder, except for brief quotations in reviews or critical articles.

This book is registered with the United States Copyright Office and protected under U.S. and international copyright laws.

Author: Isla Wynn

Publication Date: 2025

Disclaimer

The recipes and information in this book are shared in good faith and based on the author's personal experience and research. Every effort has been made to ensure that the instructions are accurate and the ingredients are safe. Still, cooking results can vary depending on ingredients, equipment, and technique.

Please use your best judgment when preparing recipes, especially if you have food allergies, dietary restrictions, or health concerns. Always follow standard food safety practices and consult a healthcare professional if you have any questions about specific ingredients or diets.

The author and publisher are not responsible for any outcomes, allergic reactions, or damages that may result from following these recipes. Most importantly, enjoy the process, experiment safely, and make each recipe your own.

TABLE OF CONTENTS

Introduction
GLP-1 Made Simple: The Appetite Reset Explained
- What GLP-1 Medications Actually Do and Don't Do
- Why You're Eating Less, but Still Need More Nutrition
- Managing Nausea, Appetite Loss, and Digestive Shifts
- Cravings, Hormones & Energy Levels
- How This Cookbook Complements Your Biology

Building GLP-1 Friendly Plates Without Tracking
- The 5 Elements of a Balanced Plate
- How These Elements Support Your GLP-1 Biology
- Sample Plate Breakdown
- Your Cheat Sheet
- Power Foods That Stabilize Energy & Beat Cravings
- What to Eat When You're Just Not Hungry
  - Gentle Textures That Appeal
  - Temperature Tricks
  - Protein-First Solutions
- Nourishment Over Numbers
- Emergency Recovery Meals for Rough Days

Tools, Staples & Smart Prep
- Pantry, Fridge & Freezer Essentials for the GLP-1
  - Protein Storage
  - Fiber-Rich Foods
  - Healthy Fat
- Flavor Boosters That Change Simple Ingredients
- Tools That Make Fast Cooking a Breeze
- The Top 10 Kitchen Tools for 20-minute Cooking
- Optional Tools for Batch Cooking
- Prep Once, Eat All Week
- Cook, Chop, Store
- Smart Storage Tips
- Mix and Match, Don't Over-Plan
- Meal Formulas That Work

- Formula 1: The Bowl
- Formula 2: The Wrap
- Formula 3: The Stir-Fry
- Formula 4: The Bake
- Formula 5: The Smoothie

Breakfast for Low Appetite & All-Day Energy

- Berry Protein Smoothie [High-Fiber]
- Blueberry Breakfast Smoothie Bowl [High-Fiber]
- High-Protein Berry Parfait [Easy to Digest]
- High-Protein Overnight Oats [High-Fiber]
- No-Cook Breakfast Cheesecake Cups [Easy to Digest]
- Cottage Cheese Oat Pancakes
- Cottage Cheese Egg Muffins
- Low-Carb Spinach and Cheese Omelette [Easy to Digest]
- Turkish-Style Eggs with Garlic Yogurt
- High-Protein Breakfast Casserole
- Breakfast Burritos [High-Fiber]
- Black Bean Pancakes [High-Fiber]
- Tofu Scramble
- Pumpkin Seed Granola [High-Fiber]
- Berry Almond Oatmeal [High-Fiber]

Midday Power Plates

- Steak and Broccoli Power Bowls
- Make-Ahead Mini Meatloaves
- Hot Honey Salmon Bites [Easy to Digest]
- Simple Chicken Salad Tostadas
- Turkey Cranberry Power Wrap
- 3-Ingredient Creamy Chicken Salad [Easy to Digest]
- Spicy Cajun Chicken Quinoa Bowl [High-Fiber]
- Turkey BLT Wraps
- Moroccan Turkey Meatballs with Citrus Couscous
- Shrimp Avocado Feta Wrap
- Mason Jar Chickpea and Tuna Salad [High-Fiber]
- Quick Fish Cakes
- Egg Salad Avocado Toast
- Cucumber Red Pepper Hummus Wrap

- 3-Ingredient White Bean Cherry Tomato Salad [High-Fiber]
- 3-Ingredient Green Goddess White Bean Salad [High-Fiber]
- Warm Roasted Squash and Lentil Salad [High-Fiber]
- Quick Teriyaki Tofu with Vegetables
- Quick Mushroom Chickpea Patties [High-Fiber]
- Black Forest Smoothie Bowl

20-Minute GLP-1 Dinners

- One-Skillet Bourbon Chicken
- One-Pot Creamy Chicken Mushroom Pasta [High-Fiber]
- Chicken Cutlets with Zucchini Noodles [Easy to Digest]
- Chicken Tinga Rice Bowls [High-Fiber]
- Salmon with Creamy Orzo
- Gochujang-Glazed Salmon
- Crispy Fish Taco Bowls
- Simple Shrimp Tacos
- Asparagus Leek Ricotta Frittata
- Spinach Feta Scrambled Egg Pitas
- Skillet Ravioli Lasagna
- Caribbean-Style Corned Beef
- Grilled Flank Steak with Fresh Tomato Salad [Easy to Digest]
- Prosciutto Pork Tenderloin
- Herb-Garlic Pork with Summer Ratatouille [High-Fiber]
- Pork Chops with White Wine and Capers [Easy to Digest]
- Teriyaki Tofu with Steamed Vegetables
- Brown Rice Noodle Bowls
- Quinoa Curry Bowl [High-Fiber]
- Light Nacho Bowl [High-Fiber]

Snacks, Treats & Smoothies

- Snacks & Mini Meals
  - Protein-Packed Granola Bars
  - Homemade Pita Chips
  - Creamy Homemade Hummus
  - Fresh Avocado Guacamole
  - Banana Bread
  - Healthy Pumpkin Bread
  - Homemade Seed Crackers

Fresh Summer Rolls
Fresh Spring Rolls with Peanut Sauce
Sweet Treats
Date and Nut Energy Balls
Chocolate Peanut Butter No-Bake Cookies
Oatmeal Breakfast Cookies
Blueberry Muffins with Streusel Topping
Frozen Yogurt Bark with Berries
Honey Vanilla Ricotta Pots
Flourless Chocolate Zucchini Brownies
Vegan Lemon Mousse
Labneh with Honey, Dates, and Nuts
Smoothies & Shakes
Energizing Kale Smoothie
Classic Strawberry Banana Smoothie
Coffee Smoothie
Antioxidant-Rich Blueberry Smoothie
Blackberry Apple Smoothie
Light Mango Lassi
Pumpkin Pie Smoothie
Your 30-Day Meal Plan
Daily Reflection Prompts
Tips to Extend the Plan to 60 or 90 Days
Month 1 (Weeks 1-4): Foundation Building
Month 2 (Weeks 5-8): Digestion Mastery
Conclusion
YOUR REVIEW CAN MAKE A DIFFERENCE!
References

Make Grocery Shopping Effortless!

CLAIM YOUR FREE BONUS NOW

Tired of standing in the store wondering what to buy—or worse, coming home with a cart full of food that doesn't align with your goals? I've got you covered. To make your journey even easier, I created a **Printable GLP-1 Friendly Grocery List**—a ready-to-use template designed to take all the guesswork out of shopping.

This curated list is built to work seamlessly with GLP-1 medications, so you'll always know exactly which foods support your progress. By following it, you'll avoid decision fatigue in the aisles, cut down on wasted food (and wasted money), and stay consistent without relying on willpower alone.

Think of it as your shortcut to stress-free grocery runs and smoother weeks ahead.

Don't miss out on this valuable resource—download your FREE bonus now! Simply **CLICK HERE** and start your journey today!

Introduction

It all started over lunch with an old friend. She looked at me across the table, half-smiled, and pushed her salad around with her fork. She said she wasn't hungry even though she knew she should eat at least something, and the real issue was that she couldn't predict what would trigger nausea later.

My friend had recently started her journey on a GLP-1 medication, a breakthrough treatment everyone is talking about for weight loss. What no one was talking about is how, for many, the medication was becoming more of a burden than a solution.

"I eat less now," she said, stabbing at a cherry tomato, "but I'm still exhausted, mentally foggy, and weirdly guilty about the whole thing. Like I'm somehow failing at something that's supposed to be helping me."

My friend's struggles sparked the idea for this book. Eating on GLP-1 shouldn't feel like navigating a minefield. It should feel intuitive, manageable, and above all, nourishing, which was clearly the opposite of my friend’s experience.

Before we begin with the chapters to come, allow me to introduce myself. I'm Isla Wynn, and when it comes to my relationship with food, I've weathered every storm and witnessed countless transformations. If you have purchased this book, you or a loved one are probably facing similar challenges to what my friend experienced. I've spent years developing strategies to make healthy eating genuinely sustainable. My background is in health and nutrition, but my real expertise comes from my own experiences. From feeding my family through various health journeys and helping people whose bodies have shifted in unexpected ways.

One of the biggest issues I’ve found with dietary books is that the market is flooded with books that seem to be written by people who seem to assume you have unlimited time to hunt down specialty ingredients, weigh everything to the nearest gram, and dedicate entire Sundays to elaborate meal prep. That's not reality for most of us. Nourishing your body shouldn’t feel like a burden or create more stress for you. *Super Simple GLP-1 Diet Cookbook* has been written to negate this stress. It is practical and written for real life. There are no exotic superfoods that drain your

grocery budget, no complicated calculations that require a nutrition degree to decode, and no hours spent in the kitchen.

Instead, I have thoughtfully created this book for you. For the people whose bodies have fundamentally changed on GLP-1 medications. Because the real issue is that traditional nutrition advice completely misses the mark when you're dealing with an appetite that's been essentially rewired. Foods that were once favorites now trigger immediate queasiness. There are days when you genuinely forget to eat. And there are other days when absolutely no food looks appetizing.

Every recipe and strategy in this book has been tested by real people managing real side effects while juggling work deadlines, family obligations, and everything else life throws at us.

I’m not going to assume the reasons for you buying this book because there are probably multiple reasons. Maybe your doctor handed you a prescription along with a generic pamphlet that cheerfully suggested "eat more protein" without acknowledging that the mere thought of chicken now makes your stomach revolt. Maybe you're a couple of months into your GLP-1 journey and still feel like you're fumbling in the dark, unsure of what foods are helping or hurting your progress. Perhaps you’re simply exhausted of rotating through the same handful of safe foods available to you.

Life is already complicated enough; you don't need another rigid system adding to that complexity. What you need is something that seamlessly fits into your Tuesday evening after a long workday or your Sunday afternoon when you have minimal time to rep for the week ahead.

So what exactly will you find inside these pages?



At the core are 80 recipes that actually work, and I mean work in every sense of the word, not just nutritionally but practically. Each one can be completed in 20 minutes or less using ingredients available at any standard grocery store.

You will also find a comprehensive 30-day meal plan that eliminates the daily guesswork of what to eat and when.

Beyond the recipes and meal plan, you will be provided with strategies for all the situations that cookbooks typically ignore. What do you do when nothing sounds remotely appealing? How do you navigate eating out without derailing your progress or feeling deprived?

Because what I have learned is that GLP-1 medications create an incredible opportunity to lose weight but they don’t automatically create a sustainable plan for the future. Yes, your appetite resets dramatically, but you still need to nourish yourself in ways that support consistent energy levels, stable moods, and long-term health beyond the medication. Too many people become trapped in a cycle where they're severely under-eating, leaving them exhausted and mentally foggy. Even more people wean off the medication only to find that they haven’t dealt with the core dietary issues at hand.

So let’s begin to change how you think and feel about food while on GLP-1 medications in a way that fundamentally changes your relationship with food. Let’s make full use of this transformative window in your health and well-being journey. Let’s rid yourself of the restrictive rules or complicated protocols you have been trapped in. And most importantly, let’s lovingly heal your body and your mind using GLP-1s as a tool, not a temporary crutch.

GLP-1 Made Simple: The Appetite Reset Explained

If you have ever Googled “what does GLP-1 do,” you will likely land on dense pages of medical studies and Reddit threads where everyone seems to have different experiences. One person swears they lost their appetite completely, and another might say that they still have cravings at night. Meanwhile, medical studies and articles throw around complicated terms like “incretin mimetics” or “gastric emptying” without really explaining what any of that means.

What you really need to understand, and what I will explain in this chapter, is what is happening in your body when you take these medications, what you can expect from them, and how to work alongside these changes instead of feeling like you’re constantly fighting them.

What GLP-1 Medications Actually Do and Don’t Do

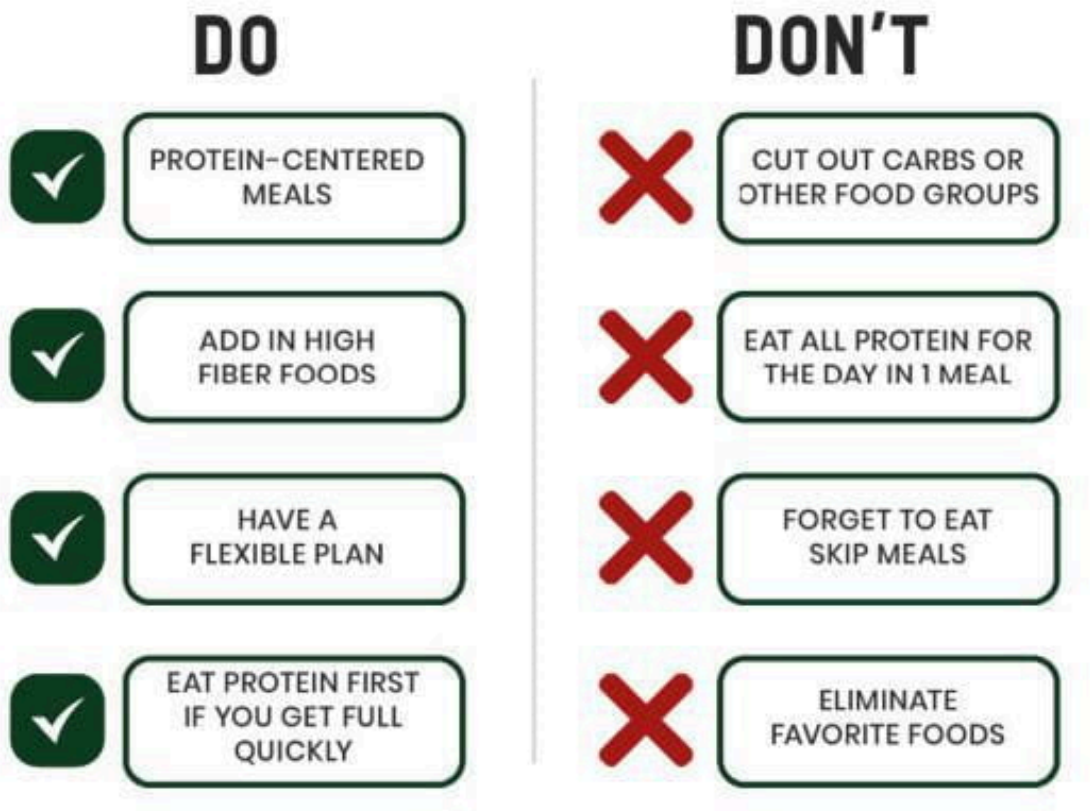
We need to begin with the foundation of GLP-1s, and the most basic thing to learn is what this medication is.

GLP-1 stands for glucagon-like peptide-1. It is a hormone your body naturally produces after you eat, telling your brain you’ve had enough food. It also helps keep your blood sugar steady and slows down digestion so that you feel satisfied after eating for a longer period.

Now, the issues begin when some people don’t make enough of this hormone, or their bodies don’t respond effectively to it. When this happens, medications like Ozempic, Wegovy, and Mounjaro are prescribed. It’s important to know that GLP-1s are not bioidentical hormone replacements. Instead, they act like this fundamental hormone in your body. When you use these medications, they improve the signals your body should naturally be sending. Your brain begins to receive the satiated message loud and clear, and you feel full, even after eating small portions of food. At the same time, your stomach also takes longer to empty, and your blood sugar doesn’t spike and crash after meals.

What GLP-1s don’t do is instantly make you crave salads or so-called healthy foods. They don’t eliminate the need for nutritious food choices, and neither do they build sustainable eating habits for you. But they do create space between the urge to eat and the action of eating.

What I want you to understand is that this pause is an opportunity. You shouldn’t be celebrating how little food you’re now eating, but on learning to eat with intention during this window when food noise is quieter and decisions feel less urgent. What GLP-1 medications do is teach your appetite regulation system to work more effectively, but you still need to show up and be part of the process. The medication only creates conditions for success.



The goal is to reset your relationship with hunger and fullness so that eating becomes more intuitive and far less chaotic. There’s no right or wrong here. The important part is that during this reset period, you’re giving your body what it needs

to thrive and not simply survive. You should focus on nutrient density and not just portion control.

Why You're Eating Less, but Still Need More Nutrition

This is where things get a little more complicated (but not by much), and where people tend to stumble without even understanding why. Your appetite has decreased, and your portions are getting smaller, and even the scale might be moving in the direction you want. And so far, things are good. But your body's need for essential nutrients hasn't shrunk along with your appetite.

This means that your muscles still need protein to maintain strength and function. At the same time, your brain still needs healthy fats to think clearly and manage mood. And your digestive system depends on fiber to work properly. The challenge you have is to fit all of that nutrition into a much smaller appetite window. Essentially, you're eating less, losing weight, and feeling good about your portion control, but three months in, and you're exhausted, and you don't understand why you're not feeling as good as you'd expect to feel.

This is likely because you're undereating nutrients. And this is true even if you're hitting an appropriate calorie range. When your portions shrink suddenly, every single bite has to count more than it used to. In other words, you're looking for efficient nutrition. Before GLP-1 medication, you might have had room in your daily eating for mostly pleasurable foods. But there was still space for those nutritious foods. Now there's a lot less space, so every meal and snack needs to pull its weight nutritionally. You can still enjoy the occasional treat, of course. But you need to be far more thoughtful about making sure your body gets what it needs to function well.

In practice, this means that instead of a large salad with just lettuce and vegetables, you might go for a smaller salad but add chickpeas, avocado, nuts, and chicken. Or instead of a massive bowl of pasta, go for a smaller bowl of pasta mixed with turkey, vegetables, and olive oil-based sauce.

The main foods that give you the most nutritional bang for your bite include eggs, which have plenty of protein, healthy fats, and vitamins. Nuts and seeds also give

you protein, fiber, and healthy fats, and fatty fish like salmon, for example, have protein and omega-3 fats. Other things like beans and lentils, and dark leafy greens like spinach or kale, also work great. There are plenty of foods that you can choose from, but what you have to remember is that eating enough during this process is absolutely essential. Your body is going through changes, and it needs the right nutrition to help with those changes. Losing weight by severely restricting nutrition is not sustainable and has consequences in the long run.

So, if you're feeling tired or weak, those are signals that your body needs more fuel, not less.

Managing Nausea, Appetite Loss, and Digestive Shifts

Once GLP-1s are prescribed, the side effects will be discussed with you. The most common of these are nausea and loss of appetite. However, most times the reason behind these side effects is not fully explained. This can feel overwhelming and confusing, and certainly not any easier to manage on a day-to-day basis.

The first thing you need to know is that these side effects are completely normal and, for most people, temporary. During the first few weeks on GLP-1 medications, the majority of people might experience some degree of nausea. It might be mild and manageable, but it can also feel like eating is a chore. The timeline varies here, but most people find that the worst side effects happen during the first month as their body adjusts to the medication. Nausea tends to peak within the first week or two, then gradually improves. Digestive slowdown might take a little longer to stabilize, sometimes 4 to 6 weeks, before you settle into a new normal. One thing to keep in mind is that nausea on these medications doesn't follow the same pattern as other types of nausea you might have experienced in the past. Morning nausea often feels different from evening nausea, and what helps one might not help others.

So, if you wake up feeling queasy, the issue here is that usually your stomach is empty and your blood sugar is low after not eating overnight. Small, frequent bites of simple foods help more than trying to force down a full breakfast. Evening nausea is different. It usually comes from your stomach being too full or your digestion being too slow. By dinner time, you might still be processing lunch, and adding more food feels uncomfortable. But when everything just feels a little too much, certain foods

can be quite helpful. Room temperature foods often work better than hot foods because they don't have strong smells that might trigger nausea.

Ginger can also help, but you don't have to suffer through ginger tea if you don't like it. There are ginger candies or ginger ale that can give you some relief. Texture might be more important than you first thought. Creamy foods such as pudding, mashed potatoes, or smoothies might be better than crunchy foods. But sometimes it is the opposite. Hydration is very important and can become a challenge if you're dealing with appetite loss and nausea. Dehydration makes nausea worse and can add to the fatigue and dizziness. Small and frequent sips tend to work better than just trying to drink a large glass of water. You should keep a bottle nearby and try to sip every 15 to 20 minutes.

The reality is that some days you will have no appetite. These days, your only job is to get some nutrition in without making yourself feel worse.

Cravings, Hormones & Energy Levels

One of the things that catches people off guard is the difference between appetite and cravings. Knowing the difference between these key feelings is important when you're on GLP-1 medications.

Appetite is your body's biological signal telling you that you need fuel. It usually comes with physical sensations such as stomach rumblings, low energy, difficulty focusing, or feeling a bit shaky or lightheaded. Real appetite builds gradually and can be satisfied by many different types of food. When you eat in response to that, you usually feel better physically. Cravings are different because they are often specific, urgent, and tied to emotions, stress, or even boredom. Cravings focus on specific foods, especially those high in sugar, salt, or fat. They can hit suddenly and feel intense, but they don't usually come with the physical signs that appetite comes with.

