Quick & Tasty GLP-1 Diet Cookbook

30-Day No-Stress Meal Plan with 100 Quick Recipes Ready in 5–20 Minutes to Calm Cravings, Boost Energy, Support Weight Goals, and Build Healthy Habits—Without Starving



Liora Vela Verlen



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INTRODUCTION

Our eating habits are in flux, and for many people, the spark for change has been GLP-1 medication. Although these drugs blunt hunger, lasting progress demands more than a smaller appetite. It calls for an informed, sustainable, highly personal way of eating—one that fuels the body, steadies the mind, and protects long-term health.

This cookbook sits at that crossroads: the biological shifts triggered by GLP-1 therapy and the everyday realities of meal-planning, energy dips, and evolving routines. As a metabolic-health dietitian, I've seen how well-chosen foods—not crash diets or rigid rules—can amplify medical treatment and restore agency. Whether you're just starting or looking for tools that finally stick, the evidence-based guidance here is delivered with compassion and shaped to meet you where you are.

How This Book Will Transform Your Eating, Thinking & Healing

Using semaglutide, tirzepatide, or any GLP-1 agonist undeniably changes hunger, digestion, and metabolism. What it doesn't do is teach you how to eat, rebuild food trust, or erase decades of diet confusion. That work remains yours—and food is still your most reliable ally.

This book helps you rethink nutrition while your physiology shifts. Forget gimmicks. Instead, you'll get a structured yet flexible framework that honours your new signals and guides you toward nutrient-dense, anti-inflammatory choices. You'll learn to build meals that support medication efficacy, ease discomfort, and curb long-term dependence—without giving up pleasure, social connection, or food freedom.

Beyond recipes, the pages prompt you to challenge habits rooted in guilt or scarcity. Grounded in nutritional science, behavioural psychology, and realistic planning, the approach swaps willpower for biochemical alignment and simple systems that close the gap between intention and action.

Here, healing means reclaiming power over food. As your body evolves, your mindset will too—so you finish this journey feeling satisfied, well, and confident. At that point, mealtimes will no longer feel like battlefields; they'll return to their true purpose: nourishing and supporting the life you're rebuilding, one balanced plate at a time.

How to Navigate This Cookbook: Three Paths for Your Situation

GLP-1 drugs affect everyone differently—physically, emotionally, and behaviourally. **Before making any medication changes or starting the dietary strategies outlined here, discuss your treatment plan with your physician or qualified healthcare provider so that dosage, lab monitoring, and nutrition goals are properly aligned.**

To meet you where you are, the book offers three entry points, each with targeted strategies, tools, and recipes tailored to your physiology and lifestyle. Think of it as a flexible, science-informed roadmap—not a rigid prescription—showing you how to handle this way of eating once you and your doctor have agreed on the overall approach.

Path	When to Use It	Core Focus
1 • Starting GLP-1	**First weeks of therapy**	Gentle, protein-forward nourishment; easing nausea; rebuild-ing trust in new hunger cues
2 • Side-Effects & Plateaus	**Weeks or months in**	Boosting nutrient density and metabolic flexibility; trouble-shooting constipation, fatigue, stalls
3 • Weaning or Reducing	**Tapering off medication**	Appetite-management skills, volume-rich meals, safeguards against rebound weight gain

Whichever phase you're in, move freely between sections as your needs evolve—each one builds metabolic literacy and decision-making strength so your relationship with food grows alongside your changing body.

Path Summaries

Path One: Beginning Treatment

Early on, digestion and appetite may feel unpredictable. Small, protein-centred meals steady blood sugar and preserve lean tissue, while mild, easily digested recipes minimise discomfort. You'll also get hydration tips and tactics for trusting your body's new hunger rhythm.

Path Two: Managing Side Effects & Plateaus

Once initial symptoms fade, new hurdles appear. Here you'll learn to raise nutrient density without taxing digestion, support gut motility with fibre and prebiotics, and fine-tune macros based on feedback. Troubleshooting guides keep you from slipping into restrictive habits, while more varied recipes restore a sense of choice.