Before GLP-1, these feelings might have been jumbled together. You might have felt genuine hunger and also craved specific comfort foods, which could make it hard to tell what your body actually needed. The medication helps quiet a lot of these craving noises, which creates space to notice what real appetite feels like.

One thing to keep in mind is that GLP-1 changes your hunger signals and affects your energy patterns throughout the day. You might find that your energy levels become less predictable, at least when you start with the medication. You might feel fine in the morning, then hit a wall after lunch, or find out that your usual afternoon snack leaves you feeling uncomfortable. This happens because the medication slows gastric emptying, which means that food stays in your stomach for longer. Your blood sugar patterns also change because the medication helps regulate insulin responses. So, when your energy dips, your first instinct might be to eat something for a quick boost. But on GLP-1, this might not be the right way to do things. Eating when you're not actually hungry but just low on energy can make you feel full, sluggish, or nauseous.

What you should try to do is take a different approach. For instance, sometimes low energy is just dehydration, especially if you've been struggling to drink enough fluids. Have some water and wait for a few minutes to see if that helps. If you've been sitting, you can try a brief walk or some stretching, as this can boost energy without adding food to an already slow digestive system.

If you think you need food, you should go for something small and balanced instead of reaching for quick sugar. Nuts, some pieces of cheese, or fruit can give you that energy needed. Blood sugar stability is important when you're eating less frequently and in smaller amounts. Large gaps between meals can make you feel weak or shaky, but you need to find the balance that keeps your energy steady throughout the day.

Also, you should pay attention to how different foods have an effect on your energy over the hours after eating them. Foods high in refined sugar might give you a quick boost followed by a crash. Processed foods might sit heavily and leave you feeling sluggish. There might also be a shift in your mood as your eating patterns change. Some of us feel more emotionally stable because our blood sugar is more consistent. Others might feel irritable or anxious if they're not eating enough overall.

You have to listen to your "new normal," and this might be different from how things used to work. Maybe you used to skip breakfast and feel fine until lunch, but now you need something small in the morning to maintain your energy. Such changes

aren’t good or bad; they’re just different. What you have to do is notice them, adapt to them, and trust that your body is finding its balance.

How This Cookbook Complements Your Biology

Now that you know what is happening in your body when on GLP-1 medications. It's time to talk about how this cookbook fits into this new reality. First of all, this is not a rigid meal plan that makes you eat exactly what's prescribed at precisely the right times. This book is, instead, designed to help you find a sustainable pattern that works with your changing appetite and energy levels.

Every single recipe here was developed with your specific challenges in mind. What I mean by this is thinking about portion sizes that satisfy without overwhelming your slower digestion. It also means picking the right ingredients nutrition-wise and having them in smaller servings. The breakfast recipes account for morning nausea and low appetite, and focus more on options that provide steady energy without sitting heavily in your stomach. The lunch recipes are made to carry you through afternoon energy dips without causing the uncomfortable fullness that can last for hours. And the dinner recipes understand that you might be eating smaller portions, but still want meals that feel satisfying and complete.

Another thing is that each recipe considers how long food takes to digest and when you're likely to feel hungry again. Snack suggestions are timed to support energy levels between meals without interfering with your appetite for the next eating opportunity.

The meal plan builds in flexibility because your needs will change as your body adjusts to the medication. Week one is focused on easy-to-tolerate foods when side effects are strongest. And by week four, you will have options that assume your digestion has settled and your appetite patterns have become more predictable. Of course, you're not locked into this plan exactly as written, as I've mentioned before. If a particular recipe doesn't appeal on a given day, you can swap it for something else that sounds better. If your appetite is lower than expected, you can eat smaller portions or save half for later.

The recipes here are designed to taste good and not only be nutritionally appropriate. There are plenty of comfort foods adapted for your needs, international flavors that add interest to otherwise plain foods, and even options for special

occasions. This is important because when you enjoy your food, you're more likely to eat better and more consistently. Don’t expect your progress to be a straight line. Some weeks you will feel like everything’s perfect and your energy levels will be steady, but in other weeks you might have some new challenges to face as your body continues to adjust.

Building GLP-1 Friendly Plates Without Tracking

Tracking every single bite, weighing food, and logging into apps is work usually done by spreadsheet lovers. It can be time-consuming and exhausting. When you're on a GLP-1, your appetite is already shifting. Some days you're hungry, and some days you're not.

To be completely honest, if you try tracking on GLP-1 medications, you are often being counterproductive. This is because your appetite is unpredictable, your portion sizes are smaller, and your relationship with food is changing. If you're adding the pressure of logging everything you eat, you just create more layers of stress when what you really need is simplicity and flexibility. Many of us get caught up in hitting our macro targets and completely ignore how we really feel. We're forcing ourselves to eat more protein because the app says so, even when we're already uncomfortably full.

What you have to understand is that your body is already giving you feedback every day about what it needs and when it needs it. So, all you have to do is trust that feedback and respond with good nutrition. Of course, I'm not saying that you can eat everything with no structure. Structure is very important, especially now. This knowledge of structure comes from understanding what makes a meal satisfying and *not* from measuring everything to the gram.

All the visual cues and hand measurements we will talk about here are often more accurate for your individual needs than generic portion recommendations. Your hand size corresponds to your body size, so using your palm to measure protein or your fist to gauge carbohydrates automatically adjusts portions to what's appropriate for you. More importantly, visual cues work when your appetite is low, when you're eating different amounts from day to day, or when you're cooking for your family and need to adjust one meal to work for everyone.

The 5 Elements of a Balanced Plate

As I've mentioned before, you don't need precise measurements, and when it comes to building a meal that works with your GLP-1 biology, it all comes down to five elements that you can see and assess just by looking at your plate. When you include all five, you can create a plate that satisfies your appetite, supports steady energy, and works with your slower digestion instead of against it.

Protein

This is your foundation. Protein helps you feel full and satisfied, as well as supporting your muscle maintenance during weight loss. On GLP-1, protein becomes even more important because you're eating smaller portions overall, so every bite needs to count. Your protein should take up to about a quarter of your plate, which is roughly the size of your palm, including thickness.

Fiber

Fiber comes mainly from vegetables, fruits, and whole grains, and has multiple purposes on GLP-1. It can help with slow digestion, which supports the medication's effects. It feeds the beneficial bacteria in your gut, which is important for overall health. And it also adds bulk to your meals without adding many calories, which helps you feel satisfied on smaller portions. You should aim to fill about half your plate with fiber.

Healthy Fats

Fats slow digestion, help you absorb fat-soluble vitamins, and add richness that makes meals more satisfying. On GLP-1, when your portions are smaller, healthy fats help ensure you're getting adequate calories and that your meals taste good enough to actually eat. You don't need much, about the size of your thumb.

Fluids

Hydration can become challenging on GLP-1 because you might not feel like drinking when you're nauseous, and because slower digestion can make you feel too full for fluids with meals. However, adequate hydration supports digestion, energy, and overall well-being. I'm not saying you have to drink water with your meals. Instead, you could be choosing foods with high water content, like soup, smoothies, or fresh fruits. It could also mean having herbal tea alongside your meal or starting with a small glass of water 30 minutes before eating.

Flavor

You might think this is the least important element, but it's very important for long-term success. When your food tastes good, you are far more likely to eat adequate amounts and feel satisfied. When your meals are bland or unappealing, you might find yourself picking at your food, leaving meals unfinished, or craving something more interesting later. Flavor can come from herbs, spices, citrus, vinegars, or small amounts of flavorful ingredients like garlic, ginger, or fresh herbs.

How These Elements Support Your GLP-1 Biology

Each element works with the medication's effects in very specific ways. Protein and fiber both slow digestion, which complements the medication's gastric emptying effects without making you uncomfortably full. Healthy fats provide satiety and help

stabilize blood sugar, working with the medication's insulin-sensitivity benefits. Adequate fluid support helps the kidneys function, which processes the medication and helps prevent dehydration, which can worsen nausea. Good flavor guarantees that you actually eat enough food to support your metabolism and energy needs, preventing the cycle of under-eating that can lead to fatigue and eventual overeating.

Sample Plate Breakdown

In practice, you want a dinner plate divided into sections:

Half the plate: Mixed greens salad with cherry tomatoes, cucumber, and bell peppers (fiber)

Quarter of the plate: Grilled salmon seasoned with herbs (protein)

Remaining space: Half an avocado, sliced (healthy fat)

On the side: Sparkling water with lemon (fluids)

Bringing it together: Balsamic vinaigrette and fresh herbs (flavor)

Your Cheat Sheet

Keep this in mind:

- Protein = palm size
- Fiber = closed fist or half your plate
- Healthy fat = thumb size
- Fluids = with or around meals
- Flavor = what makes you want to eat it

So, when you look at your plate right before you eat it, do a quick check. Do you have something substantial for lasting satisfaction? Or do you have vegetables or fruit for nutrients and bulk? If your answer is no, then you might have to adjust your

plate. You can add some nuts to your salad, include a side of vegetables, drizzle some olive oil on your protein, etc.

Power Foods That Stabilize Energy & Beat Cravings

While some foods leave you satisfied and give you energy, as well as help you feel focused, others might not do that, even if they taste good. The foods that work best for sustained energy and satisfaction have a few important characteristics.

- They're digested slowly.
- They don't cause blood sugar spikes and crashes.
- They provide substantial nutrition in smaller portions.
- They help you feel genuinely full instead of just temporarily satisfied.

Slow-digesting foods work well with GLP-1 medications because they complement the medication's effects and don’t overwhelm your system. When your gastric emptying is already slower, choosing foods that digest gradually helps prevent that uncomfortable, overly full feeling while making sure that you have steady nutrient absorption.

What to Eat When You’re Just Not Hungry

Some days, the thought of eating anything might feel like too much. Of course, you know you should eat something, but nothing sounds good. Your stomach feels fine, you're not nauseous, and eating doesn’t seem like a priority. As I’ve mentioned before, this is normal during the first few months on GLP-1 medications, and it can catch people off guard.

The appetite suppression from these medications can be so effective that some days you might go hours without thinking about food, then realize you've only eaten a few bites all day. While this might feel like progress, it is not. This is because consistently under-eating can lead to fatigue, mood changes, and eventually, intense cravings when your body tries to make up for what it's been missing.

Low appetite days need a different method than regular eating days. You can't force yourself to eat normal portions, and you should not try to. Instead, your goal should be to take in adequate nutrition in whatever form your body will accept, even if that looks nothing like a traditional meal.

We call this “low volume, high impact” eating. You're looking for foods that pack maximum nutrition into minimum space and effort. Every bite needs to count because you won't be taking very many of them. Also, this is not the time to worry about eating vegetables or having balanced plates. This is the time to prioritize getting enough calories and protein to support your basic needs.

Gentle Textures That Appeal

Texture is really important when solid food feels like too much. Often, smooth, creamy, or liquid options work better than anything that needs a lot of chewing or feels heavy in your stomach. Smoothies can be very nutritious here.

Blended soups give you warmth and comfort and deliver those vegetables and protein in easy-to-digest form..

Alternatively, yogurt parfaits let you layer small amounts of different nutrients. Remember that you can eat as much or as little as feels comfortable while still getting protein, probiotics, and some carbohydrates.

Temperature Tricks

Sometimes the temperature of food is far more relevant than the food itself. Cold foods tend to feel lighter and less overwhelming when your appetite is low, while warm foods can give you comfort and feel more filling than they actually are.

Cold options include smoothies, chilled soups, overnight oats, chia puddings, or just eating foods at room temperature instead of hot.

Many of us find that cold foods produce less strong smells, which can help when you're feeling sensitive to food aromas.

Warm options can be anything like herbal teas with a scoop of protein powder stirred in, warm bone broth, soft scrambled eggs, or oatmeal made thin and smooth. The warmth can be soothing to your stomach and might make eating feel more appealing.

Protein-First Solutions

When you're eating very little, protein becomes even more essential. This is because you need it to maintain muscle mass, help your metabolism, and have lasting energy. But getting enough protein when you have no appetite needs some creativity.

Protein smoothies can give you 20 to 30 grams of protein in a form that feels like a drink instead of a meal. You can blend protein powder with milk or a milk alternative, add frozen fruit for flavor, and include a small amount of fat like nut butter or avocado to slow absorption.

Collagen peptides can be stirred into almost any liquid, like coffee, tea, juice, or water, without changing the taste that much. While not a complete protein, collagen gives you amino acids and can boost your total protein intake when you're struggling to eat solid food.

Nourishment Over Numbers

On low-appetite days, let go of any rules about what meals should look like or how much you should be eating. Your only job is to nourish your body as well as you can with whatever feels manageable.

Don't worry about getting perfect nutrition on these days. You should only focus on getting adequate protein and calories, and trust that your appetite will return (because it will). Most people find that low appetite days become less frequent as their body adjusts to the medication, and having strategies for managing them lowers the stress and worry that can make the experience worse.

Remember that eating something is always better than eating nothing, even if that something isn't what you'd normally choose. Trust that your body is pushing you

toward what it needs during this adjustment period.

Emergency Recovery Meals for Rough Days

On those tough days, it’s good to have a few safe foods. These will differ from person to person, but in general, I find the foods below to be the most easily tolerated.

Bone broth with soft additions gives you nutrition when nothing else sounds good. You can heat store-bought bone broth and add soft noodles, well-cooked vegetables, or beaten egg stirred in for protein.

Banana with almond butter needs virtually no preparation and gives you quick energy as well as protein and healthy fats. The combination of natural sugars and protein helps stabilize blood sugar when you haven't been eating regularly.

Overnight oats can be prepared when you're feeling good and eaten when you're not.

Protein smoothies can also be made with minimal ingredients and give you substantial nutrition. Make sure to add healthy fibers like spinach and nut butters to these for complete nutrition.

Plain roasted vegetables or fresh cold light salads are bland enough not to cause worse nausea while offering complete nutrition. Add light proteins like a yogurt dressing, seeds, or nuts to get your protein in.

The important thing here is having ingredients on hand before you need them and keeping preparations simple enough to manage even when you don't feel your best. These aren't meant to be gourmet meals, but just reliable options that provide nutrition and comfort when you need them most.

Tools, Staples & Smart Prep

You don't need a chef's kitchen or a Sunday meal-prep marathon to eat well on GLP-1s. In fact, simplicity should be the way to go. You don’t need any fancy tools, just a streamlined system of smart prep and great ingredients. It doesn’t matter if you're cooking for one, feeding a family, or squeezing dinner in between Zoom calls. You will be able to build a kitchen that's designed for 20-minute meals, low-energy days, and big results.

Pantry, Fridge & Freezer Essentials for the GLP-1

When it comes to eating well consistently, you don’t need a pantry stocked with every possible ingredient. Instead, you have to have the right ingredients that you actually use, know how to prepare, and can combine in multiple ways. Now, using the same core ingredients repeatedly might sound boring, but it's actually liberating. You stop spending mental energy on what to buy and how to use unfamiliar ingredients. This way, you get really good at preparing foods you know work for your body, and you find new ways to combine them so meals never feel repetitive.

Protein Storage

Your protein options should be spread across all three storage areas to guarantee that you always have something available, regardless of how much planning you've done.

Fridge proteins are your fresh, ready-to-use options for when you have energy to cook. Greek yogurt and cottage cheese give you protein that needs no preparation and works for any meal. Eggs are incredibly versatile and cook quickly in multiple ways. Pre-cooked rotisserie chicken really eliminates cooking time when you need protein right about now. Fresh fish and chicken breasts cook quickly and can be prepared simply with just seasoning and heat.

Your freezer proteins are your backup plan and batch-cooking foundation. Individually frozen chicken breasts and thighs can go straight from the freezer to

cooking without planning. Ground turkey and lean ground beef cook quickly from frozen and work in countless meal combinations. On the other hand, frozen fish fillets give you omega-3s and cook fairly quickly from frozen.

Pantry proteins are shelf-stable options that need no refrigeration and have long shelf lives. Items like canned salmon and tuna give you quick protein that needs no cooking. Dried beans and lentils can also be cooked in large batches and used throughout the week. Canned beans that are ready to use immediately and work in salads, soups, or as sides. Also, don’t forget your nuts, seeds, and nut butters that provide you with protein and healthy fats.

Fiber-Rich Foods

High-fiber foods help you feel satisfied on smaller portions and help with the digestive benefits of GLP-1 medications. Having various options available means you can choose based on your energy level and what sounds appealing.

Frozen vegetables are often more nutritious than fresh because they're frozen at peak ripeness, and they eliminate prep time when your energy is low. As a tip, you should keep bags of broccoli, spinach, mixed vegetables, and cauliflower rice on hand. They can be steamed in the microwave, added to stir-fries, or mixed into eggs and grain bowls.

Again, canned beans and lentils give you both protein and fiber while requiring no soaking or long cooking times.

Whole grains like brown rice, quinoa, and oats give you energy and fiber. I recommend cooking them in batches when you have energy, then reheat portions throughout the week. Also, quick-cooking oats can be prepared in minutes for breakfast.

Fresh vegetables that store well include carrots, bell peppers, cucumber, and celery. These can also be eaten raw or quickly sautéed when you want something warm.

Healthy Fat

Healthy fats improve satiety, help with hormone production, and make meals more satisfying. A little goes a long way, so focus on quality options you actually enjoy.

Olive oil is one of the most important fats for cooking and dressing vegetables. Buy a bottle you'll use within a few months to guarantee that freshness.

Avocados provide a creamy texture and can be mashed into simple guacamole, sliced onto salads, or eaten plain with salt.

With nuts and seeds, these give you your protein, healthy fats, and crunch. I choose varieties that I enjoy eating on their own, then use them to add substance to yogurt, salads, or oatmeal. Also, nut butters work as quick protein sources and can be mixed into smoothies or eaten with fruit.

Flavor Boosters That Change Simple Ingredients

When your appetite is low, flavor is quite important for making food appealing enough to eat adequately. These ingredients can change basic proteins and vegetables into meals you actually want to eat.

Garlic and onions usually form the flavor base for many different types of cuisines. For this, I always keep fresh garlic cloves and yellow onions on hand, plus garlic powder and onion powder for when I don't want to chop.

Citrus fruits like lemons and limes add brightness and acidity that can make simple foods way more appealing. The juice and zest can be used in cooking, and wedges can be squeezed over finished dishes.

Basic spices and dried herbs should include salt, black pepper, paprika, cumin, dried basil, and oregano. These cover most flavor profiles you'll need for simple cooking.

Hot sauce, soy sauce, and vinegars (balsamic, apple cider, rice vinegar) can quickly change the flavor profile of basic ingredients. And a splash of acid or heat can make plain proteins and vegetables much more interesting.

Tools That Make Fast Cooking a Breeze

You don’t need a kitchen filled with gadgets. A few basic tools will allow you to create your GLP-1 meals quickly.

The Top 10 Kitchen Tools for 20-minute Cooking

1. One Large, Heavy-Bottomed Skillet



This is a very important tool for proteins, vegetables, and one-pan meals. Choose stainless steel or cast iron for even heat distribution. You can sear chicken, scramble eggs, sauté vegetables, and even cook grains in the same pan. The heavy bottom prevents hot spots that burn food while you're multitasking.

Time-saving tip: Use the same skillet for multiple components of one meal. Cook protein first, remove it, then cook vegetables in the same pan to pick up the flavor left behind.

2. Sharp Chef's Knife (8-inch)



A sharp knife cuts prep time in half and makes cooking safer and more enjoyable. You'll use this for chopping vegetables, slicing proteins, and mincing garlic. A dull knife needs more pressure and creates uneven cuts that cook inconsistently.

Time-saving tip: Keep it sharp with regular honing, and wash and dry it immediately after use so it's always ready for the next task.

3. Large Cutting Board



Choose wood or plastic that's large enough to hold everything you're chopping without crowding. A large surface lets you prep multiple ingredients at once and keeps your workspace organized.

Time-saving tip: Use different corners for different ingredients, or prep everything at once and sweep ingredients into separate bowls for organized cooking.

4. Instant-Read Thermometer



This eliminates guesswork when cooking proteins, making sure that food is safe without overcooking. Overcooked protein can be especially unappealing when your appetite is already low.

Time-saving tip: Use it to check doneness quickly instead of cutting into meats and losing juices, or guessing and potentially having to cook longer.

5. Microplane Grater



Perfect for grating garlic, ginger, citrus zest, and hard cheeses. Fresh garlic and ginger add incredible flavor with minimal effort, and citrus zest brightens dishes

instantly.

Time-saving tip: Grate garlic and ginger directly over the pan while cooking to save chopping time and cleanup.

6. Silicone Spatulas (Set of 2)



Heat-resistant silicone spatulas work for stirring, flipping, and scraping bowls clean. They won't scratch non-stick surfaces and can handle high heat.

Time-saving tip: Use them to scrape every bit of sauce or batter from bowls, reducing waste and minimizing cleanup.

7. Glass Storage Containers (Various Sizes)



Glass containers work for storing prepped ingredients, batch-cooked components, and leftovers. They're microwave-safe, don't absorb odors, and let you see contents at a glance.

Time-saving tip: Cook once, eat multiple times by storing components separately and combining them into different meals throughout the week.