Path Three: Scaling Back Medication

When pharmacological support wanes, hunger and cravings can resurface quickly. Volume-rich, calorie-savvy dishes plus protein- and fibre-based appetite strategies help guard against rebound weight gain. Behavioural tools ensure reintroducing foods is intentional—turning eating into a long-term ally.



CHAPTER 1: GLP-1 MADE SIMPLE

Understanding the Mechanism for Maximum Benefit

The science behind GLP-1 therapy doesn't have to be complicated. This chapter strips away medical jargon to give you clear, actionable knowledge about how these medications work—and more importantly, how to work with them for lasting success.

What You'll Learn

1. What GLP-1 actually is and why your body makes it naturally.
2. How medications mimic this powerful hormone system.
3. Why your appetite changes so dramatically on therapy.
4. What your body needs when hunger signals shift.
5. How to prepare for sustainable results beyond medication.

Knowledge is power—especially when it comes to understanding the biological changes happening in your body.

What Is GLP-1?

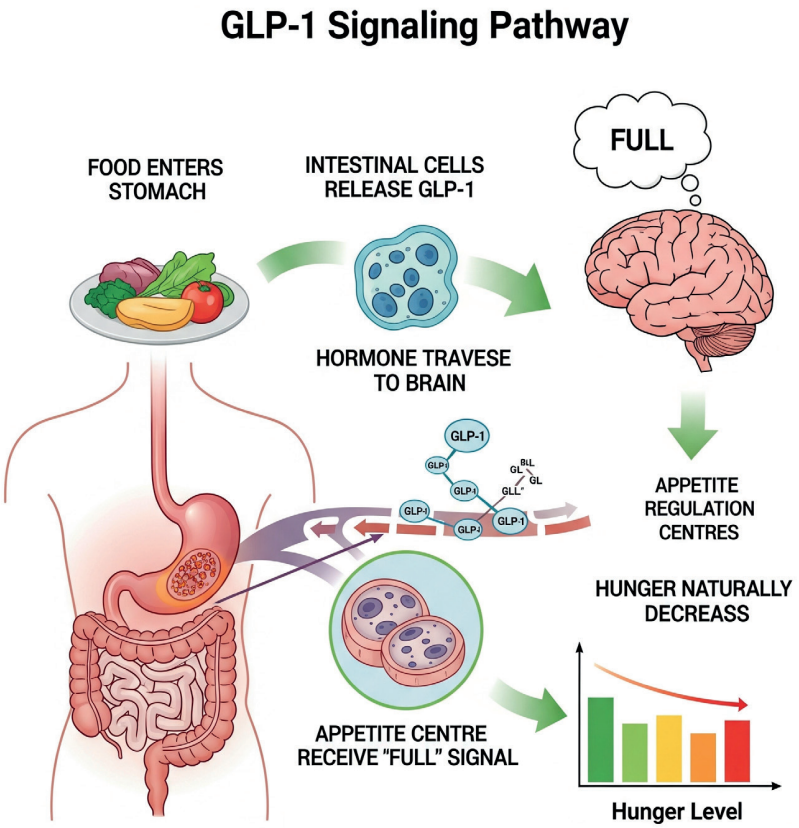
The Hormone That Changes Everything

GLP-1 (Glucagon-Like Peptide-1) is a hormone your intestines produce naturally when food enters your digestive system. Think of it as your body's internal "meal coordinator"—it manages blood sugar, controls appetite, and regulates digestion with remarkable precision.

Natural Function in Your Body

- **Blood Sugar Control:** GLP-1 tells your pancreas to release insulin when glucose levels rise.
- **Appetite Regulation:** It signals your brain when you've had enough to eat.
- **Digestive Timing:** It slows stomach emptying to optimize nutrient absorption.
- **Satiety Signaling:** It creates feelings of fullness that last for hours.