8. Kitchen Scale



While we're not focused on precise measuring, a scale can be helpful for portioning proteins when batch cooking or following recipes accurately. It's more accurate than volume measurements for many ingredients.

Time-saving tip: Use it to divide large batches of cooked proteins into individual portions for easy meal assembly later.

9. Fine-Mesh Strainer



Essential for rinsing canned beans, draining pasta, and straining homemade stocks. A fine mesh catches small particles that larger colanders miss.

Time-saving tip: Rinse canned beans quickly to reduce sodium, or use the strainer to steam small amounts of vegetables over boiling water.

10. Immersion Blender



Blend soups directly in the pot, make smoothies in individual glasses, or quickly mix protein shakes. Much easier to clean than a full-size blender and takes up minimal storage space.

Time-saving tip: Make single-serving smoothies right in the glass you'll drink from, eliminating the need to transfer and wash multiple containers.

Optional Tools for Batch Cooking

If you have space and budget for additional tools, some of the items below can streamline larger cooking projects.

A slow cooker or Instant Pot handles tough proteins and large batches with minimal attention. Set it up in the morning and return to ready-to-eat food.

A large sheet pan that allows you to roast proteins and vegetables together for complete meals with minimal cleanup.

A food processor can quickly chop large quantities of vegetables for batch prep, though a sharp knife works fine for smaller amounts.

Prep Once, Eat All Week

The idea of having to spend an entire Sunday afternoon meal prepping can feel quite exhausting (even just the thought of it), especially when your energy levels are unpredictable, as they might be at this point. But what if you could set yourself up for the entire week in just one hour?

Cook, Chop, Store

The easiest way to do this is to divide this “system” into three parts.

Part 1: Cook (25 minutes)

Focus on cooking proteins and grains that take the longest and give you the foundation for multiple meals. Start these first so they can cook while you're chopping and organizing. What I do is cook 2-3 proteins in different ways to give you variety throughout the week.

You can, for instance, roast a whole chicken or several chicken breasts, brown some ground turkey with basic seasonings, and hard-boil a dozen eggs. These are my go-to proteins that can become salads, grain bowls, wraps, soups, and quick breakfasts.

Prepare one or two grains that can serve as bases for different meals. For example, you can cook a large batch of brown rice and quinoa, or choose one grain and make extra. Also, these can be eaten warm or cold, mixed into salads, or used as bases for bowl meals.

Part 2: Chop (20 minutes)

While proteins and grains are cooking, prep vegetables that will stay fresh for several days and can be used raw or quickly cooked. All you have to do is wash and chop sturdy vegetables like bell peppers, carrots, celery, and cucumber.

These can be eaten raw as snacks, added to salads, or quickly sautéed for cooked meals.

Make one or two simple sauces or dressings that can change the flavor profile of basic ingredients. What I usually do is a basic vinaigrette and a creamy sauce like tahini dressing or yogurt-based ranch, but this is entirely up to you.

Part 3: Store (15 minutes)

Proper storage extends the life of your prepped ingredients, and this often makes meal assembly faster during busy weekdays.

You need to divide proteins into meal-sized portions and store them separately. This is because it makes it easy to grab exactly what you need without having to portion from a large container every time.

Store chopped vegetables in clear containers where you can see them easily.

Keep grains and proteins separate from sauces and dressings to prevent sogginess and maintain texture..

Smart Storage Tips

One thing that helps quite a bit when storing food is to see what is inside. Gass containers are some of the most popular choices because they let you see contents at a glance and don't absorb odors or stains.



You can use different sizes for different components, like large containers for grains and proteins, smaller ones for chopped vegetables and sauces.

You should always label containers with contents and date, especially if you're preparing multiple proteins or grains. I use masking tape and a permanent marker, but you can invest in reusable labels if you want to.

Another great tip I use is to store items you'll use first at eye level in the refrigerator and put less frequently used items on lower shelves. This prevents forgotten food from going bad and makes meal assembly faster.

Keep raw vegetables crisp by storing them with a paper towel to absorb excess moisture, and keep herbs fresh by treating them like flowers, like trimming the stems and storing them in water.

Mix and Match, Don’t Over-Plan

The goal is to have components ready so you can make decisions based on how you feel each day. I want this to be very clear in your head. For instance, on

Monday, you might want a warm grain bowl, Tuesday might call for a cold salad, and Wednesday you might want everything wrapped up in a tortilla.



You need this flexibility because of your changing appetite. Having components ready means you can eat smaller or larger portions, combine ingredients differently, or skip elements that don't sound appealing without throwing off your entire meal plan.

As with most things, you should start small with this system. I recommend prepping just two proteins and one grain the first week, then add more components as you get comfortable with the process.

Meal Formulas That Work

Five foundational meal formulas use five or fewer ingredients, so you can start using them right away.

Formula 1: The Bowl



Base + Protein + Vegetable + Fat + Flavor

This is the most flexible formula because everything can be served warm, cold, or at room temperature, depending on your preference.

Example combinations:

- Quinoa + grilled chicken + roasted vegetables + avocado + lemon vinaigrette
- Brown rice + salmon + steamed broccoli + sesame oil + soy sauce and ginger
- Mixed greens + hard-boiled eggs + cherry tomatoes + olive oil + balsamic vinegar

Formula 2: The Wrap



Wrapper + Protein + Crunch + Creamy Element + Seasoning

Wraps work well when you want something handheld and portable, or when you want to eat smaller portions without feeling like you're missing out on a complete meal. Note: The wrapper can be traditional tortillas, lettuce leaves, or even thin omelet "wraps" made from eggs.

Example combinations:

- Whole wheat tortilla + turkey + lettuce + hummus + everything bagel seasoning
- Large lettuce leaves + tuna salad + cucumber + avocado + black pepper
- Collard green leaves + chicken salad + bell peppers + Greek yogurt + herbs

Formula 3: The Stir-Fry



Protein + Vegetables + Fat + Sauce + Optional Base

Stir-fries cook quickly and allow you to use whatever vegetables need to be used up.

Example combinations:

- Ground turkey + frozen mixed vegetables + olive oil + teriyaki sauce + brown rice
- Scrambled eggs + bell peppers and onions + coconut oil + soy sauce + served alone
- Chicken strips + broccoli and carrots + sesame oil + garlic and ginger + quinoa

Formula 4: The Bake



Protein + Vegetable + Fat + Seasoning + Optional Topping

Sheet pan meals need almost no effort and create complete meals with easy cleanup. Everything cooks together, so flavors blend while you do other things.

Example combinations:

- Salmon + asparagus + olive oil + lemon and herbs + served alone
- Chicken thighs + sweet potatoes + avocado oil + paprika and garlic powder + topped with salsa
- White fish + zucchini and bell peppers + coconut oil + Italian seasoning + sprinkled with cheese

Formula 5: The Smoothie



Liquid + Protein + Fruit/Vegetable + Fat + Flavor Boost

Smoothies work well when solid food doesn't sound appealing, but you need nutrition in easy-to-digest form.

Example combinations:

- Almond milk + protein powder + frozen berries + almond butter + vanilla extract
- Coconut water + Greek yogurt + spinach + avocado + lime juice
- Regular milk + cottage cheese + frozen mango + ground flaxseed + ginger

With your pantry set up and knowing how to have GLP-1-friendly items on hand, it is time to begin creating your nutritious and delicious recipes.

Breakfast for Low Appetite & All-Day Energy

Using GLP-1 medications means waking up to a weird limbo state where you're not quite hungry but not full either. You know you should eat, but a big plate of anything just feels like too much.

Your first meal of the day sets the tone for the rest of the day. It should be light enough to stomach but contain enough nutrition to provide energy and satiety.



Berry Protein Smoothie [High-Fiber]

Serves 1

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving 1 smoothie (approximately 350ml): Calories 395 | Protein: 31g | Carbohydrates: 38g | Fiber: 14g | Fat: 14g | Sodium: 150mg



Ingredients:

- 1 cup (240ml) vanilla almond milk
- 1 heaping cup (150g) frozen mixed berries
- 1 scoop (30g) vanilla protein powder
- 1 tablespoon (7g) flaxseed meal
- 1 tablespoon (16g) almond butter

Instructions:

1. Pour the vanilla almond milk into your blender as a base.
2. Add the frozen berries, protein powder, flaxseed meal, and almond butter.
3. Blend on high for 1-2 minutes until completely smooth.
4. Serve immediately in a chilled glass or mason jar.

Blueberry Breakfast Smoothie Bowl [High-Fiber]

Serves 1

Prep time: 10 minutes | **Cook time:** 0 minutes | **Total time:** 10 minutes

Per serving 1 bowl (approximately 350g): Calories 385 | Protein: 16g | Carbohydrates: 58g | Fiber: 14g | Fat: 12g | Sodium: 125mg



Ingredients:

- ⅓ cup (35g) blueberry chia buckwheat muesli
- ½ cup (120ml) unsweetened organic soymilk, plus extra if needed
- 1 cup (150g) blueberries, fresh or frozen
- 1 tablespoon (7g) ground flaxseed
- ¼ teaspoon ground ginger
- Pinch of salt
- 1 kiwi fruit (70g), peeled and sliced
- 1 tablespoon (10g) hemp seeds
- Viola flowers (optional)

Instructions:

1. Combine the muesli, soymilk, blueberries, ground flaxseed, ground ginger, and salt in a blender.
2. Blend on high speed until well combined, adding additional milk if needed to thin the consistency.
3. Pour the smoothie into a serving bowl.
4. Top with sliced kiwi fruit, hemp seeds, and viola flowers if using.
5. Serve immediately and enjoy with a spoon.

High-Protein Berry Parfait [Easy to Digest]

Serves 2

Prep time: 15 minutes | **Cook time:** 0 minutes | **Total time:** 15 minutes

Per serving 1 bowl (approximately 300g): Calories 425 | Protein: 28g | Carbohydrates: 48g | Fiber: 8g | Fat: 14g | Sodium: 280mg



Ingredients:

Bottom Layer

- 1 cup (125g) frozen raspberries
- ½ fresh banana (60g)
- 1 cup (240ml) organic whole milk plain kefir

Middle Layer

- 1 cup (226g) farmer cheese
- 1 scoop (30g) vanilla protein powder

Granola Layer

- ½ cup (60g) low-sugar granola of choice

Top Layer

- 2 tablespoons (15g) sliced almonds
- 1 tablespoon (10g) of chia seeds and flax seeds
- ¼ cup (38g) frozen blueberries or strawberries

Instructions:

1. In a blender, blend the frozen raspberries, banana, and kefir until smooth.
2. In a food processor, blend the farmer cheese and vanilla protein powder until smooth and creamy.
3. Divide the raspberry kefir mixture between two serving bowls as the bottom layer.
4. Add half of the farmer cheese mixture to each bowl as the second layer.
5. Add a layer of granola to each bowl.
6. Top with the remaining farmer cheese mixture.
7. Finish with sliced almonds, chia and flax seeds, and frozen berries.
8. Serve immediately and enjoy with a spoon.

High-Protein Overnight Oats [High-Fiber]

Serves 1

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 hours 5 minutes (includes overnight soaking)

Per serving 1 jar (approximately 250g): Calories 371 | Protein: 35g | Carbohydrates: 48g | Fiber: 9g | Fat: 6g | Sodium: 125mg



Ingredients:

- ½ cup (40g) old-fashioned rolled oats
- 1 scoop (30g) protein powder
- ½ tablespoon (6g) chia seeds
- ½ cup (120ml) milk
- ¼ cup (60g) non-fat Greek yogurt
- 1-2 teaspoons (5-10ml) maple syrup or honey (optional)

Instructions:

- Combine the oats, protein powder, and chia seeds in a mason jar or container with a lid.
- Pour in the milk, Greek yogurt, and maple syrup if using.
- Mix until well combined, making sure to stir up any chunks of protein powder that may be stuck on the bottom.
- Cover with a lid and place in the refrigerator overnight or for at least 5 hours.
- Before eating, stir well and add extra toppings or mix-ins as desired.
- Enjoy cold straight from the jar.

No-Cook Breakfast Cheesecake Cups [Easy to Digest]

Serves 2

Prep time: 15 minutes | **Cook time:** 0 minutes | **Total time:** 15 minutes

Per serving 1 parfait (approximately 280g): Calories 285 | Protein: 24g | Carbohydrates: 32g | Fiber: 2g | Fat: 6g | Sodium: 380mg



Ingredients:

Cheesecake Filling

- 1 cup (226g) 4% cottage cheese
- 1 cup (240g) full-fat plain Greek yogurt
- 1 teaspoon (5ml) vanilla extract
- 4 drops liquid stevia
- Juice from half a lemon (approximately 1½ tablespoons/22ml)
- Zest from 1 lemon (approximately 1 tablespoon/6g)

Crumbles

- 4 rectangles graham crackers (28g), crushed

Toppings

- ⅔ cup (100g) wild blueberries, frozen
- Extra lemon zest

Instructions:

1. Add the cottage cheese, Greek yogurt, stevia drops, vanilla extract, lemon juice, and lemon zest to a blender.
2. Blend until smooth and creamy for about 10-15 seconds, being careful not to over-blend.
3. Place the cheesecake filling in the refrigerator while you prepare the other components.
4. Add the Graham crackers to a ziplock bag and crush with a rolling pin or can until coarse crumbles form.
5. Add 2 tablespoons of crushed Graham crackers to the bottom of each serving cup or bowl.
6. Spoon the cheesecake filling over the Graham cracker layer.
7. If using frozen blueberries, place them in a microwave-safe bowl and warm in the microwave or on the stovetop until just defrosted.
8. Top with your fruit of choice and sprinkle with extra lemon zest if desired.
9. Serve chilled and enjoy.

Cottage Cheese Oat Pancakes

Serves 4 (2 pancakes per serving)

Prep time: 5 minutes | **Cook time:** 20 minutes | **Total time:** 25 minutes

Per serving 2 pancakes (approximately 140g): Calories 195 | Protein: 14g | Carbohydrates: 22g | Fiber: 3g | Fat: 5g | Sodium: 320mg



Ingredients:

- 1 cup (226g) cottage cheese
- 1 cup (80g) rolled oats
- 1 tablespoon (12g) baking powder
- 2 large eggs
- 1 teaspoon (5ml) vanilla extract
- Cooking spray

Toppings

- Maple syrup
- Nuts and seeds
- Hemp hearts
- Greek yogurt
- Peanut butter
- Fresh fruit (berries, bananas, peaches)

Instructions:

1. Add the cottage cheese, rolled oats, baking powder, eggs, and vanilla extract into a blender.
2. Blend for about one minute until smooth. The mixture will be fairly thick.
3. Lightly coat a large nonstick pan with cooking spray and heat on the stovetop over low heat.
4. Scoop about a quarter cup of batter per pancake into the pan.
5. Allow your pancakes to cook on low for 2-3 minutes until bubbles form on top.
6. Once bubbles are forming on the top of the pancakes, flip them over.
7. Cook the underside for a minute or so longer until golden brown.
8. Repeat, spraying the pan with cooking spray each time, until there is no batter remaining.
9. Top with your choice of toppings and serve warm.

Cottage Cheese Egg Muffins

Serves 6 (2 muffins per serving)

Prep time: 10 minutes | **Cook time:** 30 minutes | **Total time:** 40 minutes

Per serving 2 muffins (approximately 120g): Calories 110 | Protein: 11g | Carbohydrates: 5g | Fiber: 1g | Fat: 5g | Sodium: 400mg



Ingredients:

- 10 large egg whites
- 1 cup (226g) cottage cheese
- ½ cup (75g) diced roasted red peppers, patted dry if using canned
- ½ cup (25g) crushed kale chips
- 2 tablespoons (30g) pesto
- ½ teaspoon black pepper
- Cooking spray

Instructions:

1. Preheat your oven to 350°F (175°C).
2. Spray a 12-cup muffin tin with cooking spray, making sure the bottom and sides of each well are covered.
3. In a large bowl, whip the egg whites until they are frothy, about 1 minute on high speed.
4. Add the cottage cheese, pesto, and black pepper and whip for another minute, breaking up the cheese and thoroughly combining the ingredients.
5. Distribute the egg and cottage cheese mixture evenly between the muffin wells using a 2-oz ice cream or cookie scoop.
6. Add approximately 2 teaspoons each of the roasted red peppers and crushed kale chips to each muffin well and mix them into the egg mixture.
7. Place the muffin tin in the center of the preheated oven and bake for 30 minutes until the muffins puff up and the centers bounce back when pressed.
8. Remove from the oven and allow to cool for 5 minutes before removing from the tin. The muffins will deflate as they cool, which is normal.
9. Serve warm or store in the refrigerator for up to 5 days.

Low-Carb Spinach and Cheese Omelette [Easy to Digest]

Serves 1

Prep time: 5 minutes | **Cook time:** 5 minutes | **Total time:** 10 minutes

Per serving 1 omelette (approximately 180g): Calories 180 | Protein: 15g | Carbohydrates: 3g | Fiber: 1g | Fat: 12g | Sodium: 220mg



Ingredients:

- 2 large eggs
- ¼ cup (10g) fresh spinach, chopped
- 2 tablespoons (15g) shredded low-fat cheese (cheddar or mozzarella)
- 1 tablespoon (15ml) skim milk or unsweetened almond milk
- 1 teaspoon (5ml) olive oil or cooking spray
- Salt and pepper to taste
- 1 tablespoon (15g) diced onions or bell peppers (optional)

Instructions:

1. In a small bowl, beat the eggs with the milk, salt, and pepper until well combined.
2. Heat the olive oil or spray a non-stick skillet with cooking spray over medium heat.
3. Add the spinach and optional vegetables and sauté until softened, about 1-2 minutes.
4. Pour the egg mixture over the spinach in the skillet.
5. Cook until the edges start to set, about 2-3 minutes.
6. Sprinkle the shredded cheese evenly over one half of the omelette.
7. Fold the omelette in half over the cheese and cook for another 1-2 minutes, or until the cheese is melted and the omelette is cooked through.
8. Slide the omelette onto a plate and serve immediately.

Turkish-Style Eggs with Garlic Yogurt

Serves

2 Prep time: 10 minutes | **Cook time:** 5 minutes | **Total time:** 15 minutes

Per serving 2 eggs with yogurt and butter (approximately 250g): Calories 315 | Protein: 18g | Carbohydrates: 8g | Fiber: 0g | Fat: 23g | Sodium: 280mg



Ingredients:

- 4 large eggs
- A few sprigs of fresh coriander (5g), chopped
- Salt, to taste

Garlic Yogurt

- ¾ cup (200ml) thick yogurt
- 1 large or 2 small cloves of garlic (3-6g)
- ½ teaspoon sugar
- ¼ teaspoon lime or lemon zest
- Salt, to taste

Chilli Butter

- 1 tablespoon (15g) butter
- ½ teaspoon (2.5ml) extra virgin olive oil
- ½ teaspoon chilli powder

Instructions:

1. Zest a lime or lemon, making sure to get just the top layer and not the bitter white pith, and measure ¼ teaspoon.
2. Add the garlic cloves, sugar, and salt to a pestle and mortar and pound to a smooth paste.
3. Add the garlic paste and lemon zest to the yogurt and stir well to combine. Taste and adjust seasoning, then set aside.
4. Melt the butter with olive oil in a small non-stick frying pan over medium heat.
5. Once the butter starts to melt, add the chilli powder and cook for 45-60 seconds, swirling the pan occasionally.
6. Decant the chilli butter into a small bowl and set aside, keeping the pan for the eggs.
7. Crack two eggs at a time into the same pan and fry to your liking, keeping the yolks runny for best results.
8. Season the eggs with salt while cooking.
9. To serve, divide the yogurt between two plates.
10. Place two fried eggs on each plate on top of the yogurt.
11. Drizzle the chilli butter over the eggs and top with chopped coriander.

12. Serve immediately

High-Protein Breakfast Casserole

Serves 8

Prep time: 10 minutes | **Cook time:** 45 minutes | **Total time:** 55 minutes

Per serving 1 piece (approximately 200g): Calories 277 | Protein: 28g | Carbohydrates: 6g | Fiber: 1g | Fat: 15g | Sodium: 520mg



Ingredients:

- 6 large whole eggs
- 1 cup (113g) shredded cheddar cheese
- ¾ cup (200g) plain Greek yogurt
- 1 pound (454g) cooked protein (ham, ground beef, ground turkey, sausage, or vegetarian alternative)
- 1¾ oz (50g) spinach (optional)
- ½ white onion (75g), chopped (optional)
- 3 bell peppers (450g), various colors, chopped (optional)
- Salt, to taste
- Black pepper, to taste
- Non-stick cooking spray

Instructions:

1. Preheat your oven to 350°F (176°C).
2. Chop your vegetables if using.
3. Cook and brown your protein if it's not already cooked.
4. Add all ingredients to a large mixing bowl.
5. Mix everything thoroughly until well combined.
6. Coat at least a 2-quart baking dish with non-stick cooking spray.
7. Pour your mixture into the prepared baking dish and spread evenly.
8. Optionally, top your casserole with additional cheese or toppings of choice.
9. Bake for 45-50 minutes.
10. Remove from oven and let cool for 5 minutes before slicing and serving.

Breakfast Burritos [High-Fiber]

Serves 4

Prep time: 6 minutes | **Cook time:** 10 minutes | **Total time:** 16 minutes

Per serving 1 burrito (approximately 250g): Calories 287 | Protein: 20g | Carbohydrates: 32g | Fiber: 15g | Fat: 13g | Sodium: 359mg



Ingredients:

- Nonstick cooking spray
- ½ small onion (75g), chopped
- ½ red bell pepper (75g), chopped
- 7 ounces (200g) extra firm tofu, cubed
- ½ cup (85g) black beans, canned, low sodium
- ½ medium apple (75g), chopped
- ¼ cup (30g) chopped walnuts
- ½ teaspoon turmeric
- ½ teaspoon tamari sauce
- ¼ teaspoon chili powder
- 4 low carb high protein tortillas
- ½ avocado (75g), chopped
- ¼ cup (15g) cilantro leaves, chopped

Instructions:

1. Spray an electric grill or large skillet with nonstick spray and heat over medium heat or 375°F.
2. Add the onions, bell pepper, tofu, black beans, apple, and walnuts to the grill or pan.
3. Sprinkle the turmeric and chili powder over the ingredients and pour the tamari sauce on the tofu.
4. Cook for about 10 minutes, stirring occasionally, until the onions are translucent and the peppers are softened.
5. Place the tortillas on top of the pan or grill for 1 minute to warm them, then transfer each to a plate.
6. Divide the cooked mixture evenly among the 4 tortillas, placing about ¾ cup of filling on each.
7. Top each burrito with equal portions of chopped avocado and cilantro.
8. Roll up the tortillas and serve immediately.

Black Bean Pancakes [High-Fiber]

Serves 6 (2 pancakes per serving)

Prep time: 10 minutes | **Cook time:** 20 minutes | **Total time:** 30 minutes

Per serving 2 pancakes (approximately 180g): Calories 314 | Protein: 9g | Carbohydrates: 56g | Fiber: 9g | Fat: 7g | Sodium: 252mg



Ingredients:

- 1½ cups (255g) cooked black beans (one 15-oz can, rinsed and drained)
- 1½ cups (360ml) unsweetened, unflavored plant-based milk
- 5 tablespoons (75ml) pure maple syrup, plus more for serving
- 2 tablespoons (30ml) apple cider vinegar
- 1 tablespoon (15ml) pure vanilla extract
- 1 cup (90g) rolled oats
- ½ cup (60g) whole wheat flour
- ⅓ cup (35g) almond flour
- 1 tablespoon regular or sodium-free baking powder
- 1 teaspoon ground cinnamon
- ¼ cup (45g) vegan chocolate chips
- Avocado oil cooking spray (optional)
- 2 bananas (240g), thinly sliced

Instructions:

1. In a high-speed blender or food processor, combine the black beans and plant-based milk. Blend until creamy and smooth.
2. Add the maple syrup, apple cider vinegar, vanilla extract, rolled oats, whole wheat flour, almond flour, baking powder, and cinnamon to the blender. Blend until the batter is smooth.
3. Transfer the batter to a mixing bowl and stir in the chocolate chips.
4. Heat a nonstick griddle over medium-low heat. If using oil, lightly coat the griddle with avocado oil cooking spray.
5. Pour ⅓ cup batter per pancake onto the griddle.
6. Cook for 3 minutes or until the pancakes look slightly dry on top, are lightly browned on the bottom, and release easily from the pan.
7. Flip the pancakes and cook for 3 minutes more.
8. Repeat with the remaining batter, making 12 pancakes total.
9. Top with sliced bananas and additional maple syrup if desired. Serve warm.

Tofu Scramble

Serves 4

Prep time: 15 minutes | **Cook time:** 12 minutes | **Total time:** 27 minutes

Per serving 1 cup (approximately 280g): Calories 165 | Protein: 13g | Carbohydrates: 14g | Fiber: 4g | Fat: 7g | Sodium: 620mg



Ingredients:

- 1 block (14 oz/400g) firm tofu, pressed
- 2 tablespoons (30ml) olive oil
- 2 cloves garlic, peeled and minced
- 1 medium yellow onion (150g), diced
- 1 bell pepper (150g), diced
- 8 oz (225g) bella mushrooms, diced
- 10 oz (280g) bagged spinach
- 1½ teaspoons turmeric
- 1½ teaspoons smoked paprika
- 1 teaspoon salt
- 1 teaspoon black pepper
- Avocado and bread for serving (optional)

Instructions:

1. Press the tofu by wrapping it in paper towels or a clean kitchen towel and placing a heavy object on top for 10-15 minutes to remove excess moisture.
2. While the tofu is pressing, dice the bell pepper, onion, and mushrooms.
3. Heat the olive oil in a large frying pan over medium heat.
4. Add the minced garlic and sauté for 1 minute until fragrant.
5. Add the diced onions and sauté for 2 minutes until they begin to soften.
6. Add the bell peppers and mushrooms and sauté for 2 minutes.
7. Add the spinach and stir until wilted, about 2 minutes.
8. Crumble the pressed tofu with your hands over the pan, letting it break into bite-sized pieces.
9. Add the turmeric, smoked paprika, salt, and black pepper. Stir to combine all ingredients thoroughly.
10. Cook for 3-4 additional minutes until the tofu is thoroughly heated.
11. Taste and adjust seasoning with additional salt, pepper, or spices if needed.
12. Serve warm with avocado and bread if desired.

Pumpkin Seed Granola [High-Fiber]

Serves 6 (1 cup per serving)

Prep time: 15 minutes | **Cook time:** 45 minutes | **Total time:** 1 hour 10 minutes

Per serving 1 cup (approximately 100g): Calories 284 | Protein: 8g | Carbohydrates: 47g | Fiber: 8g | Fat: 9g | Sodium: 94mg



Ingredients:

- ½ cup (75g) pitted whole dates
- 2 tablespoons (14g) ground flaxseeds
- 2 cups (180g) thick-cut or regular rolled oats
- ½ cup (45g) sliced almonds
- ¼ cup (50g) dry millet
- 1 tablespoon (9g) sesame seeds
- 1 tablespoon ground cinnamon
- 1 teaspoon ground ginger
- ¼ teaspoon sea salt
- ½ cup (65g) raw pumpkin seeds (pepitas)
- ½ cup (75g) raisins

Instructions:

1. Preheat your oven to 325°F (163°C).
2. In a small bowl, combine the dates and ¾ cup (180ml) warm water. Let stand for at least 5 minutes or until softened.
3. In another small bowl, combine the ground flaxseeds and 6 tablespoons (90ml) warm water. Let stand for 5 minutes.
4. In a large bowl, combine the rolled oats, sliced almonds, millet, sesame seeds, cinnamon, ginger, and sea salt.
5. Transfer the dates with their soaking liquid to a blender. Blend until smooth.
6. Stir the pureed dates and flaxseed mixture into the oat mixture until well combined.
7. Spread the mixture evenly in a 15x10-inch baking pan.
8. Bake for 45 minutes or until golden, stirring every 15 to 20 minutes. Add the pumpkin seeds halfway through baking (at about 22 minutes).
9. Remove from the oven and cool in the pan on a wire rack for 10 minutes.
10. Stir in the raisins.
11. Store uncovered at room temperature for up to 10 days or freeze in a covered container for up to 2 months.

Berry Almond Oatmeal [High-Fiber]

Serves 6

Prep time: 10 minutes | **Cook time:** 40 minutes | **Total time:** 1 hour

Per serving 1 piece (approximately 280g): Calories 346 | Protein: 9g | Carbohydrates: 57g | Fiber: 8g | Fat: 10g | Sodium: 65mg



Ingredients:

- 3 cups (270g) rolled oats
- 3 cups (720ml) unsweetened, unflavored plant-based milk
- ½ cup (75g) raisins
- ¼ cup (60ml) pure maple syrup
- 1½ tablespoons (22ml) pure vanilla extract
- 1 teaspoon ground cinnamon
- 1 cup (125g) fresh or frozen raspberries
- 1 cup (150g) fresh or frozen blueberries
- ½ cup (45g) sliced almonds

Instructions:

1. Preheat your oven to 350°F (175°C).
2. In a 2-quart baking dish, combine the rolled oats, plant-based milk, raisins, maple syrup, vanilla extract, and cinnamon.
3. Add ¾ cup (180ml) water and mix well until all ingredients are thoroughly combined.
4. Top the oatmeal mixture evenly with raspberries, blueberries, and sliced almonds.
5. Bake for 40 minutes or until bubbly around the edges and heated through.
6. Remove from the oven and let stand for 10 minutes before serving.
7. Serve warm with additional plant-based milk or maple syrup if desired.
8. Store leftovers in the refrigerator for up to 5 days. To prep in advance, complete steps 2-4, cover the baking dish with foil, and refrigerate overnight or up to 2 days before baking.

Midday Power Plates

It’s noon and you’re halfway through your to-do list. A single meeting away from overwhelm, and already wondering what to eat that won’t make you crash. A balanced lunch is essential for sustained energy focus, balanced blood sugar, and getting you through the rest of the day without reaching for sugary snacks.



Steak and Broccoli Power Bowls

Serves 2

Prep time: 10 minutes | **Cook time:** 9 minutes | **Total time:** 19 minutes

Per serving 1 bowl (approximately 320g): Calories 385 | Protein: 32g | Carbohydrates: 42g | Fiber: 5g | Fat: 8g | Sodium: 450mg



Ingredients:

- 1 package (250g) wholegrain rice mix with seaweed
- 2 tablespoons (30g) chopped sushi ginger
- 4 spring onions (40g), green part finely chopped, white part halved lengthways and cut into lengths
- 5½ oz (160g) broccoli florets, cut into bite-sized pieces
- 8 oz (225g) lean fat-trimmed fillet steak
- 4 tablespoons (60ml) water

Instructions:

1. Tip the rice mix into a microwave-safe bowl and stir in the chopped ginger, chopped onion greens, and 4 tablespoons of water.
2. Add the broccoli and place the spring onion whites on top.
3. Cover with cling film, pierce with the tip of a knife, and microwave for 5 minutes.
4. Meanwhile, heat a non-stick frying pan and sear the steak for 2 minutes on each side, then set aside to rest.
5. Take the spring onion whites from the bowl and add to the pan so they char slightly in the meat juices while the steak rests.
6. Divide the rice mixture between 2 large bowls or packed lunch containers.
7. Slice the steak and arrange it over the rice.
8. Top with the charred spring onions and serve immediately, or seal until ready to eat.

Make-Ahead Mini Meatloaves

Serves 4

Prep time: 15 minutes | **Cook time:** 50 minutes | **Total time:** 1 hour 5 minutes

Per serving 1 slice (approximately 180g): Calories 285 | Protein: 28g | Carbohydrates: 22g | Fiber: 4g | Fat: 9g | Sodium: 280mg



Ingredients:

- 1 tablespoon (15ml) rapeseed oil, plus extra for greasing
- 2 large onions (300g), halved and thinly sliced
- 4 large garlic cloves (12g), grated
- 1 teaspoon allspice or mixed spice
- 1½ teaspoons fennel seeds
- 2 tablespoons smoked paprika
- 2 tablespoons (30g) tomato purée
- ¼ cup (50g) quinoa
- 5½ oz (160g) grated carrot
- 1 teaspoon dried oregano
- ½ teaspoon ground cumin
- 14 oz (400g) turkey leg and breast mince
- 1 large egg
- 1 teaspoon (5ml) black treacle
- Black pepper, to taste

Instructions:

1. Preheat your oven to 350°F (180°C).
2. Grease and line a deep loaf tin with baking parchment.
3. Heat the oil in a large non-stick frying pan and add the onions.
4. Fry for 10 minutes, stirring occasionally, until golden.
5. Stir in the garlic and spices and toast over the heat for 3 minutes, then add the tomato purée.
6. Scrape half the onion mixture into a small bowl and set aside for the topping.
7. Stir the quinoa and 4 tablespoons of water into the frying pan and cook for 2 minutes.
8. Tip the quinoa mixture into a bowl and leave to cool for 5 minutes.
9. Add the carrot, oregano, cumin, turkey mince, and egg to the cooled quinoa mixture.
10. Season with black pepper and mix well.

11. Pack the mixture into the greased loaf tin and bake uncovered for 35 minutes until firm.
12. Add 3 tablespoons of water and the black treacle to the reserved onion mixture.
13. When the meatloaf is cooked, carefully turn it out of the tin onto a shallow ovenproof dish.
14. Spread the onion and treacle mixture over the top of the meatloaf.
15. Return to the oven and bake for 10 minutes more until the topping is caramelized.
16. Let rest for 5 minutes, then slice and serve.

Hot Honey Salmon Bites [Easy to Digest]

Serves 4

Prep time: 10 minutes | **Cook time:** 20 minutes | **Total time:** 30 minutes

Per serving 4 oz salmon (approximately 140g): Calories 295 | Protein: 24g | Carbohydrates: 9g | Fiber: 0g | Fat: 18g | Sodium: 240mg



Ingredients:

- 1 pound (454g) salmon fillets, skin removed
- ¼ teaspoon salt
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- 1 tablespoon (15ml) olive oil
- 3 tablespoons (45g) butter
- 2 fresh Thai chili peppers, thinly sliced
- 2 dried arbol chili peppers, thinly sliced
- 2 tablespoons (30ml) honey

Instructions:

1. Cut your salmon fillets into 1-inch cubes.
2. Season the fish with the salt, garlic powder, and onion powder.
3. Slice the chili peppers as thinly as possible.
4. Tear off a large piece of aluminum foil and pour the olive oil onto the foil directly in the middle.
5. Lay the pieces of salmon out onto the oiled foil.
6. Sprinkle the chili pepper slices on top of the salmon.
7. Drizzle the honey over the fish.
8. Cut the butter into slices and place it on top of the fish.
9. Cover the fish with the excess aluminum foil, sealing the edges to create a packet.
10. Place the foil pack into your air fryer basket.
11. Close the air fryer and cook for 15 minutes at 400°F (200°C).
12. Remove the foil pack from the air fryer and slowly open, being careful of the hot steam.
13. Serve immediately.

Simple Chicken Salad Tostadas

Serves 2

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving 3 tostadas (approximately 220g): Calories 425 | Protein: 28g | Carbohydrates: 38g | Fiber: 6g | Fat: 18g | Sodium: 780mg



Ingredients:

- 1 package (10 oz/283g) salad kit
- 6 oz (170g) rotisserie chicken breast, shredded
- 6 tostada shells

Instructions:

1. Prepare the salad kit according to package directions, reserving the tortilla strips and shredded cheese.
2. Fold the shredded chicken into the prepared salad mixture.
3. Divide the chicken salad mixture evenly among the 6 tostada shells.
4. Top with the reserved tortilla strips and shredded cheese.
5. Serve immediately.

Turkey Cranberry Power Wrap

Serves 3

Prep time: 15 minutes | **Cook time:** 0 minutes | **Total time:** 15 minutes

Per serving 1 wrap (approximately 180g): Calories 285 | Protein: 24g | Carbohydrates: 32g | Fiber: 3g | Fat: 6g | Sodium: 680mg



Ingredients:

- 7½ tablespoons (113g) whipped reduced-fat cream cheese spread
- 3 flatbreads
- 3 cups (150g) torn romaine lettuce
- 9 oz (255g) sliced cooked turkey or chicken breast meat
- 6 tablespoons (90g) reduced-sugar or light cranberry sauce

Instructions:

1. Spread 2½ tablespoons of cream cheese over one side of each flatbread.
2. Top each flatbread with 1 cup torn romaine lettuce.
3. Divide the turkey evenly among the flatbreads (3 oz per wrap).
4. Spread 2 tablespoons of cranberry sauce over the turkey on each wrap.
5. Roll up each flatbread tightly to enclose the filling.
6. Wrap individually in plastic wrap or foil for meal prep storage.

3-Ingredient Creamy Chicken Salad [Easy to Digest]

Serves 4

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving ¾ cup (approximately 140g): Calories 195 | Protein: 22g | Carbohydrates: 2g | Fiber: 1g | Fat: 11g | Sodium: 320mg



Ingredients:

- 2 cups (280g) chopped rotisserie chicken
- ¾ cup (90g) chopped celery
- ⅓ cup (80g) lemon-herb aioli
- Cracked black pepper, to taste

Instructions:

1. Combine the chicken and celery in a medium bowl.
2. Fold in the lemon-herb aioli and mix well to combine.
3. Season with cracked black pepper to taste.
4. Serve.

Spicy Cajun Chicken Quinoa Bowl [High-Fiber]

Serves 4

Prep time: 10 minutes | **Cook time:** 25 minutes | **Total time:** 35 minutes

Per serving 1 bowl (approximately 280g): Calories 385 | Protein: 38g | Carbohydrates: 42g | Fiber: 8g | Fat: 7g | Sodium: 680mg



Ingredients:

- 4 skinless chicken breasts (600g), cut into bite-sized pieces
- 1 tablespoon (15g) Cajun seasoning
- ½ cup (100g) quinoa
- 2½ cups (600ml) hot chicken stock
- 3½ oz (100g) dried apricots, sliced
- ½ package (125g) ready-to-use Puy lentils
- 1 tablespoon (15ml) olive oil
- 2 red onions (300g), cut into thin wedges
- 1 bunch spring onions (60g), chopped
- Small bunch of coriander (15g), chopped
- Salt and pepper, to taste

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Toss the chicken with the Cajun seasoning and arrange in a single layer in a roasting tin.
3. Bake for 20 minutes until the chicken is cooked through, then set aside.
4. Meanwhile, cook the quinoa in the chicken stock for 15 minutes until tender.
5. Add the dried apricots and lentils for the final 5 minutes of cooking.
6. Drain the quinoa mixture and place it into a large bowl with the cooked chicken, then toss together.
7. While the quinoa is cooking, heat the oil in a large frying pan and soften the red onions for 10-15 minutes.
8. Toss the softened onions into the quinoa and chicken mixture along with the spring onions and coriander.
9. Season with salt and pepper, mix well, and serve.

Turkey BLT Wraps

Serves 3

Prep time: 15 minutes | **Cook time:** 0 minutes | **Total time:** 15 minutes

Per serving 1 wrap (approximately 180g): Calories 285 | Protein: 18g | Carbohydrates: 26g | Fiber: 3g | Fat: 12g | Sodium: 720mg



Ingredients:

- 3 (8-inch) whole-wheat flour tortillas
- 3 tablespoons (45g) mayonnaise
- 3 large pieces of green leaf lettuce
- 6 oz (170g) low- or reduced-sodium deli turkey
- 12 slices plum tomato
- 3 strips cooked bacon

Instructions:

1. Spread 1 tablespoon of mayonnaise on each tortilla.
2. Top each tortilla with 1 piece of lettuce, 2 oz of turkey, 4 slices of tomato, and 1 strip of bacon.
3. Roll each tortilla closed tightly to enclose the filling.
4. Cut each wrap in half.
5. Wrap individually in plastic wrap or foil for meal prep storage.

Moroccan Turkey Meatballs with Citrus Couscous

Serves 4

Prep time: 15 minutes | **Cook time:** 15 minutes | **Total time:** 30 minutes

Per serving 5 meatballs with couscous (approximately 280g): Calories 385 | Protein: 32g | Carbohydrates: 48g | Fiber: 4g | Fat: 8g | Sodium: 420mg



Ingredients:

- 1 pound (500g) turkey mince
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon cinnamon
- 1 onion (150g), coarsely grated
- Zest of 1 orange (approximately 1 tablespoon/6g)
- 1 orange, peeled and segments chopped
- 1¼ cups (250g) couscous
- 1 cup (250ml) hot chicken stock
- 2 teaspoons (10ml) olive oil
- Small bunch of coriander (15g), roughly chopped
- Salt and pepper, to taste

Instructions:

1. In a large bowl, mix the turkey mince, chili powder, ground cumin, ground coriander, cinnamon, grated onion, and orange zest together really well with your hands.
2. Roll the mixture into about 20 walnut-sized meatballs.
3. Put the couscous in a bowl, pour over the hot chicken stock, cover with cling film, and leave to stand for 10 minutes.
4. Heat the olive oil in a frying pan, add the meatballs, and fry, turning often, for about 12 minutes until browned all over and cooked through.
5. Fluff the couscous up with a fork and stir in the chopped orange segments, fresh coriander, and seasoning to taste.
6. Pile the couscous onto plates and top with the meatballs.
7. Serve immediately.

Shrimp Avocado Feta Wrap

Serves 3

Prep time: 15 minutes | **Cook time:** 0 minutes | **Total time:** 15 minutes

Per serving 1 wrap (approximately 160g): Calories 265 | Protein: 22g | Carbohydrates: 24g | Fiber: 5g | Fat: 10g | Sodium: 520mg



Ingredients:

- 9 oz (255g) chopped cooked shrimp
- ¾ cup (113g) diced avocado
- ¾ cup (135g) diced tomato
- 3 scallions (30g), sliced
- 6 tablespoons (75g) crumbled feta cheese
- 3 tablespoons (45ml) lime juice
- 3 whole-wheat tortillas

Instructions:

1. Combine the shrimp, avocado, tomato, scallions, feta, and lime juice in a medium bowl and mix well.
2. Divide the shrimp mixture evenly among the 3 tortillas.
3. Roll each tortilla tightly to enclose the filling.
4. Wrap individually in plastic wrap or foil for meal prep storage.