The Gut-Brain Highway



Key Medications That Amplify This System:

- **Semaglutide** (Ozempic, Wegovy): Weekly injection
- **Tirzepatide** (Mounjaro, Zepbound): Weekly injection, dual action
- **Liraglutide** (Saxenda): Daily injection
- **Dulaglutide** (Trulicity): Weekly injection

These medications don't create an artificial effect—they enhance what your body already does naturally.

How GLP-1 Medications Work

Four Powerful Mechanisms Working Together

Unlike simple appetite suppressants, GLP-1 medications work through multiple pathways simultaneously, creating a comprehensive metabolic shift.

1. Slowing Gastric Emptying

- Food stays in your stomach 2–3 times longer
- Creates prolonged feeling of fullness
- Reduces post-meal blood sugar spikes
- Timeline: Effect begins 30–60 minutes after eating

2. Appetite Suppression in the Brain

- Directly affects hypothalamus (hunger control center)
- Reduces "food noise"—constant thoughts about eating
- Decreases cravings for high-calorie foods
- Timeline: Peak effect 4–6 hours after injection

3. Enhanced Insulin Secretion

- Stimulates insulin release only when blood sugar is elevated
- Prevents dangerous low blood sugar episodes
- Improves glucose utilization by muscles
- Timeline: Glucose-dependent, activates within minutes

4. Glucagon Reduction

- Suppresses glucagon (hormone that raises blood sugar)
- Prevents liver from dumping excess glucose
- Maintains stable blood sugar between meals
- Timeline: Sustained effect throughout medication cycle

Medication Action Timeline

Time After Injection	Primary Effects	What You Experience
0–2 hours	Initial hormone activation	Minimal noticeable change
4–8 hours	Peak appetite suppression	Reduced hunger, less food interest
12–24 hours	Sustained glucose control	Stable energy, fewer cravings
2–7 days	Cumulative metabolic changes	Consistent appetite reduction

The beauty of GLP-1 therapy lies in this multi-system approach—it's not just about willpower anymore.

The Puzzling Appetite – New Rules of the Game

Why Hunger Disappears (And What That Means)

For the first time in perhaps years or decades, the constant background noise of hunger simply... stops. This dramatic shift often catches people off guard, creating both opportunities and challenges.

The Science Behind Vanishing Hunger

- **Brain Chemistry Changes:** GLP-1 receptors in your hypothalamus receive powerful "stop eating" signals.
- **Mechanical Fullness:** Slower gastric emptying means physical fullness lasts 3-4 hours longer.
- **Stable Blood Sugar:** Fewer glucose spikes = fewer reactive hunger episodes.
- **Hormone Rebalancing:** Ghrelin (hunger hormone) and leptin (fullness hormone) return to healthy patterns.

Risks of Under-Fueling Your Body

⚠️ WARNING: When Appetite Disappears, Nutrition Still Matters

Muscle Mass Loss:

- Body breaks down muscle when protein intake drops below 1.2g/kg body weight
- Slower metabolism results from muscle loss
- Weakness, fatigue, and reduced bone density follow

Micronutrient Deficiencies:

- B12, iron, calcium, and vitamin D become critical concerns
- Hair loss, fatigue, and cognitive issues may develop
- Bone health deteriorates without adequate calcium and protein

Metabolic Slowdown:

- Severe calorie restriction triggers "starvation mode"
- Body becomes more efficient at storing fat when normal eating resumes
- Weight regain becomes more likely after medication stops

The Golden Opportunity: Quality Over Quantity

With reduced appetite comes an unprecedented chance to focus on nutrient density rather than portion control. Every bite becomes more valuable when you're eating 30-50% less food overall.

NEW RULE: Make every calorie count by choosing foods that deliver maximum nutrition per bite.

Critical Success Factors

Priority Level	Focus Area	Daily Target
CRITICAL	Protein intake	1.2–1.6g per kg body weight
ESSENTIAL	Hydration	35ml per kg body weight
IMPORTANT	Micronutrients	Multivitamin + targeted supplements
BENEFICIAL	Fiber	25–35g from whole foods

Your new appetite is a tool, not a limitation. Learn to work with it, not against it.