Mason Jar Chickpea and Tuna Salad [High-Fiber]

Serves 1

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving 4 cups (approximately 320g): Calories 325 | Protein: 28g | Carbohydrates: 38g | Fiber: 9g | Fat: 8g | Sodium: 580mg



Ingredients:

- 3 cups (90g) bite-sized pieces of chopped kale
- 2 tablespoons (30ml) honey-mustard vinaigrette
- 1 pouch (2.5 oz/71g) of tuna in water
- ½ cup (82g) rinsed canned chickpeas
- 1 carrot (60g), peeled and shredded

Instructions:

1. Toss the kale with the honey-mustard vinaigrette in a bowl until well coated.
2. Transfer the dressed kale to a 1-quart mason jar.
3. Layer the tuna, chickpeas, and shredded carrot on top of the kale.
4. Screw the lid onto the jar and refrigerate for up to 2 days.

Quick Fish Cakes

Serves 4

Prep time: 20 minutes | **Cook time:** 20 minutes | **Total time:** 40 minutes

Per serving 2 fishcakes (approximately 220g): Calories 385 | Protein: 36g | Carbohydrates: 32g | Fiber: 5g | Fat: 12g | Sodium: 420mg



Ingredients:

- Rapeseed oil, for the tin
- 2 pounds (900g) potatoes, peeled and cut into medium chunks
- 2 teaspoons English mustard powder
- 4 anchovies (10g), finely chopped
- 5 spring onions (50g), very finely chopped
- 2 teaspoons (10g) capers
- 1½ tablespoons (6g) chopped tarragon
- 2 packages (280g each) skinless cod loin, cut into cubes
- 8 teaspoons (20g) wholemeal flour
- 2 large eggs
- ¾ cup (90g) ground almonds

Instructions:

1. Preheat your oven to 400°F (200°C) and oil a non-stick baking sheet.
2. Bring a pan of water to the boil, then cook the potatoes for 15-20 minutes until tender.
3. Drain the potatoes well, then return to the pan and mash with the mustard powder, anchovies, spring onions, capers, and tarragon until combined.
4. Stir the raw cod cubes through the potato mixture.
5. Shape the mixture into 8 fishcakes.
6. Coat each fishcake lightly in the wholemeal flour, using about 1-2 teaspoons per cake.
7. Beat the eggs in a shallow bowl.
8. Coat each fishcake in the beaten egg.
9. Sprinkle ½ tablespoon of ground almonds over each fishcake and place on the prepared baking sheet.
10. Bake for 20 minutes, turning each fishcake over halfway through, until starting to turn golden.

Egg Salad Avocado Toast

Serves 1

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving 1 toast (approximately 120g): Calories 245 | Protein: 11g | Carbohydrates: 18g | Fiber: 6g | Fat: 15g | Sodium: 320mg



Ingredients:

- ¼ avocado (38g)
- 1 tablespoon (10g) chopped celery
- ½ teaspoon (2.5ml) lemon juice
- ½ teaspoon (2.5ml) hot sauce
- Pinch of salt
- 1 chopped hard-boiled egg
- 1 slice whole-wheat toast

Instructions:

1. Mash the avocado with celery, lemon juice, hot sauce, and salt in a small bowl.
2. Mix in the chopped hard-boiled egg until combined.
3. Spread the mixture on the whole-wheat toast.
4. Serve immediately.

Cucumber Red Pepper Hummus Wrap

Serves 3

Prep time: 15 minutes | **Cook time:** 0 minutes | **Total time:** 15 minutes

Per serving 1 wrap (approximately 140g): Calories 185 | Protein: 6g | Carbohydrates: 28g | Fiber: 5g | Fat: 6g | Sodium: 380mg



Ingredients:

- 3 (8-inch) whole-wheat tortillas
- ¾ cup (180g) roasted red pepper hummus
- 3 mini cucumbers (1½ cups/180g), sliced
- 1½ cups (45g) mixed salad greens, spinach, or sprouts

Instructions:

1. Place each tortilla on a clean work surface and spread ¼ cup hummus on each.
2. Top each with sliced cucumber and ½ cup greens, spinach, or sprouts.
3. Roll up each tortilla tightly.
4. Cut each wrap in half.
5. Wrap individually in plastic wrap or foil for meal prep storage.

3-Ingredient White Bean Cherry Tomato Salad [High-Fiber]

Serves 2

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving 2 cups (approximately 280g): Calories 285 | Protein: 14g | Carbohydrates: 42g | Fiber: 11g | Fat: 8g | Sodium: 420mg



Ingredients:

- 1 package (11.5 oz/326g) Mediterranean-style salad kit
- 1 can (15 oz/425g) no-salt-added white beans, rinsed
- 1 pint (300g) cherry tomatoes, halved if desired

Instructions:

1. Combine the salad kit contents, white beans, and cherry tomatoes in a large bowl.
2. Toss to combine.
3. Divide between two plates and serve immediately.

3-Ingredient Green Goddess White Bean Salad [High-Fiber]

Serves 2

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving 2 cups (approximately 260g): Calories 245 | Protein: 13g | Carbohydrates: 38g | Fiber: 10g | Fat: 5g | Sodium: 380mg



Ingredients:

- 1 bag (10 oz/283g) kale-and-broccoli slaw mix
- 1 can (15 oz/425g) no-salt-added cannellini beans, rinsed
- ¼ cup (60ml) green goddess yogurt dressing

Instructions:

1. Toss the slaw mix with the cannellini beans in a large bowl.
2. Add the green goddess yogurt dressing and toss to coat evenly.
3. Divide between two plates and serve immediately.

Warm Roasted Squash and Lentil Salad [High-Fiber]

Serves 4

Prep time: 10 minutes | **Cook time:** 30 minutes | **Total time:** 40 minutes

Per serving 1 plate (approximately 300g): Calories 325 | Protein: 16g | Carbohydrates: 42g | Fiber: 12g | Fat: 11g | Sodium: 380mg



Ingredients:

- 2¼ pounds (1kg) butternut squash, chunkily diced
- 1½ tablespoons (22ml) olive oil, divided
- 1 garlic clove (3g), crushed
- 2 teaspoons thyme leaves
- 1 tablespoon (15ml) balsamic vinegar
- 1 teaspoon wholegrain mustard
- 2 cans (400g each) lentils
- ½ red onion (75g), sliced
- 3½ oz (100g) spinach
- 5¼ oz (150g) cherry tomatoes, halved
- 1½ oz (40g) feta cheese, crumbled
- 1-2 tablespoons (10-20g) toasted pumpkin seeds
- Salt and pepper, to taste

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Toss the butternut squash with 1 tablespoon olive oil, crushed garlic, thyme leaves, salt, and pepper.
3. Roast for 25-30 minutes or until tender.
4. Mix the balsamic vinegar, ½ tablespoon olive oil, wholegrain mustard, and 1-2 tablespoons water in a small bowl.
5. Drain the lentils and toss with the dressing, sliced red onion, spinach, and halved cherry tomatoes.
6. Divide the lentil mixture into four and top with the roasted butternut squash.
7. Crumble the feta cheese over each serving and sprinkle with toasted pumpkin seeds.

Quick Teriyaki Tofu with Vegetables

Teriyaki Tofu and Broccoli Stir-Fry Serves 4 Prep time: 10 minutes | **Cook time:** 15 minutes | **Total time:** 25 minutes **Per serving 1 bowl (approximately 240g)**: Calories 245 | Protein: 16g | Carbohydrates: 22g | Fiber: 4g | Fat: 10g | Sodium: 920mg



Ingredients:

- 1 tablespoon (15ml) olive oil
- 14 oz (400g) firm tofu, cut into bite-sized cubes
- 1 large head of broccoli (400g), cut into florets, stalks peeled and thinly sliced
- 1 bunch spring onions (60g), separated into white and green parts and thinly sliced
- 8-10 tablespoons (120-150ml) teriyaki sauce
- Salt and pepper, to taste

Instructions:

1. Heat the oil in a large pan over medium heat and fry the tofu for about 8 minutes until crisp and golden.
2. Remove the tofu from the pan and set aside.
3. In the same pan, add the broccoli florets and white parts of the spring onions.
4. Cook for around 4 minutes until tender but not completely cooked through.
5. Stir in the teriyaki sauce and season well with salt and pepper.
6. Add the cooked tofu back to the pan with the broccoli and stir well to coat.
7. Cook for an additional 1-2 minutes for the flavors to meld together.
8. Sprinkle over the reserved green parts of the spring onions.
9. Remove from heat and serve.

Quick Mushroom Chickpea Patties [High-Fiber]

Serves 4

Prep time: 10 minutes | **Cook time:** 20 minutes | **Total time:** 30 minutes

Per serving 1 burger (approximately 220g): Calories 285 | Protein: 14g | Carbohydrates: 42g | Fiber: 8g | Fat: 7g | Sodium: 420mg



Ingredients:

- 1 tablespoon (15ml) olive oil, divided
- 8¾ oz (250g) chestnut mushrooms, finely chopped
- 2 garlic cloves (6g), crushed
- 1 bunch spring onions (60g), sliced
- 1 tablespoon (8g) medium curry powder
- Zest and juice of ½ lemon
- 1 can (14 oz/400g) chickpeas, rinsed and drained
- 3 oz (85g) fresh wholemeal breadcrumbs
- 6 tablespoons (90g) Greek yogurt
- Pinch of ground cumin
- 2 mixed-grain muffins or rolls, toasted and halved
- 2 plum tomatoes (150g), sliced
- Handful of rocket leaves (15g)

Instructions:

1. Heat 1 teaspoon of oil in a non-stick frying pan and cook the mushrooms, garlic, and spring onions for 5 minutes.
2. Mix in the curry powder, lemon zest, and lemon juice, and cook for 2 minutes or until the mixture looks quite dry.
3. Tip the mixture out onto a plate to cool slightly.
4. Use a potato masher or fork to mash the chickpeas in a bowl, leaving a few chunky pieces.
5. Add the mushroom mixture and breadcrumbs to the mashed chickpeas and mix well.
6. Shape the mixture into 4 patties.
7. Fry the patties in the remaining oil for 3-4 minutes on each side until crisp and browned.
8. Mix the Greek yogurt with the ground cumin.
9. Place half a muffin on each plate and spread with the cumin yogurt.
10. Top with the burger patties, a few slices of tomato, and a little rocket.
11. Serve immediately.

Black Forest Smoothie Bowl

Serves 3

Prep time: 15 minutes | **Cook time:** 0 minutes | **Total time:** 15 minutes

Per serving 1 bowl (approximately 280g): Calories 195 | Protein: 6g | Carbohydrates: 35g | Fiber: 4g | Fat: 5g | Sodium: 45mg



Ingredients:

- 2¼ cups (338g) frozen pitted dark cherries
- ¾ small frozen banana (90g)
- 1½ cups (225g) ice cubes
- 1 cup (240ml) pomegranate-cherry juice
- 1½ tablespoons (7g) unsweetened cocoa
- 1 cup (240g) plain whole-milk yogurt, divided
- 9 whole fresh cherries (90g), halved
- ¾ oz (21g) dark chocolate curls or cocoa nibs

Instructions:

1. Place the frozen cherries, banana, ice cubes, pomegranate-cherry juice, cocoa, and 6 tablespoons of yogurt in a blender.
2. Process on high until smooth, about 1 minute.
3. Pour the mixture evenly into three serving bowls.
4. Top each bowl with fresh cherry halves, dark chocolate curls or cocoa nibs, and the remaining yogurt (approximately 2 tablespoons per bowl).
5. Serve immediately or store covered in the refrigerator for up to 1 day for meal prep.

20-Minute GLP-1 Dinners

Dinner shouldn’t be a stressful time where you’re trying to decide what to eat, let alone having to do so while still digesting lunch. For some people, dinner can be the time of day when they are most hungry, and for others, it might be a time when they want something light to carry them through to the morning. Either way, the recipes in this chapter can be adapted to every appetite and any size family.



One-Skillet Bourbon Chicken

Serves 4

Prep time: 10 minutes | **Cook time:** 20 minutes | **Total time:** 30 minutes

Per serving 1 plate with rice (approximately 320g): Calories 445 | Protein: 36g | Carbohydrates: 48g | Fiber: 3g | Fat: 10g | Sodium: 680mg



Ingredients:

- ¼ cup (60ml) lower-sodium soy sauce
- ¼ cup (60ml) bourbon
- ¼ cup (60ml) unsweetened apple juice
- 1 tablespoon (15ml) rice vinegar
- 1 tablespoon (15ml) pure maple syrup
- 1 tablespoon (10g) minced fresh garlic
- 1 teaspoon (3g) grated fresh ginger
- ¼ teaspoon crushed red pepper
- 1½ pounds (680g) boneless, skinless chicken thighs, cut into ½-inch-thick strips
- 1 tablespoon (8g) cornstarch, plus 1 teaspoon, divided
- 2 tablespoons (30ml) neutral oil, such as canola or avocado
- 2 teaspoons (10ml) water
- 3 cups (555g) cooked brown rice
- Sliced scallions, for garnish

Instructions:

1. Combine the soy sauce, bourbon, apple juice, rice vinegar, maple syrup, garlic, ginger, and crushed red pepper in a small bowl.
2. Toss the chicken strips with 1 tablespoon of cornstarch in a large bowl.
3. Heat the oil in a large nonstick skillet over medium-high heat.
4. Add the chicken and cook, stirring occasionally, until golden brown and crispy, 6-8 minutes.
5. Add the soy-bourbon mixture and stir to coat the chicken.
6. Cook, stirring often, until the sauce has reduced to a syrupy consistency and the chicken is cooked through, 6-8 minutes.
7. Combine the water and remaining 1 teaspoon cornstarch in a small bowl and stir to mix well.
8. Add the cornstarch mixture to the pan and cook, stirring often, until the sauce thickens and coats the chicken, 1-2 minutes.
9. Divide the rice among 4 plates or prep bowls and top with the chicken and sauce.

One-Pot Creamy Chicken Mushroom Pasta [High-Fiber]

Serves 4

Prep time: 10 minutes | **Cook time:** 20 minutes | **Total time:** 30 minutes

Per serving 1 bowl (approximately 300g): Calories 425 | Protein: 26g | Carbohydrates: 48g | Fiber: 7g | Fat: 14g | Sodium: 480mg



Ingredients:

- 2 tablespoons (30ml) extra-virgin olive oil
- 2 packages (8 oz/227g each) sliced shiitake or cremini mushrooms
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 2 tablespoons (30ml) sherry vinegar
- 2¼ cups (540ml) unsalted chicken broth
- 8 oz (227g) whole-wheat penne
- 1 cup (140g) coarsely shredded rotisserie chicken
- ¼ cup (60g) crème fraîche or sour cream
- ¼ cup (25g) grated Parmesan cheese
- Chopped fresh flat-leaf parsley for garnish (optional)

Instructions:

1. Heat the oil in a large Dutch oven over medium-high heat.
2. Add the mushrooms, pepper, and salt and cook, stirring occasionally, until tender and golden brown, about 8 minutes.
3. Add the sherry vinegar and cook, stirring to scrape up any browned bits from the bottom of the pan, for about 30 seconds.
4. Stir in the chicken broth and bring to a boil over medium-high heat.
5. Add the penne and shredded chicken, then cover and cook, stirring occasionally, until the pasta is al dente, 10-12 minutes.
6. Remove from heat.
7. Stir in the crème fraîche and Parmesan cheese until well combined.
8. Divide the pasta evenly among 4 bowls.
9. Garnish with chopped parsley if desired, and serve

Chicken Cutlets with Zucchini Noodles [Easy to Digest]

Serves 4

Prep time: 10 minutes | **Cook time:** 15 minutes | **Total time:** 25 minutes

Per serving 1 plate (approximately 280g): Calories 325 | Protein: 28g | Carbohydrates: 8g | Fiber: 2g | Fat: 18g | Sodium: 280mg



Ingredients:

- 1 pound (454g) chicken cutlets
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 1 tablespoon (15ml) extra-virgin olive oil
- ½ cup (75g) finely chopped red onion
- ½ cup (120ml) dry white wine
- ½ cup (120ml) heavy cream
- 1 medium plum tomato (75g), chopped
- 2 packages (10 oz/283g each) zucchini noodles

Instructions:

1. Sprinkle the chicken with ⅛ teaspoon each salt and pepper.
2. Heat the oil in a large skillet over medium-high heat.
3. Add the chicken and cook, turning once, until browned and cooked through, about 6 minutes.
4. Transfer the chicken to a plate.
5. Add the red onion to the pan and cook, stirring, for 1 minute.
6. Increase the heat to high and add the white wine.
7. Cook, scraping up any browned bits, until the liquid is mostly evaporated, about 2 minutes.
8. Reduce the heat to medium and stir in the cream, any accumulated juices from the chicken, and the remaining ⅛ teaspoon each salt and pepper.
9. Simmer for 2 minutes.
10. Stir in the chopped tomatoes, then return the chicken to the pan and turn to coat.
11. Divide the chicken and sauce between 4 plates.
12. Add the zucchini noodles to the skillet over medium-high heat.
13. Cook, stirring, until softened and heated through, 2-3 minutes.
14. Serve the zucchini noodles alongside the chicken.

Chicken Tinga Rice Bowls [High-Fiber]

Serves 4

Prep time: 10 minutes | **Cook time:** 10 minutes | **Total time:** 20 minutes

Per serving 1 bowl (approximately 350g): Calories 445 | Protein: 32g | Carbohydrates: 52g | Fiber: 12g | Fat: 12g | Sodium: 680mg



Ingredients:

- 1 package (8 oz/227g) cooked cilantro-lime rice
- 3 cups (420g) chicken, shredded
- ¼ cup chopped canned chipotles in adobo
- 1 can (15 oz/425g) pinto beans, rinsed
- 2 medium bell peppers (300g), sliced
- 1 avocado (150g), sliced
- Lime wedges for serving

Instructions:

1. Heat the rice according to package directions.
2. Heat the chicken, adobo, and pinto beans in separate pans or in the microwave until steaming.
3. Meanwhile, cook the bell peppers in a nonstick skillet over medium heat, stirring frequently, until tender, about 5 minutes.
4. Layer the rice, chicken, beans, and peppers in 4 bowls or containers.
5. Top with sliced avocado and a wedge of lime.

Salmon with Creamy Orzo

Serves 4 Prep time: 5 minutes | **Cook time:** 12 minutes | **Total time:** 17 minutes **Per serving 1 salmon portion with orzo (approximately 320g)**: Calories 485 | Protein: 38g | Carbohydrates: 42g | Fiber: 6g | Fat: 18g | Sodium: 520mg



Ingredients:

- 1¾ cups (420ml) low-sodium chicken broth
- ¼ cup (60ml) heavy cream
- 1 teaspoon garlic powder
- ½ teaspoon salt, divided
- ⅛ teaspoon ground pepper, plus ¼ teaspoon, divided
- 1½ cups (108g) sliced mushrooms
- 1 cup (160g) whole-wheat orzo
- 4 cups (120g) lightly packed baby spinach
- 2 teaspoons (10ml) extra-virgin olive oil
- 1¼ pounds (567g) center-cut salmon, cut into 4 portions

Instructions:

1. Preheat your oven to 450°F (230°C).
2. Stir the broth, cream, garlic powder, ¼ teaspoon salt, and ⅛ teaspoon pepper together in a large skillet.
3. Add the mushrooms and orzo, cover, and bring to a boil over high heat.
4. Stir in the spinach, reduce the heat to maintain a lively simmer, cover, and cook until the orzo is tender and the sauce has reduced and thickened, 10-12 minutes.
5. Meanwhile, brush the oil on both sides of the salmon portions.
6. Sprinkle the salmon with the remaining ¼ teaspoon each salt and pepper.
7. Place the salmon on a baking sheet and roast until just cooked through, 8-10 minutes.
8. Serve the salmon alongside the creamy mushroom orzo.

Gochujang-Glazed Salmon

Serves 4

Prep time: 10 minutes | **Cook time:** 10 minutes | **Total time:** 20 minutes

Per serving 1 salmon portion with spinach (approximately 240g): Calories 285 | Protein: 32g | Carbohydrates: 12g | Fiber: 2g | Fat: 12g | Sodium: 680mg



Ingredients:

- 2 tablespoons (30g) gochujang
- 1 tablespoon (15ml) mirin
- 2 tablespoons (30ml) reduced-sodium tamari, divided
- 1 tablespoon (15ml) honey
- 1½ teaspoons (7.5ml) toasted sesame oil, divided
- 4 cloves garlic (12g), grated, divided
- 2 teaspoons (6g) grated fresh ginger
- 1¼ pounds (567g) salmon, preferably wild-caught, cut into 4 portions
- 8 cups (240g) baby spinach
- Sesame seeds and sliced scallions for garnish
- Cooking spray

Instructions:

1. Preheat the broiler to high.
2. Line a baking sheet with foil and coat with cooking spray.
3. Whisk together the gochujang, mirin, 1 tablespoon tamari, honey, ½ teaspoon sesame oil, ¼ of the grated garlic, and ginger in a small bowl.
4. Pat the salmon dry and place skin-side down on the prepared baking sheet.
5. Brush the salmon with the gochujang glaze.
6. Broil until the salmon is just cooked through, 5-8 minutes, depending on thickness.
7. Meanwhile, heat the remaining 1 teaspoon of sesame oil in a large skillet over medium-low heat.
8. Add the remaining garlic and cook, stirring for about 3 minutes.
9. Add the spinach and cook, stirring, until wilted, about 3 minutes.
10. Remove from heat and stir in the remaining 1 tablespoon tamari.
11. Divide the spinach among 4 plates and top with the glazed salmon.
12. Garnish with sesame seeds and sliced scallions

Crispy Fish Taco Bowls

Serves 4

Prep time: 10 minutes | **Cook time:** 12 minutes | **Total time:** 22 minutes

Per serving 2 cups (approximately 320g): Calories 445 | Protein: 28g | Carbohydrates: 42g | Fiber: 4g | Fat: 18g | Sodium: 520mg



Ingredients:

- 1 pound (454g) white fish, such as cod, cut into 2-inch pieces
- ½ cup (120g) mayonnaise, divided
- ¾ cup (45g) panko breadcrumbs
- ¼ cup (60g) sour cream
- 2 tablespoons (30ml) adobo sauce
- 2 tablespoons (30ml) lime juice
- Pinch of salt, plus ¼ teaspoon, divided
- ¼ teaspoon ground pepper
- 2 cups (370g) cooked brown rice
- 2 cups (140g) shredded cabbage
- 1 cup (116g) thinly sliced radishes
- Fresh cilantro for garnish
- Cooking spray

Instructions:

1. Preheat your oven to 475°F (246°C).
2. Place a wire rack on a rimmed baking sheet and coat it with cooking spray.
3. Coat the fish pieces with ¼ cup mayonnaise.
4. Place the panko in a shallow dish and roll the fish in it to coat.
5. Transfer the coated fish to the rack on the baking sheet.
6. Bake the fish until crispy and cooked through, 8-12 minutes, depending on thickness.
7. Meanwhile, mix the remaining ¼ cup of mayonnaise, sour cream, adobo sauce, lime juice, and a pinch of salt in a small bowl.
8. Sprinkle the cooked fish with the remaining ¼ teaspoon salt and pepper.
9. Divide the rice among 4 bowls.
10. Top each bowl with the crispy fish, shredded cabbage, sliced radishes, and chipotle crema.
11. Garnish with fresh cilantro if desired and serve.

Simple Shrimp Tacos

Serves 4

Prep time: 10 minutes | **Cook time:** 8 minutes | **Total time:** 18 minutes

Per serving 2 tacos (approximately 200g): Calories 325 | Protein: 28g | Carbohydrates: 32g | Fiber: 5g | Fat: 10g | Sodium: 680mg



Ingredients:

- 1¼ pounds (567g) large shrimp, peeled and deveined
- 2 tablespoons (30ml) olive oil
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 8 (6-inch) corn or flour tortillas
- 2 cups (140g) shredded cabbage
- 1 avocado (150g), sliced
- ½ cup (120g) sour cream or Greek yogurt
- 2 limes, cut into wedges
- Fresh cilantro for garnish (optional)

Instructions:

1. Pat the shrimp dry with paper towels.
2. In a large bowl, toss the shrimp with olive oil, chili powder, cumin, garlic powder, salt, and pepper until evenly coated.
3. Heat a large skillet over medium-high heat.
4. Add the shrimp and cook for about 2-3 minutes per side.
5. Warm the tortillas in a dry skillet or microwave according to package directions.
6. Divide the shrimp evenly among the tortillas (about 3-4 shrimp per taco).
7. Top each taco with shredded cabbage, avocado slices, and a dollop of sour cream or Greek yogurt.
8. Serve with lime wedges on the side for squeezing over the tacos.

Asparagus Leek Ricotta Frittata

Serves 4

Prep time: 10 minutes | **Cook time:** 10 minutes | **Total time:** 20 minutes

Per serving 1 wedge (approximately 240g): Calories 325 | Protein: 18g | Carbohydrates: 14g | Fiber: 3g | Fat: 22g | Sodium: 480mg



Ingredients:

- 8 large eggs
- ¼ cup (60g) crème fraîche
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2 tablespoons (30ml) extra-virgin olive oil
- 3 cups (300g) thinly sliced leeks (about 2 medium), rinsed well and patted dry
- 1 pound (454g) asparagus, trimmed and cut into 1-inch pieces
- ¼ cup (62g) part-skim ricotta cheese
- 2 tablespoons (30g) pesto
- ¼ cup (10g) fresh basil

Instructions:

1. Position a rack in the upper third of your oven and preheat the broiler.
2. Whisk the eggs, crème fraîche, salt, and pepper in a medium bowl and set near the stove.
3. Heat the oil in a large cast-iron skillet over medium-high heat.
4. Add the leeks and asparagus and cook, stirring frequently, until soft, 5-6 minutes.
5. Pour the egg mixture over the vegetables and cook, lifting the edges so uncooked egg can flow underneath, until nearly set, about 2 minutes.
6. Dollop the ricotta and pesto on top of the frittata.
7. Place the skillet under the broiler until the eggs are slightly browned, 1½-2 minutes.
8. Let it stand for 3 minutes.
9. Run a spatula around the edge of the frittata, then underneath, until you can slide or lift it out onto a cutting board or serving plate.
10. Top with fresh basil, slice into wedges, and serve.

Spinach Feta Scrambled Egg Pitas

Serves 4

Prep time: 10 minutes | **Cook time:** 8 minutes | **Total time:** 18 minutes

Per serving 2 filled pita halves (approximately 220g): Calories 325 | Protein: 20g | Carbohydrates: 32g | Fiber: 6g | Fat: 13g | Sodium: 680mg



Ingredients:

- 1 tablespoon (15ml) extra-virgin olive oil
- 1 block (10 oz/283g) frozen chopped spinach, thawed, drained, and squeezed dry
- Pinch of salt
- 8 large eggs, beaten
- ¼ cup (38g) finely crumbled feta cheese
- Freshly ground pepper, to taste
- 8 teaspoons (80g) sun-dried tomato tapenade or sun-dried tomato pesto
- 4 whole-wheat pitas (5-inch), cut in half, warmed if desired

Instructions:

1. Heat the oil in a large nonstick skillet over medium heat.
2. Add the spinach and salt and cook until steaming hot, stirring occasionally.
3. Add the beaten eggs and cook, stirring as they set, until they form soft curds and are just moist, 4-5 minutes.
4. Add the feta and pepper and cook until set.
5. Spread 2 teaspoons of tapenade or pesto inside each pita half.
6. Divide the egg mixture evenly among the 8 pita halves.
7. Serve.

Skillet Ravioli Lasagna

Serves 6

Prep time: 10 minutes | **Cook time:** 10 minutes | **Total time:** 20 minutes

Per serving 2¼ cups (approximately 340g): Calories 485 | Protein: 32g | Carbohydrates: 42g | Fiber: 4g | Fat: 20g | Sodium: 680mg



Ingredients:

- 1 package (24 oz/680g) frozen or refrigerated cheese ravioli
- 1 pound (454g) lean ground beef
- 1½ teaspoons dried oregano
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 can (28 oz/794g) no-salt-added crushed tomatoes
- ¼ cup (10g) chopped fresh basil
- 8 oz (227g) small fresh mozzarella balls, divided

Instructions:

1. Preheat your broiler.
2. Bring a large pot of water to a boil and cook the ravioli according to package directions.
3. Drain the ravioli and set aside.
4. Meanwhile, cook the ground beef in a large cast-iron or broiler-safe skillet over medium-high heat until cooked through, 4-5 minutes.
5. Season the beef with oregano, garlic powder, salt, and pepper.
6. Add the crushed tomatoes and basil and bring to a simmer.
7. Fold in the cooked ravioli and half of the mozzarella balls.
8. Scatter the remaining mozzarella balls over the top of the pasta.
9. Carefully transfer the skillet to the oven.
10. Broil until the cheese is melted, 2-3 minutes.
11. Let stand for 2-3 minutes before serving.

Caribbean-Style Corned Beef

Serves 4

Prep time: 5 minutes | **Cook time:** 20 minutes | **Total time:** 25 minutes

Per serving 1 portion with rice (approximately 280g): Calories 385 | Protein: 18g | Carbohydrates: 48g | Fiber: 3g | Fat: 14g | Sodium: 820mg



Ingredients:

- 1 tablespoon (15ml) sunflower oil
- 1 onion (150g), finely chopped
- 1 spring onion (10g), finely sliced
- 2 garlic cloves (6g), finely chopped
- 2 whole sprigs of thyme
- ½ Scotch bonnet chili, deseeded and finely chopped
- 1 large tomato (150g), chopped
- 1 bell pepper (150g), cored and finely chopped
- 1 can (240g) corned beef
- 2 tablespoons (30ml) ketchup
- ½ teaspoon freshly ground black pepper
- Cooked white rice, for serving
- Extra thyme leaves for garnish

Instructions:

1. Heat the oil in a frying pan over medium-low heat.
2. Add onion, spring onion, garlic, thyme sprigs, and chili to the pan.
3. Cook for 8 minutes until the onions have softened slightly.
4. Add the tomato and bell pepper and cook for 4-5 minutes.
5. Increase the heat to medium-high and add the corned beef, breaking it up in the pan with a wooden spoon.
6. Stir in the ketchup and black pepper.
7. Cook for another 6 minutes, stirring occasionally, until everything is heated through and slightly crispy.
8. Serve over steamed white rice and garnish with fresh thyme leaves.

Grilled Flank Steak with Fresh Tomato Salad [Easy to Digest]

Serves 4

Prep time: 10 minutes | **Cook time:** 10 minutes | **Total time:** 20 minutes

Per serving 1 steak portion with salad (approximately 200g): Calories 325 | Protein: 26g | Carbohydrates: 6g | Fiber: 2g | Fat: 22g | Sodium: 380mg\



Ingredients:

- 1 pint (300g) grape tomatoes, halved
- ½ cup (20g) chopped fresh cilantro
- ⅓ cup (80ml) extra-virgin olive oil
- 1 small jalapeño pepper, seeded and sliced
- 2 teaspoons (6g) finely chopped garlic
- ½ teaspoon salt, divided
- 1 pound (454g) flank steak
- ½ teaspoon ground pepper

Instructions:

1. Preheat your grill to medium-high or heat a grill pan over medium-high heat.
2. Combine the tomatoes, cilantro, olive oil, jalapeño, garlic, and ¼ teaspoon salt in a medium bowl and set aside.
3. Season the steak with the remaining ¼ teaspoon salt and pepper.
4. Grill the steak medium-rare, 3-5 minutes per side.
5. Transfer the steak to a clean cutting board.
6. Let rest for 5 minutes, then thinly slice across the grain.
7. Divide the steak slices among 4 plates.
8. Top with the tomato jalapeño salad and serve immediately.

Prosciutto Pork Tenderloin

Serves 2

Prep time: 10 minutes | **Cook time:** 15 minutes | **Total time:** 25 minutes

Per serving 1 pork portion with salad (approximately 280g): Calories 385 | Protein: 32g | Carbohydrates: 28g | Fiber: 4g | Fat: 14g | Sodium: 580mg



Ingredients:

- 6 oz (175g) new potatoes, scrubbed and thickly sliced
- 3 celery sticks (90g), thickly sliced
- 3 tablespoons (45g) bio yogurt
- 2 gherkins (85g each), sliced
- ¼ teaspoon caraway seeds
- ½ teaspoon Dijon mustard
- 2 pieces (100g each) lean pork tenderloin
- 2 teaspoons (2g) chopped sage
- 2 slices of Parma ham
- 1 teaspoon (5ml) rapeseed oil
- 2 teaspoons (10ml) balsamic vinegar
- 2 handfuls salad leaves (30g)
- Ground black pepper, to taste

Instructions:

1. Bring a pan of water to the boil, add the potatoes and celery, and cook for 8 minutes.
2. Meanwhile, mix the yogurt, gherkins, caraway seeds, and Dijon mustard in a bowl.
3. Drain the potatoes and set aside for a few minutes to cool slightly.
4. Bash the pork pieces with a rolling pin to flatten them.
5. Sprinkle the sage and some pepper over the pork, then top each piece with a slice of Parma ham.
6. Heat the oil in a non-stick pan, add the pork, and cook for 5-8 minutes per side. Add the balsamic vinegar and turn the heat off.
7. Stir the potatoes and celery into the yogurt dressing.
8. Serve the pork with the potato salad and salad leaves on the side.

Herb-Garlic Pork with Summer Ratatouille [High-Fiber]

Serves 4

Prep time: 15 minutes | **Cook time:** 25 minutes | **Total time:** 40 minutes

Per serving 1 pork portion with ratatouille (approximately 320g): Calories 285 | Protein: 32g | Carbohydrates: 18g | Fiber: 6g | Fat: 8g | Sodium: 380mg



Ingredients:

Ratatouille

- 2 teaspoons (10ml) rapeseed oil
- 2 red onions (300g), halved and sliced
- 2 bell peppers (300g, any color), diced
- 1 large aubergine (400g), diced
- 2 large courgettes (400g), halved and sliced
- 2 garlic cloves (6g), chopped
- 1 can (14 oz/400g) chopped tomatoes
- 2 teaspoons vegetable bouillon
- 1 thyme sprig
- Handful of basil (15g), stalks chopped, leaves torn and kept separate

Pork

- 1 pound (475g) pork tenderloin, fat trimmed, cut into 2 equal pieces
- 2 garlic cloves (6g), crushed
- 1 tablespoon (3g) thyme leaves, plus a few sprigs to decorate
- 1 teaspoon (5ml) rapeseed oil
- Ground black pepper, to taste
- Brown rice or new potatoes, to serve

Instructions:

1. Heat the oil in a large non-stick pan and fry the onions for 5 minutes.
2. Stir in the peppers, aubergine, courgettes, and garlic and cook, stirring, for a few minutes.
3. Add the tomatoes and 1 can of water, then stir in the bouillon, thyme sprig, and basil stalks.
4. Cover and simmer for 20 minutes or until tender.
5. Meanwhile, rub the pork with the crushed garlic, then scatter with the thyme leaves and black pepper, patting so it sticks all over.
6. Heat the oil in a non-stick frying pan and cook the pork for about 12 minutes, turning frequently.
7. Cover the pork and let it rest for 5 minutes.

8. Stir the torn basil leaves through the ratatouille.
9. Slice the pork and serve.

Pork Chops with White Wine and Capers [Easy to Digest]

Serves 4

Prep time: 5 minutes | **Cook time:** 10 minutes | **Total time:** 15 minutes

Per serving 1 pork chop with sauce (approximately 140g): Calories 285 | Protein: 26g | Carbohydrates: 2g | Fiber: 0g | Fat: 16g | Sodium: 480mg



Ingredients:

- 1 tablespoon (15ml) extra-virgin olive oil
- 4 boneless center-cut pork chops (4 oz/115g each)
- ½ teaspoon dried thyme, divided
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup (60ml) dry white wine
- ¾ cup (180ml) unsalted chicken broth
- 1½ tablespoons (15g) drained capers
- 1 tablespoon (15ml) water
- 2 teaspoons (5g) cornstarch
- 2 tablespoons (30g) unsalted butter

Instructions:

1. Heat the oil in a large nonstick skillet over medium-high heat.
2. Sprinkle the pork chops with ¼ teaspoon thyme, salt, and pepper.
3. Arrange the pork chops in a single layer in the skillet and cook until golden brown on the bottom, about 3 minutes.
4. Flip and cook until lightly browned on the other side, about 1 minute.
5. Transfer the pork chops to a plate.
6. Reduce the heat to medium and add the wine, cooking until reduced by half, about 1 minute.
7. Stir in the broth, capers, and remaining ¼ teaspoon thyme and bring to a boil.
8. Return the pork chops to the pan and cook, undisturbed, until the sauce has reduced slightly for about 3-5 minutes.
9. Meanwhile, whisk the water and cornstarch together in a small bowl.
10. Transfer the pork chops to a clean plate.
11. Drizzle the cornstarch mixture into the pan sauce, whisking constantly.
12. Cook, whisking, until thickened. Add the butter and cook, whisking constantly, until the butter is melted.
13. Serve the sauce over the pork chops.

Teriyaki Tofu with Steamed Vegetables

Serves 4

Prep time: 10 minutes (plus 1 hour marinating) | **Cook time:** 15 minutes | **Total time:** 1 hour 25 minutes

Per serving 1 portion (approximately 240g): Calories 245 | Protein: 14g | Carbohydrates: 18g | Fiber: 4g | Fat: 12g | Sodium: 680mg



Ingredients:

- 4 tablespoons (60ml) low-salt soy sauce
- 2 tablespoons (25g) soft brown sugar
- Pinch of ground ginger
- 2 tablespoons (30ml) mirin
- 3 teaspoons (15ml) sesame oil, divided
- 12 oz (350g) block of very firm tofu, cut into thick slices
- ½ tablespoon (7.5ml) rapeseed oil
- 2 courgettes (400g), sliced horizontally into strips
- 7 oz (200g) Tenderstem broccoli
- Black and white sesame seeds, to serve

Instructions:

1. Mix the soy sauce, brown sugar, ginger, mirin, and 1 teaspoon sesame oil in a bowl.
2. Brush the mixture all over the tofu slices.
3. Place the tofu in a large shallow dish and pour over any leftover marinade.
4. Chill for at least 1 hour.
5. Heat your barbecue until the coals are glowing white, or heat a griddle pan.
6. Mix the remaining 2 teaspoons of sesame oil with the rapeseed oil and brush over the courgette slices and broccoli.
7. Barbecue the vegetables for 7-10 minutes or until tender, then set aside and keep warm.
8. Barbecue the tofu slices on both sides for 5 minutes until they turn brown and go crisp at the edges.
9. Serve the tofu on a bed of the griddled vegetables and scatter over the sesame seeds.

Brown Rice Noodle Bowls

Serves 3

Prep time: 10 minutes | **Cook time:** 10 minutes | **Total time:** 20 minutes

Per serving 2⅔ cups (approximately 280g): Calories 285 | Protein: 8g | Carbohydrates: 58g | Fiber: 4g | Fat: 2g | Sodium: 380mg



Ingredients:

- 1 package (8 oz/227g) dry brown rice noodles
- 4½ teaspoons (22ml) reduced-sodium soy sauce
- 1 tablespoon (9g) grated fresh ginger
- 3 cloves garlic (9g), minced
- 1 package (16 oz/454g) frozen Asian stir-fry vegetable blend

Instructions:

1. Cook the noodles in a large saucepan according to package directions.
2. Reserve 2 cups of the cooking water, then drain the noodles.
3. Wipe out the saucepan and add 1½ cups of the reserved cooking water, the soy sauce, ginger, and garlic.
4. Bring to a boil.
5. Add the frozen vegetable blend, cover, and steam for 3-4 minutes or until vegetables are crisp-tender.
6. Add the noodles to the pan and heat through, tossing with tongs to combine.
7. Serve immediately.

Quinoa Curry Bowl [High-Fiber]

Serves 3

Prep time: 5 minutes | **Cook time:** 15 minutes | **Total time:** 20 minutes

Per serving 1⅔ cups (approximately 280g): Calories 285 | Protein: 10g | Carbohydrates: 42g | Fiber: 8g | Fat: 9g | Sodium: 45mg



Ingredients:

- ¾ cup (130g) dry quinoa
- 1 teaspoon granulated onion
- 1½ teaspoons curry powder, divided
- 1 bag (16 oz/454g) frozen stir-fry blend vegetables
- 1 tablespoon (10g) minced garlic
- 1 teaspoon (3g) minced fresh ginger
- 2 tablespoons (30g) tahini
- ½ avocado (75g), diced (optional)
- Sesame seeds for garnish (optional)

Instructions:

1. Stir the quinoa, granulated onion, and ½ teaspoon curry powder together with 1½ cups water in a medium saucepan and bring to a boil.
2. Reduce the heat to medium-low and simmer, covered with a tight-fitting lid, for 15 minutes.
3. While the quinoa is cooking, place the frozen vegetables into a skillet or soup pot on medium-low heat and cover so the vegetables can thaw and soften.
4. Stir the vegetables occasionally, adding a little water if needed.
5. When the vegetables have thawed and softened, increase the heat to medium-high and stir in the garlic, ginger, and remaining 1 teaspoon curry powder.
6. Cook for 1-2 more minutes.
7. Remove the pan from the heat and stir in the tahini, adding a little water as needed to mix thoroughly.
8. Stir the cooked quinoa into the vegetables.
9. Serve with diced avocado and sesame seeds if desired.

Light Nacho Bowl [High-Fiber]

Serves 4

Prep time: 10 minutes | **Cook time:** 5 minutes | **Total time:** 15 minutes

Per serving 1 plate (approximately 320g): Calories 485 | Protein: 18g | Carbohydrates: 58g | Fiber: 12g | Fat: 22g | Sodium: 680mg



Ingredients:

- 1 can (15 oz/425g) spicy black beans
- ¼ teaspoon ground cumin
- ¼ teaspoon ground coriander
- ¼ teaspoon paprika
- Salt and cayenne pepper, to taste
- 1 large bag (12 oz/340g) tortilla chips
- 1 cup (113g) shredded Mexican-style cheese
- 3 green onion stalks (30g), sliced
- 1 large tomato (150g), diced
- 2 cups (94g) shredded iceberg lettuce
- 1 cup (16g) fresh cilantro, coarsely chopped
- 1 cup (150g) diced avocado or guacamole
- 1 red or green jalapeño, sliced
- Salsa (optional)
- Sour cream (optional)

Instructions:

1. Preheat your oven to low broil.
2. Open the can of black beans and place them in a saucepan on medium-low heat.
3. Season the beans with cumin, coriander, paprika, salt, and cayenne pepper to taste.
4. Heat for a couple of minutes, stirring occasionally.
5. Line a large cookie sheet with parchment paper and spread the tortilla chips in an even layer.
6. Cover the chips with shredded cheese and broil for about 5 minutes or until the cheese is melted.
7. While the chips are in the oven, place the vegetables on a platter. Set out salsa, sour cream, and extra cheese if desired.
8. Remove the chips from the oven and divide them between 4 plates.
9. Top each plate of chips with the seasoned black beans.
10. Add toppings as desired and serve immediately.