Nutritional Needs on GLP-1

Precision Nutrition for Metabolic Transformation

When you're eating significantly less, every nutritional choice becomes magnified. This isn't about restriction—it's about optimization.

Priority Nutrition Table

Nutrient	Daily Target	Why It's Critical	Best Sources
Protein	1.2–1.6 g/kg body weight	Preserves muscle mass, supports metabolism	Lean meats, fish, eggs, Greek yogurt, legumes
Fiber	25–35 g/day	Prevents constipation, feeds gut bacteria	Vegetables, fruits, whole grains, beans
Fluid	35 ml/kg body weight	Counters slow gastric emptying effects	Water, herbal teas, broths, water-rich foods
Calcium	1000–1200 mg/day	Bone health during weight loss	Dairy, leafy greens, fortified alter-natives
Iron	8–18 mg/day	Prevents fatigue, supports oxygen transport	Red meat, spinach, lentils, fortified cereals
Vitamin B12	2.4 mcg/day	Energy metabolism, nerve func-tion	Animal proteins, nutritional yeast, supplements
Omega-3s	2–3 g/day	Reduces inflammation, supports brain health	Fatty fish, walnuts, flax seeds, algae oil

Practical Achievement Strategies

For Protein Goals:

- Start each meal with a protein source
- Include protein in every snack
- Consider protein powder if whole foods aren't enough
- Track intake for the first 2 weeks to establish patterns

For Micronutrients:

- Take a high-quality multivitamin daily
- Get blood work every 3-6 months
- Consider targeted supplements (B12, D3, iron if deficient)
- Focus on colorful, whole foods for natural vitamin sources

For Hydration Goals:

- Drink 16 oz water upon waking
- Have 8 oz with each meal
- Set phone reminders every 2 hours
- Count herbal teas and broths toward fluid intake

For Fiber Goals:

- Add vegetables to every meal
- Choose whole grains over refined options
- Include a daily serving of beans or lentils
- Increase gradually to avoid digestive discomfort

Quick Daily Checklist

- Morning: Protein + water within 1 hour of waking
- Each Meal: Palm-sized protein + 2 handfuls vegetables
- Between Meals: 8 oz fluid every 2 hours
- Evening: Review protein total (aim for minimum 1.2g/kg)
- Weekly: Track energy levels and mood patterns

📌 **Remember:** You're not eating less to punish yourself—you're eating smarter to fuel transformation.

Why Food Still Matters Most

Beyond the Medication: Building Lifelong Success

GLP-1 medications are powerful tools, but they're not permanent solutions. The real work—and the real rewards—come from developing a sustainable relationship with food that will serve you long after your medication journey ends.

Key Understanding: Medications ≠ Meal Plan

What GLP-1 Medications DO:	What GLP-1 Medications DON'T DO:
• Reduce appetite and food cravings • Slow digestion and increase satiety • Improve blood sugar control • Create a "window of opportunity" for change	• Teach you which foods to choose • Build healthy cooking skills • Address emotional eating patterns • Prepare you for appetite return when stopping medication

📌 **The Gap:** This cookbook bridges the space between what your medication changes for you and what you need to learn to do for yourself.

Long-Term Perspective: Life After GLP-1

Preparing for Medication Independence

Phase 1: Learning (Months 1–6)	Phase 2: Integration (Months 6–12)
• Master portion recognition while appetite is suppressed • Develop protein-forward meal planning skills • Build a repertoire of satisfying, nutrient-dense recipes • Practice mindful eating techniques	• Experiment with meal timing and combinations • Address emotional eating triggers • Develop non-food coping strategies • Build sustainable exercise habits

Phase 3: Maintenance (12+ Months)
• Transition to intuitive eating with learned skills • Maintain muscle mass and metabolic health • Navigate social eating situations confidently • Use food as fuel and pleasure, not emotional regulation

Building Your Food Foundation Now

Skills to Master While on GLP-1:

1. **Visual Portion Recognition:** Learn what appropriate portions look like without measuring
2. **Protein Prioritization:** Make protein the star of every meal automatically
3. **Hunger vs. Habit:** Distinguish between physical hunger and emotional triggers
4. **Meal Construction:** Build balanced plates that satisfy for hours
5. **Kitchen Confidence:** Develop cooking skills that make healthy eating enjoyable

Your Journey Forward

This medication has given you a unique opportunity: the ability to reprogram your relationship with food without the constant interference of overwhelming hunger. Use this time wisely.