Snacks, Treats & Smoothies

There will be times when GLP-1 hunger will sneak in out of nowhere. Perhaps you won't feel the hunger, but your energy dips and you need a quick, healthy pick-me-up. Snacks, treats, and smoothies are the perfect additions when this happens. And, they don't need to be ultraprocessed or involve a trip to the vending machine.

Note: These recipes are meant to complement your meals, not replace them. Enjoy them as occasional treats or snacks alongside a balanced diet of nutritious main meals.



Snacks & Mini Meals

Protein-Packed Granola Bars

Serves 8

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 1 hour 5 minutes (includes chilling)

Per serving 1 bar (approximately 75g): Calories 325 | Protein: 9g | Carbohydrates: 42g | Fiber: 4g | Fat: 15g | Sodium: 180mg



Ingredients:

- 1 cup (250g) very smooth, creamy natural nut butter
- ⅔ cup (160ml) honey
- 1 teaspoon (5ml) vanilla extract
- Heaping ½ teaspoon sea salt
- 2½ cups (200g) whole rolled oats
- ⅓ cup (57g) mini chocolate chips
- 3 tablespoons (24g) pepitas

Instructions:

1. Line an 8x8-inch baking pan with parchment paper.
2. In a large bowl, stir together the nut butter, honey, vanilla extract, and salt until smooth.
3. Add the oats, chocolate chips, and pepitas.
4. The mixture might seem dry at first, but keep stirring until it comes together.
5. Press the mixture firmly into the prepared pan.
6. Use a second piece of parchment paper and the back of a measuring cup to help flatten the mixture evenly.
7. Chill in the refrigerator for at least 1 hour.
8. Slice into 8 bars.

Homemade Pita Chips

Serves 2

Prep time: 5 minutes | **Cook time:** 12 minutes | **Total time:** 17 minutes

Per serving 1 pita bread worth of chips (approximately 40g): Calories 185 | Protein: 5g | Carbohydrates: 28g | Fiber: 2g | Fat: 6g | Sodium: 420mg



Ingredients:

- 2 pita breads
- 1 tablespoon (15ml) olive oil
- ¼ teaspoon salt

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Open the pita breads up into two thin halves and cut them into bite-sized strips.
3. Place the pita strips on a baking tray.
4. Brush the oil over the pita pieces or use a spray bottle if you have one.
5. Sprinkle with salt.
6. Bake for 10-12 minutes, flipping them halfway through.
7. Allow to cool completely.

Creamy Homemade Hummus

Serves 8

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving ¼ cup (approximately 60g): Calories 125 | Protein: 4g | Carbohydrates: 10g | Fiber: 3g | Fat: 8g | Sodium: 150mg



Ingredients:

- 1½ cups (246g) cooked chickpeas, drained and rinsed
- ⅓ cup (80g) smooth tahini
- 2 tablespoons (30ml) extra-virgin olive oil
- 2 tablespoons (30ml) fresh lemon juice, plus more to taste
- 1 garlic clove (3g)
- ½ teaspoon sea salt
- 5 tablespoons (75ml) water, or as needed to blend
- Paprika, red pepper flakes, and/or fresh parsley for garnish
- Warm pita bread and/or vegetables for serving

Instructions:

1. In a high-speed blender, place the chickpeas, tahini, olive oil, lemon juice, garlic, and salt.
2. Blend until very smooth, adding water as needed to blend.
3. Transfer to a container and refrigerator.

Fresh Avocado Guacamole

Serves 4

Prep time: 10 minutes | **Cook time:** 0 minutes | **Total time:** 10 minutes

Per serving ½ cup (approximately 120g): Calories 165 | Protein: 2g | Carbohydrates: 12g | Fiber: 7g | Fat: 13g | Sodium: 150mg



Ingredients:

- 3 avocados (450g), ripe
- ¼ cup (40g) diced red onion
- ¼ cup (8g) finely chopped fresh cilantro
- Zest and juice of 2 limes
- 1 small jalapeño pepper (15g), diced
- ½ teaspoon sea salt, plus more to taste
- ½ teaspoon ground cumin (optional)
- 1-2 Roma tomatoes (150g), seeded and diced (optional)

Instructions:

1. In a large bowl, combine the avocados, red onion, cilantro, lime zest and juice, jalapeño, salt, and cumin if using.
2. Mash with a fork until the ingredients are combined but still a bit chunky.
3. Fold in the diced tomatoes if using.
4. Season to taste with additional salt if needed.
5. Store in an airtight container with plastic wrap pressed directly on the surface

Banana Bread

Serves 8

Prep time: 10 minutes | **Cook time:** 45 minutes | **Total time:** 55 minutes

Per serving 1 slice (approximately 100g): Calories 285 | Protein: 6g | Carbohydrates: 35g | Fiber: 4g | Fat: 14g | Sodium: 220mg



Ingredients:

- 2 very ripe bananas (1 cup), mashed
- ½ cup (100g) coconut sugar or regular sugar
- ¾ cup (180ml) almond milk or any milk
- ⅓ cup (80ml) extra-virgin olive oil, plus more for brushing
- 1 teaspoon (5ml) vanilla extract
- 1 teaspoon (5ml) apple cider vinegar
- 1½ cups (180g) whole wheat pastry flour
- ½ cup (56g) almond flour
- 2 teaspoons (8g) baking powder
- ¼ teaspoon baking soda
- ½ teaspoon sea salt
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ½ cup (60g) chopped walnuts

Topping

- 2 tablespoons (15g) chopped walnuts
- 1½ tablespoons (12g) whole rolled oats

Instructions:

1. Preheat your oven to 350°F (175°C) and brush a loaf pan with olive oil.
2. In a large bowl, combine the mashed bananas with the sugar, almond milk, olive oil, vanilla, and apple cider vinegar and whisk until combined.
3. In a medium bowl, combine the whole wheat pastry flour, almond flour, baking powder, baking soda, salt, cinnamon, and nutmeg.
4. Add the dry ingredients to the bowl with the wet ingredients and stir until just combined.
5. Fold in the chopped walnuts.
6. Pour the batter into the prepared pan and sprinkle with the chopped walnuts and oats.
7. Bake for 45-50 minutes.

8. Allow to cool in the pan for 10 minutes, then transfer to a wire rack to cool completely before slicing.

Healthy Pumpkin Bread

Serves 8

Prep time: 20 minutes | **Cook time:** 1 hour | **Total time:** 1 hour 20 minutes

Per serving 1 slice (approximately 110g): Calories 325 | Protein: 4g | Carbohydrates: 48g | Fiber: 2g | Fat: 14g | Sodium: 280mg



Ingredients:

- 2 cups (250g) all-purpose flour, spooned and leveled
- 2 teaspoons (8g) baking powder
- 2 teaspoons ground cinnamon
- ½ teaspoon baking soda
- ½ teaspoon ground ginger
- ½ teaspoon sea salt
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- 1½ cups (375g) canned pumpkin puree
- 2 large eggs
- 1 cup (200g) cane sugar
- ½ cup (120ml) vegetable oil, plus more for the pan
- ¼ cup (60ml) milk
- 1 teaspoon (5ml) vanilla extract

Instructions:

1. Preheat your oven to 350°F (175°C) and grease a loaf pan.
2. In a medium bowl, whisk together the flour, baking powder, cinnamon, baking soda, ginger, salt, cloves, and nutmeg.
3. In a large bowl, whisk together the pumpkin puree, eggs, sugar, vegetable oil, milk, and vanilla until smooth.
4. Add the dry ingredients to the wet ingredients and mix until just combined, being careful not to overmix. The batter will be thick.
5. Transfer the batter to the prepared pan and smooth the top.
6. Bake for 60-70 minutes.
7. Check the loaf after 45 minutes, and if the top is nicely browned, cover it with foil for the remaining bake time to prevent further browning.
8. Allow to cool completely in the pan before slicing and serving.

Homemade Seed Crackers

Gluten-Free Seed Crackers Serves 12 (makes about 12 crackers) **Prep time:** 15 minutes | **Cook time:** 25 minutes | **Total time:** 40 minutes **Per serving 1 cracker (approximately 20g)**: Calories 85 | Protein: 3g | Carbohydrates: 7g | Fiber: 2g | Fat: 5g | Sodium: 95mg



Ingredients:

- ½ cup (70g) brown rice flour
- ½ cup (56g) almond flour
- ¼ cup (40g) hemp seeds
- 2 tablespoons (14g) ground flaxseed meal
- 2 tablespoons (16g) sesame seeds
- ¼ teaspoon baking powder
- ½ teaspoon sea salt
- 1 teaspoon (5ml) extra-virgin olive oil
- 4 tablespoons (60ml) water

Instructions:

1. Preheat your oven to 350°F (180°C).
2. In a medium bowl, combine the brown rice flour, almond flour, hemp seeds, flaxseed meal, sesame seeds, baking powder, and salt.
3. Drizzle in the olive oil and water and stir.
4. Use your hands to press and knead the mixture together to form a cohesive ball.
5. Form the ball into a disk and place it between 2 sheets of parchment paper on a flat surface.
6. Roll the dough until it's about ⅛-inch thick.
7. Remove the top sheet of parchment paper and use a sharp paring knife to score the crackers into 2-inch squares.
8. Gently lift the parchment paper with the dough and transfer it to a baking sheet.
9. Bake for 25 minutes.
10. Remove the pan from the oven and let it sit for 10 minutes.
11. Break the crackers apart along the scored lines.

Fresh Summer Rolls

Serves 3

Prep time: 40 minutes | **Cook time:** 0 minutes | **Total time:** 40 minutes

Per serving 2 rolls (approximately 180g): Calories 285 | Protein: 10g | Carbohydrates: 42g | Fiber: 6g | Fat: 10g | Sodium: 85mg



Ingredients:

- 6 (11-inch/28cm) spring roll rice wrappers
- 4 oz (115g) cooked rice noodles
- 4 oz (115g) extra-firm tofu, sliced into strips
- 1 ripe avocado (150g), sliced
- 2 ripe peaches or 1 ripe mango (200g), sliced
- ½ watermelon radish (50g), very thinly sliced (optional)
- Fresh herbs: basil, Thai basil, and/or mint (15g)
- Pinches of sesame seeds
- Tamari and sriracha for serving (optional)

Instructions:

1. Prepare all your filling ingredients and arrange them on a clean work surface or large plate.
2. Fill a shallow dish or pie plate with warm water.
3. Dip one rice wrapper in the water for 5-10 seconds until it begins to soften.
4. Place the softened wrapper on a clean, damp kitchen towel or cutting board.
5. Layer a small amount of rice noodles in the center of the wrapper, leaving about 2 inches of space on each side.
6. Add tofu strips, avocado slices, peach or mango slices, radish (if using), and fresh herbs on top of the noodles.
7. Sprinkle with sesame seeds.
8. Fold the bottom edge of the wrapper up over the filling, then fold in the sides, and roll tightly to seal. Repeat.
9. Serve with tamari and sriracha

Fresh Spring Rolls with Peanut Sauce

Serves 4 (2 rolls per serving)

Prep time: 30 minutes | **Cook time:** 0 minutes | **Total time:** 30 minutes

Per serving 2 rolls (approximately 180g): Calories 285 | Protein: 8g | Carbohydrates: 42g | Fiber: 7g | Fat: 11g | Sodium: 65mg



Ingredients:

- 4 oz (115g) vermicelli noodles or other rice noodles
- 8 large rice paper wrappers
- 1 carrot (60g), julienned
- ½ English cucumber (150g), julienned
- 3 oz (85g) extra-firm tofu, cut into strips
- 1 jalapeño pepper (15g), stemmed, seeded, and cut into strips
- 1 mango (200g), peeled and cut into strips
- 1 avocado (150g), cut into strips
- Fresh basil, mint, and cilantro leaves (15g)
- Peanut sauce for dipping

Instructions:

1. Prepare the noodles according to package instructions.
2. Drain and rinse the noodles under cold water.
3. Fill a large bowl with warm water and dampen a clean kitchen towel.
4. Spread the kitchen towel over a flat work surface.
5. Soak a spring roll wrapper in the warm water for 15 seconds, or until pliable.
6. Lay the wrapper flat on the kitchen towel.
7. Place some of the noodles, carrot, cucumber, tofu, jalapeño, mango, avocado, basil, mint, and cilantro in the center of the wrapper.
8. Fold the sides of the wrapper over the fillings and roll tightly to close.
9. Repeat with the remaining spring roll wrappers and fillings.
10. Serve with peanut sauce for dipping

Sweet Treats

Date and Nut Energy Balls

Serves 18 (makes 18 balls)

Prep time: 20 minutes | **Cook time:** 0 minutes | **Total time:** 20 minutes

Per serving 1 ball (approximately 40g): Calories 145 | Protein: 4g | Carbohydrates: 16g | Fiber: 2g | Fat: 8g | Sodium: 65mg



Ingredients:

- 1½ cups (150g) oat flour
- 1 cup (120g) walnuts
- ⅓ cup (80g) creamy natural almond butter, well-stirred
- 10 soft Medjool dates (200g), pitted
- 1 teaspoon (5ml) vanilla extract
- 2 tablespoons (30ml) water, plus more as needed
- ½ teaspoon sea salt
- ½ cup (85g) mini chocolate chips

Instructions:

1. In a food processor, place the oat flour, walnuts, almond butter, dates, vanilla, water, and salt.
2. Pulse until the mixture sticks together when pinched.
3. If the mixture is too crumbly, pulse in more water, 1 teaspoon at a time.
4. Transfer the mixture to a bowl and stir in the chocolate chips.
5. Use a 2-tablespoon cookie scoop to scoop and roll the mixture into balls.
6. Store the energy balls in an airtight container in the refrigerator for up to 1 week.

Chocolate Peanut Butter No-Bake Cookies

Serves 24

Prep time: 10 minutes | **Cook time:** 5 minutes | **Total time:** 40 minutes (includes chilling)

Per serving 1 cookie (approximately 35g): Calories 145 | Protein: 3g | Carbohydrates: 18g | Fiber: 2g | Fat: 7g | Sodium: 35mg



Ingredients:

- ½ cup (113g) unsalted butter, 1 stick, sliced into pats
- 1 cup (200g) granulated sugar
- ½ cup (120ml) milk
- ¼ cup (20g) unsweetened cocoa powder
- ¾ cup (180g) creamy peanut butter
- 1 teaspoon (5ml) vanilla extract
- 3 cups (240g) whole rolled oats

Instructions:

1. Line two baking sheets with parchment paper.
2. Melt the butter in a medium saucepan over medium heat.
3. Add the sugar, milk, and cocoa powder and whisk until smooth.
4. Bring to a rolling boil, adjusting the heat as needed to maintain a full boil for 2 minutes. Remove from the heat.
5. Add the peanut butter and vanilla and stir until smooth.
6. Add the oats and mix until well combined.
7. Use a 2-tablespoon cookie scoop to scoop the oat mixture onto the prepared baking sheets, flattening the cookies slightly if desired.
8. Chill in the refrigerator for at least 30 minutes to firm up.
9. Store in an airtight container in the refrigerator for up to 1 week.

Oatmeal Breakfast Cookies

Serves 12 Prep time: 10 minutes | **Cook time:** 20 minutes | **Total time:** 30 minutes
Per serving 1 cookie (approximately 60g): Calories 185 | Protein: 5g | Carbohydrates: 22g | Fiber: 3g | Fat: 9g | Sodium: 120mg



Ingredients:

- 2 tablespoons (14g) ground flaxseed
- 5 tablespoons (75ml) warm water
- 1 cup (100g) oat flour, made from 1¼ cups whole rolled oats
- 1 cup (80g) additional whole rolled oats
- ½ cup (56g) almond flour
- Zest of 1 lemon (approximately ½ tablespoon/3g)
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ½ teaspoon sea salt
- ½ cup (120g) creamy natural almond butter
- ¼ cup (60ml) coconut oil, melted
- ½ cup (120ml) maple syrup
- ⅓ cup (40g) walnuts
- ¾ cup (113g) fresh blueberries

Instructions:

1. Preheat your oven to 350°F (175°C) and line a large baking sheet with parchment paper.
2. In a small bowl, combine the ground flaxseed and warm water and set aside to thicken for 5 minutes.
3. In a large bowl, stir together the oat flour, the additional 1 cup rolled oats, almond flour, lemon zest, baking powder, baking soda, cinnamon, and salt.
4. In a medium bowl, combine the almond butter, melted coconut oil, and maple syrup and stir well to incorporate.
5. Stir the flaxseed mixture into the almond butter mixture.
6. Add the wet ingredients to the bowl of dry ingredients and fold in just until combined.
7. Fold in the walnuts and blueberries.
8. Scoop ¼ cup of batter for each cookie onto the baking sheet.
9. Bake for 20-24 minutes, or until browned around the edges.

10. Cool on the pan for 5-10 minutes, then transfer to a wire rack to finish cooling completely.

Blueberry Muffins with Streusel Topping

Serves 12

Prep time: 20 minutes | **Cook time:** 20 minutes | **Total time:** 40 minutes

Per serving 1 muffin (approximately 85g): Calories 215 | Protein: 5g | Carbohydrates: 32g | Fiber: 1g | Fat: 8g | Sodium: 180mg



Ingredients:

- 1¾ cups (219g) all-purpose flour, spooned and leveled, plus ½ teaspoon for the blueberries
- 2 teaspoons (8g) baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¾ cup (180g) whole milk Greek yogurt
- ¾ cup (150g) cane sugar
- 2 large eggs
- ⅓ cup (80ml) vegetable oil
- ¼ cup (60ml) milk
- 2 teaspoons (10ml) vanilla extract
- 1½ cups (225g) blueberries

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Lightly oil or spray a 12-cup muffin tin or line it with muffin liners.
3. In a medium bowl, whisk together the flour, baking powder, baking soda, and salt.
4. In a large bowl, whisk together the Greek yogurt, sugar, eggs, vegetable oil, milk, and vanilla.
5. In a small bowl, toss the blueberries with ½ teaspoon of flour.
6. Add the dry ingredients to the wet ingredients and stir until just combined. Do not overmix.
7. Fold in the blueberries.
8. Use a ⅓-cup measuring cup to divide the batter among the muffin cups.
9. Bake for 17-20 minutes, or until the tops spring back to the touch and a toothpick inserted in the center comes out clean.
10. Let cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

Frozen Yogurt Bark with Berries

Serves 8 (makes 1 large bag for snacking) **Prep time:** 10 minutes | **Cook time:** 0 minutes | **Total time:** 2 hours 10 minutes (includes freezing) **Per serving 1 portion (approximately 80g)**: Calories 125 | Protein: 7g | Carbohydrates: 20g | Fiber: 2g | Fat: 3g | Sodium: 35mg



Ingredients:

- 2 cups (500g) low-fat Greek yogurt, coconut yogurt, soya yogurt, or thick kefir
- 3 figs (90g), roughly chopped
- 5½ oz (150g) raspberries
- Pinch of ground cinnamon

Instructions:

1. Line a large baking tray with greaseproof paper.
2. Spread the yogurt over the paper in an even layer.
3. Add the figs, raspberries, and a pinch of cinnamon, distributing them evenly over the yogurt.
4. Freeze for 2 hours or until solid.
5. Carefully peel away the paper and break the yogurt into shards.
6. Place the shards in a freezer bag, seal, and keep frozen for up to 3 months.

Honey Vanilla Ricotta Pots

Serves 2

Prep time: 10 minutes | **Cook time:** 0 minutes | **Total time:** 10 minutes

Per serving 1 bowl (approximately 200g): Calories 225 | Protein: 12g | Carbohydrates: 28g | Fiber: 3g | Fat: 8g | Sodium: 85mg



Ingredients:

- 7 oz (200g) ricotta
- Pinch of ground cinnamon
- 2 teaspoons (10ml) runny honey, divided
- 7 oz (200g) blueberries

Instructions:

1. Mix the ricotta with the cinnamon and half the honey in a bowl.
2. Gently stir in most of the blueberries, reserving some for topping.
3. Divide the mixture between two ramekins or small bowls.
4. Top with the remaining blueberries. Cover and keep in the fridge until ready to eat.
5. Drizzle with the remaining honey just before serving.