In the next chapter, we'll dive into the practical framework that transforms this biological advantage into lasting lifestyle change. You'll learn the simple formula that takes the guesswork out of every meal and snack.

📌 **Remember:** The goal isn't to eat as little as possible—it's to eat as well as possible. Your future self will thank you for every skill you build and every healthy habit you establish during this transformative window.

Ready to turn biological change into lifelong success? Let's move from understanding to action.

CHAPTER 2: THE FOOD-FIRST FRAMEWORK

FROM THEORY TO PLATE

Simple Formula for Every Meal

Now that you understand the science behind GLP-1, it's time to translate that knowledge into action. This chapter gives you a practical, foolproof system for building meals that work with your medication, not against it.

No more guessing. No more complicated rules. Just a simple framework that takes the stress out of eating while maximizing your results.

Your Perfect GLP-1 Plate awaits—let's build it together.



The GLP-1 Plate Formula

P + F + H + HF: Protein + Fibre + Hydration + Healthy Fats

Picture a 9-inch plate: one quarter lean protein (chicken, tofu, fish), one half non-starchy, high-fibre plants (leafy greens, peppers, berries), and the remaining quarter slow carbs (quinoa, lentils) or extra plants if carbs are minimal for you. Finish with a thumb-sized dose of healthy fat—olive oil, avocado, seeds—to aid vitamin absorption and prolong satiety. Add 300 ml fluid at each meal—water, herbal tea, or a light electrolyte mix—to counter GLP-1-slowed gastric emptying. This simple visual keeps macros, micros, and fullness balanced even when total portions are small.

The Perfect GLP-1 Plate Breakdown:

Plate Section	Portion	What It Includes	Examples
¼ Lean Protein	Palm-size (3–4 oz/85–115 g)	Complete proteins with all essential amino acids	Chicken breast, salmon, eggs, Greek yogurt, tofu
½ Non-Starchy Vegetables	2 cupped handfuls (2–3 cups/150–200 g)	High-fibre, colourful vegetables	Spinach, broccoli, bell peppers, cauliflower, zucchini
¼ Complex Carbohydrates	Cupped fist (½–¾ cup/75–100 g)	Optional—slow carbs or extra plants	Quinoa, sweet potato, brown rice, oats, lentils
Healthy Fats	Thumb-size (1–2 tbsp/15–30 ml)	Anti-inflammatory fats for satiety	Olive oil, avocado, nuts, seeds

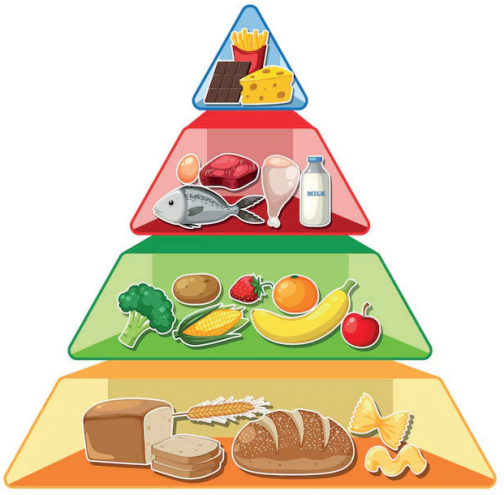
Portion Size Quick Reference:

Protein Portions:	Vegetable Portions:
• 3 oz (85 g) = Deck of cards • 4 oz (115 g) = Your palm • 6 oz (170 g) = Two palms (for active individuals)	• 1 cup raw = Baseball size • ½ cup cooked = Hockey puck • 2 cups leafy greens = Two baseballs

Carbohydrate Portions:	Fat Portions:
• ½ cup cooked = Hockey puck • 1 slice bread = CD case • ⅓ cup rice = Light bulb	• 1 tbsp oil = Poker chip • ¼ avocado = Golf ball • 1 oz nuts = Shot glass

Essential Hydration: 300 ml (10 oz) with each meal
• Water • Herbal tea • Bone broth • Sparkling water with lemon

This simple visual takes the guesswork out of meal planning while ensuring you get the nutrients your body needs during GLP-1 therapy.