Flourless Chocolate Zucchini Brownies

Serves 12

Prep time: 15 minutes | **Cook time:** 30 minutes | **Total time:** 1 hour 15 minutes (includes cooling)

Per serving 1 brownie (approximately 50g): Calories 165 | Protein: 5g | Carbohydrates: 22g | Fiber: 3g | Fat: 8g | Sodium: 120mg



Ingredients:

- Nonstick cooking spray
- 2 large egg whites
- 1 cup (112g) finely ground almond meal
- ½ cup (40g) unsweetened cocoa powder
- 1 teaspoon baking soda
- ¼ teaspoon kosher salt
- ½ cup (120ml) unprocessed raw honey
- ⅔ cup (71g) grated zucchini, not squeezed
- 1 teaspoon (5ml) vanilla extract
- ¾ cup (128g) sugar-free chocolate chips or semi-sweet chocolate chips

Instructions:

1. Preheat your oven to 325°F (163°C).
2. Prepare a nonstick 9x9-inch baking pan with cooking spray.
3. Cut a sheet of parchment paper about 9 inches wide and long enough to form a sling so you can easily remove the brownies once cooked, then place them into the baking pan.
4. In a medium bowl, whisk the egg whites.
5. In a large bowl, whisk together the almond flour, cocoa powder, salt, and baking soda.
6. Add the grated zucchini and egg whites to the dry ingredients and stir with a spatula.
7. Add the honey and vanilla and stir until combined.
8. Fold in the chocolate chips.
9. Pour the batter into the prepared baking pan and spread evenly.
10. Bake for 30 minutes.
11. Remove from the oven and let cool for about 30 minutes in the pan.
12. Use the parchment sling to lift the brownies out of the pan, cut into 12 squares, and serve.
13. Store in an airtight container at room temperature for up to 3 days.

Vegan Lemon Mousse

Serves 10

Prep time: 40 minutes (includes chilling) | **Cook time:** 15 minutes | **Total time:** 55 minutes

Per serving 1 scone (approximately 70g): Calories 215 | Protein: 4g | Carbohydrates: 34g | Fiber: 2g | Fat: 8g | Sodium: 180mg



Ingredients:

- ⅓ cup plus 1½ tablespoons (100ml) soya milk
- 1 unwaxed lemon, finely grated zest and juice
- 2⅓ cups (300g) self-raising flour, plus extra for dusting
- 1 teaspoon baking powder
- 1 tablespoon (12g) granulated sugar
- ½ cup (100g) vegan margarine, cut into small cubes
- 6⅓ oz (180g) blueberries
- Light olive oil for brushing
- Pinch of salt

Instructions:

1. Put the soya milk in a jug or bowl and add 1 tablespoon of lemon juice.
2. Stir to combine, then leave to one side to curdle and form vegan buttermilk.
3. Sift the flour and baking powder into a large mixing bowl.
4. Add a pinch of salt, the sugar, and lemon zest and stir.
5. Using your fingertips, rub the margarine into the dry ingredients until the mixture resembles breadcrumbs.
6. Pour in the vegan buttermilk, add the blueberries, and stir to form a dough.
7. Tip the dough onto a lightly floured worktop and knead four or five times, just until it holds together.
8. Wrap the dough tightly in baking paper and chill for 30 minutes.
9. Preheat your oven to 425°F (220°C).
10. Roll out the dough until it's about 1 inch thick.
11. Use a 2½-inch round cutter to cut out the scones.
12. Gently re-roll any leftover dough and cut out more scones.
13. Place the scones on a large non-stick baking tray or a tray lined with baking paper.
14. Brush the tops with olive oil.
15. Bake for 12-15 minutes, until golden.
16. Leave the scones on a wire rack to cool slightly before serving.

Labneh with Honey, Dates, and Nuts

Serves 8

Prep time: 45 minutes (includes chilling) | **Cook time:** 5 minutes | **Total time:** 50 minutes

Per serving 2-3 dates (approximately 80g): Calories 245 | Protein: 6g | Carbohydrates: 38g | Fiber: 4g | Fat: 10g | Sodium: 45mg



Ingredients:

- 3½ oz (100g) mixed nuts
- 9 oz (250g) Medjool dates, sliced lengthways, stone removed
- 5⅓ oz (150g) labneh
- 3½ oz (100g) dark chocolate
- Pinch of sea salt
- Dried rose petals (optional)
- Small handful chopped pistachios (optional)

Instructions:

1. Heat a frying pan over medium heat and dry fry the nuts until nicely browned all over, shaking the pan to ensure even browning.
2. Remove from the heat and leave to cool, then roughly chop.
3. Line a plate with greaseproof paper.
4. Use a teaspoon to stuff each date with labneh, then add a few chopped nuts to each one.
5. Melt the dark chocolate in the microwave (about 60 seconds in short bursts).
6. Dip the bottom of each date into the chocolate, then drizzle more chocolate over the top.
7. Sprinkle each date with a little sea salt and the rose petals and pistachios if using.
8. Place on the prepared plate and refrigerate for 30 minutes or so to firm up before serving.

Smoothies & Shakes

Energizing Kale Smoothie

Serves 2

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving 1 cup (approximately 240ml): Calories 125 | Protein: 3g | Carbohydrates: 26g | Fiber: 4g | Fat: 2g | Sodium: 95mg



Ingredients:

- 1 cup (240ml) almond milk
- 1 medium frozen banana (120g)
- 2 kale leaves (30g), stems removed
- 2-3 small ripe peaches (200g), frozen, or ½-1 cup diced mango, frozen
- ½ teaspoon (1.5g) grated fresh ginger
- ½ teaspoon (1g) matcha powder (optional)
- Ice

Instructions:

1. In a high-speed blender, combine the almond milk, frozen banana, kale, frozen peaches, grated ginger, and matcha if using.
2. Blend until creamy and smooth.
3. Add a handful of ice and blend again.
4. Pour into two glasses and serve immediately.

Classic Strawberry Banana Smoothie

Serves 2

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving 1 cup (approximately 240ml): Calories 165 | Protein: 7g | Carbohydrates: 30g | Fiber: 3g | Fat: 3g | Sodium: 65mg



Ingredients:

- 2 cups (300g) frozen strawberries, plus optional fresh strawberries for garnish
- 1 cup (240ml) milk, plus more as needed
- ½ cup (120g) whole milk Greek yogurt
- ½ frozen banana (60g)
- 1 tablespoon (15ml) honey or maple syrup
- 1 teaspoon (5ml) fresh lemon juice

Instructions:

1. In a blender, place the frozen strawberries, milk, Greek yogurt, frozen banana, honey, and lemon juice.
2. Blend until smooth and creamy, adding more milk as needed to reach your desired consistency.
3. Pour into glasses, garnish with fresh strawberries if desired, and serve immediately.

Coffee Smoothie

Serves 2

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes **Per serving 1 cup (approximately 240ml)**: Calories 185 | Protein: 4g | Carbohydrates: 38g | Fiber: 4g | Fat: 4g | Sodium: 85mg



Ingredients:

- 1½ frozen bananas (180g)
- ½ to ¾ cup (120-180ml) cold brew coffee concentrate, to taste
- ½ cup (120ml) unsweetened almond milk, plus more as needed
- 3 soft Medjool dates (72g), pitted
- 1 tablespoon (16g) almond butter
- ½ teaspoon (2.5ml) vanilla extract
- ¼ teaspoon cinnamon, plus more for garnish
- 2 handfuls of ice
- Chocolate shavings for garnish

Instructions:

1. In a blender, place the frozen bananas, cold brew concentrate, almond milk, dates, almond butter, vanilla, and cinnamon.
2. Blend until smooth, adding more almond milk as needed to reach your desired consistency.
3. Add the ice and blend again until smooth.
4. Pour into glasses and serve with a dusting of cinnamon and chocolate shavings for garnish.

Antioxidant-Rich Blueberry Smoothie

Serves 2

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving 1 cup (approximately 240ml): Calories 205 | Protein: 5g | Carbohydrates: 32g | Fiber: 7g | Fat: 8g | Sodium: 120mg



Ingredients:

- 1½ cups (225g) frozen blueberries
- 1¼ cups (300ml) almond milk, plus more as needed
- 1 cup (100g) frozen cauliflower
- ½ cup (75g) frozen raspberries
- ½ frozen banana (60g)
- 2 tablespoons (32g) almond butter
- 1 tablespoon (15ml) maple syrup
- 1 tablespoon (15ml) fresh lemon juice
- 1 (¼-inch) piece fresh ginger (optional)

Instructions:

1. In a blender, place the frozen blueberries, almond milk, frozen cauliflower, frozen raspberries, frozen banana, almond butter, maple syrup, lemon juice, and ginger if using.
2. Blend until creamy and smooth, adding more almond milk as needed to reach your desired consistency.

Blackberry Apple Smoothie

Serves 2

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving 1 cup (approximately 300ml): Calories 225 | Protein: 10g | Carbohydrates: 38g | Fiber: 7g | Fat: 4g | Sodium: 85mg



Ingredients:

- 10½ oz (300g) frozen mixed berries
- 1 apple (150g), cored and sliced
- ¾ cup plus 2 tablespoons (200ml) semi-skimmed milk
- 5⅓ oz (150g) fat-free natural yogurt
- ¼ cup (25g) porridge oats with extra fiber
- ⅓ oz (10g) flaked almonds
- ⅓-½ cup (75-100ml) cold water

Instructions:

1. Place the frozen berries, apple, milk, yogurt, oats, and flaked almonds in a blender.
2. Blend until smooth.
3. Add 75-100ml cold water, a little at a time, to achieve a smooth consistency and blend again.
4. Pour into glasses and serve immediately.

Light Mango Lassi

Serves 2

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving 1 cup (approximately 240ml): Calories 165 | Protein: 10g | Carbohydrates: 32g | Fiber: 2g | Fat: 0g | Sodium: 75mg



Ingredients:

- 1 medium mango (200g), skin removed and chopped
- 6 oz (170g) fat-free Greek yogurt
- 1 cup (240ml) fat-free milk
- 1½ tablespoons (18g) sugar, monk fruit, or honey
- 1 cup (150g) crushed ice

Instructions:

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into glasses and serve immediately.

Pumpkin Pie Smoothie

Serves 2

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving 1 cup (approximately 240ml): Calories 125 | Protein: 11g | Carbohydrates: 18g | Fiber: 2g | Fat: 1g | Sodium: 65mg



Ingredients:

- ½ cup (122g) pumpkin puree
- ½ cup (120ml) milk of choice
- ½ cup (75g) crushed ice
- 6 oz (170g) nonfat Greek or plain yogurt
- 2 teaspoons (10ml) vanilla extract
- ½ teaspoon pumpkin pie spice or cinnamon, or more to taste
- 2 teaspoons (8g) packed brown sugar or maple syrup, to taste
- 1 scoop vanilla protein powder (optional)

Instructions:

1. Put all ingredients in a blender and blend until smooth.
2. Divide between two cups and serve.

Your 30-Day Meal Plan

You now have your recipes, you understand your body on GLP-1s better, and it is time to put all of this knowledge together. Below is your 30-day meal plan. This doesn't need to be followed to the letter, but it can take the guesswork out of what to eat and when.

Week 1	Breakfast	Lunch	Snack	Dinner
Day 1	Berry Protein Smoothie	Steak and Broccoli Power Bowls	Protein-Packed Granola Bars	One-Skillet Bourbon Chicken
Day 2	Cottage Cheese Oat Pancakes	Hot Honey Salmon Bites	Fresh Avocado Guacamole with Homemade Pita Chips	Gochujang-Glazed Salmon
Day 3	High-Protein Overnight Oats	Turkey Cranberry Power Wrap	Date and Nut Energy Balls	Asparagus Leek Ricotta Frittata
Day 4	Turkish-Style Eggs with Garlic Yogurt	Mason Jar Chickpea and Tuna Salad	Blueberry Muffins with Streusel Topping	One-Pot Creamy Chicken Mushroom Pasta
Day 5	Blueberry Breakfast Smoothie Bowl	Simple Chicken Salad Tostadas	Chocolate Peanut Butter No-Bake Cookies	Simple Shrimp Tacos Pasta
Day 6	Cottage Cheese Egg Muffins	Spicy Cajun Chicken Quinoa Bowl	Banana Bread	Herb-Garlic Pork with Summer Ratatouille
Day 7	Energizing Kale Smoothie	Shrimp Avocado Feta Wrap	Frozen Yogurt Bark with Berries	Teriyaki Tofu with Steamed Vegetables

Week 2	Breakfast	Lunch	Snack	Dinner
Day 8	High-Protein Berry Parfait	Ingredient Creamy Chicken Salad	Oatmeal Breakfast Cookies	Chicken Cutlets with Zucchini Noodles
Day 9	Low-Carb Spinach and Cheese Omelette	Warm Roasted Squash and Lentil Salad	Creamy Homemade Hummus with Homemade Pita Chips	Crispy Fish Taco Bowls
Day 10	Classic Strawberry Banana Smoothie	Turkey BLT Wraps	Flourless Chocolate Zucchini Brownies	Salmon with Creamy Orzo
Day 11	No-Cook Breakfast Cheesecake Cups	Quick Fish Cakes	Healthy Pumpkin Bread	Skillet Ravioli Lasagna
Day 12	High-Protein Breakfast Casserole	Cucumber Red Pepper Hummus Wrap	Honey Vanilla Ricotta Pots	Grilled Flank Steak with Fresh Tomato Salad
Day 13	Coffee Smoothie	Quick Teriyaki Tofu with Vegetables	Homemade Seed Crackers with Creamy Homemade Hummus	Pork Chops with White Wine and Capers
Day 14	Tofu Scramble	Make-Ahead Mini Meatloaves	Vegan Lemon Mousse	Quinoa Curry Bowl

Week 3	Breakfast	Lunch	Snack	Dinner
Day 15	Pumpkin Seed Granola with milk	3-Ingredient White Bean Cherry Tomato Salad	Labneh with Honey, Dates, and Nuts	Chicken Tinga Rice Bowls
Day 16	Antioxidant-Rich Blueberry Smoothie	Quick Mushroom Chickpea Patties	Fresh Summer Rolls	Caribbean-Style Corned Beef
Day 17	Berry Almond Oatmeal	Egg Salad Avocado Toast	Date and Nut Energy Balls	Prosciutto Pork Tenderloin
Day 18	Breakfast Burritos	3-Ingredient Green Goddess White Bean Salad	Blueberry Muffins with Streusel Topping	Spinach Feta Scrambled Egg Pitas
Day 19	Pumpkin Pie Smoothie	Moroccan Turkey Meatballs with Citrus Couscous	Chocolate Peanut Butter No-Bake Cookies	Brown Rice Noodle Bowls
Day 20	Black Bean Pancakes	Black Forest Smoothie Bowl	Fresh Spring Rolls with Peanut Sauce	Light Nacho Bowl
Day 21	Light Mango Lassi	Steak and Broccoli Power Bowls	Frozen Yogurt Bark with Berries	One-Skillet Bourbon Chicken

Week 4	Breakfast	Lunch	Snack	Dinner
Day 22	High-Protein Overnight Oats	Hot Honey Salmon Bites	Oatmeal Breakfast Cookies	Gochujang-Glazed Salmon
Day 23	Cottage Cheese Oat Pancakes	Turkey Cranberry Power Wrap	Banana Bread	Simple Shrimp Tacos
Day 24	Blackberry Apple Smoothie	Shrimp Avocado Feta Wrap	Healthy Pumpkin Bread	Chicken Cutlets with Zucchini Noodles
Day 25	Turkish-Style Eggs with Garlic Yogurt	Mason Jar Chickpea and Tuna Salad	Flourless Chocolate Zucchini Brownies	Salmon with Creamy Orzo
Day 26	Cottage Cheese Egg Muffins	Cucumber Red Pepper Hummus Wrap	Honey Vanilla Ricotta Pots	Teriyaki Tofu with Steamed Vegetables
Day 27	Berry Protein Smoothie	Quick Teriyaki Tofu with Vegetables	Protein-Packed Granola Bars	Herb-Garlic Pork with Summer Ratatouille
Day 28	High-Protein Berry Parfait	Warm Roasted Squash and Lentil Salad	Vegan Lemon Mousse	Quinoa Curry Bowl
Day 29	Light Mango Lassi	Steak and Broccoli Power Bowls	Frozen Yogurt Bark with Berries	One-Skillet Bourbon Chicken
Day 30	No-Cook Breakfast Cheesecake Cups	Quick Fish Cakes	Healthy Pumpkin Bread	Skillet Ravioli Lasagna

Daily Reflection Prompts

Each evening, take just a minute or two to ask yourself:

1. How did my body feel?
2. Did I have energy?
3. Did the food sit well?
4. What time of day felt best for eating?
5. What textures or temperatures were most appealing?

Write it down if you want, or just notice it (but do it). There are no right or wrong answers here. You're just gathering information about this new version of your appetite.

Tips to Extend the Plan to 60 or 90 Days

You've made it through four weeks now, and certainly your body feels different. And maybe, just maybe, you're thinking: “I could actually keep doing this.” That's exactly the right mindset, because change doesn't happen in 30 days. It happens over months.

Month 1 (Weeks 1-4): Foundation Building

You just did this. You learned what works, built basic routines, and customized your approach.

Month 2 (Weeks 5-8): Digestion Mastery

You know your go-to meals, so pay attention to how different foods affect your digestion. Maybe week five, you focus on adding more fiber-rich foods slowly, and week six might be about timing, like eating earlier or later to see what works best.

Month 3 (Weeks 9-12): Energy Optimization

This month is about fine-tuning for sustained energy. Week nine you could focus on breakfast timing and composition. And week ten could be about afternoon energy management.

Months 4+ (If You Want to Keep Going): Variety Within Structure

Now you can start playing with seasonal ingredients, trying new recipes within your established frameworks, or exploring different cuisines while keeping your basic structure intact.

Be flexible, be curious, and build menus over time that suit your changing body and appetite.



Conclusion

Take a moment. Really pause for just a breath. Look at how far you've come. You have now built a rhythm that finally respects your biology, matches your energy, and fits into your real life. You've also learned how to eat for satisfaction and not restriction. And the most important thing is that you've learned to trust yourself.

This plan is all about progress through ease and consistency, as well as through understanding. Right now, you no longer have to guess what to eat because you've got everything you need.

You've achieved something big and really, really important, even if you don't fully realize it yet. So, please celebrate even the smallest of steps.

YOUR REVIEW CAN MAKE A DIFFERENCE!

Share Your Experience, Inspire Others

“We can’t help everyone, but everyone can help someone.”— Ronald Reagan

Dear Reader,

Thank you so much for spending your time with the ***Super Simple GLP-1 Diet Cookbook***. I hope the recipes, tips, and strategies inside have made your journey with GLP-1 eating a little easier, lighter, and more joyful.

Your experience matters—not just to me as the author, but also to every reader who is searching for a way to feel healthier, stronger, and more confident. When you leave a review, you’re not only sharing your honest thoughts, but you’re also guiding others who may be just beginning their journey. Your words could be the encouragement someone needs to believe that change is possible.

For me, every review is deeply meaningful. They help keep this work alive, allowing me to create more resources and support for people like you. Most importantly, reviews remind me that the time and care I put into this book truly reach and help real lives.

If you enjoyed the book, I’d be so grateful if you could take a few minutes to share your thoughts. Whether it’s a sentence or a full reflection, your voice makes a difference.

Simply **CLICK HERE** to leave your review.

With heartfelt thanks,
Isla Wynn



References

Recipes supplied by:

https://www.ambarinutrition.com

https://www.bakeandbacon.com

https://www.bbcgoodfood.com

https://www.theblurrylime.com

https://www.dietitianjess.com

https://www.eatingwell.com

https://www.eastewart.com

https://elkeliving.com

https://www.forksoverknives.com

https://thehealthylivingrd.com

https://www.helpfuldietitian.com

https://www.lauramali.com

https://lifewaykefir.com

https://www.loveandlemons.com

https://melissatraub.com

https://www.orwhateveryoudo.com

https://theproteinchef.co

https://revvhealth.com

https://www.skinnytaste.com

Castro, R. (2022, June 29). *Diabetes drugs and weight loss*. Mayo Clinic. https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/expert-answers/byetta/faq-20057955

Harvard. (2024). *The nutrition source*. The Nutrition Source. https://nutritionsource.hsph.harvard.edu/

Ishver, A. (2022). *Ozempic subcutaneous: Uses, side effects, interactions, pictures, warnings & dosing - webmd*. Webmd.com. https://www.webmd.com/drugs/2/drug-174491/ozempic-subcutaneous/details

MedlinePlus. (2022, August 15). *Semaglutide injection: MedlinePlus drug information*. Medlineplus.gov. https://medlineplus.gov/druginfo/meds/a618008.html

MedlinePlus. (2025). *Atazanavir and cobicistat: MedlinePlus drug information*. Medlineplus.gov. https://medlineplus.gov/druginfo/meds/a622001.html

National Institute of Diabetes and Digestive and Kidney Diseases. (2024, June). *Prescription medications to treat overweight and obesity | NIDDK*. National Institute of Diabetes and Digestive and Kidney Diseases. https://www.niddk.nih.gov/health-information/weight-management/prescription-medications-treat-overweight-obesity

National Institutes of Health. (2017). *Dietary supplements for weight loss*. Nih.gov. https://ods.od.nih.gov/factsheets/WeightLoss-HealthProfessional/

Perez, A. (2022, September 19). *Mounjaro: Uses, side effects, dosage, and more*. Healthline. https://www.healthline.com/health/drugs/mounjaro

Sharma, S., Hashmi, M. F., & Valentino III, D. J. (2024). *Sedation vacation in the ICU*. PubMed; StatPearls Publishing. https://www.ncbi.nlm.nih.gov/books/NBK513327/