Anti-Craving Foods That Reset Your Appetite Circuitry

Certain foods quench "food noise" better than others. High-volume, protein-dense snacks such as Greek yogurt, edamame, and cottage cheese fruit bowls trigger stretch and satiety receptors without calorie overload. Low-GI produce—berries, apples, cucumbers—stabilises glucose dips that reignite cravings. Fermented options (kimchi, kefir) supply short-chain fatty acids that reinforce gut-brain signals aligned with fullness. Warm spice teas with cinnamon or ginger curb sweet cravings by modulating dopamine spikes. Stocking these items replaces ultra-processed fillers with choices that align biochemistry and behaviour.

How Satiety Works

- **Volume:** Foods with high water and fibre content stretch your stomach.
- **Protein:** Triggers release of satiety hormones (GLP-1, PYY, CCK).
- **Fibre:** Slows digestion and promotes feelings of fullness.
- **Healthy Fats:** Provide sustained satisfaction without blood sugar spikes.

Top 10 Satiety Superstars:

1. Greek Yogurt (20+ g protein)
- Casein protein provides long-lasting fullness
- Probiotics support gut health
- Versatile base for sweet or savory meals

2. Edamame (fibre + protein)
- 17g protein and 8g fibre per cup
- Perfect portable snack
- Naturally portion-controlled in pods

3. Berries (antioxidants + low GI)
- High water content creates volume
- Low glycemic index prevents sugar crashes
- Anthocyanins reduce inflammation

4. Avocado (healthy fats)
- Oleic acid triggers satiety signals
- Fibre and healthy fats slow digestion
- Versatile for any meal

5. Leafy Greens (volume + micronutrients)
- Extremely low-calorie density
- High fibre and water content
- Packed with folate, iron, and vitamins

6. Kefir (probiotics)
- 11g protein per cup
- Supports healthy gut bacteria
- Lower lactose than regular dairy

7. Cucumbers (hydration)
- 95% water content
- Natural electrolytes
- Crunchy texture increases satisfaction

8. Eggs (complete protein)
- All 9 essential amino acids
- Choline supports brain health
- Versatile and quick to prepare

9. Apples (pectin + volume)
- Pectin fibre creates gel-like fullness
- Natural sweetness satisfies cravings
- Portable and convenient

10. Cottage-cheese fruit bowls
- High protein content (14 g per ½ cup)
- Combines protein with fruit fibre
- Creates sustained satiety

👉 **Pro Tip:** Combine 2–3 satiety superstars in each meal or snack for maximum appetite control. Warm spice teas with cinnamon or ginger between meals help curb sweet cravings.

Inflammation, Insulin & Energy: Hidden Metabolic Triggers

Subclinical inflammation raises cortisol, muddles insulin signalling, and drains mitochondrial output—slowing progress even on GLP-1. Counter it daily with omega-3-rich seafood, extra-virgin olive oil, turmeric, dark-leafy greens, and plenty of colourful veg. Limit refined seed oils, sugary drinks, and charred meats, which release pro-inflammatory compounds. Sleep (7–9 h), stress management, and 10-minute post-meal walks further lower CRP and sharpen insulin sensitivity, letting GLP-1 work at full strength while your energy and mood climb.

The Inflammation-Metabolism Connection

- Inflammation disrupts leptin (fullness hormone) signaling.
- Inflammatory cytokines promote insulin resistance.
- Chronic inflammation slows metabolic rate.
- Poor gut health reduces natural GLP-1 production.

Pro-Inflammatory Foods to Minimize

Refined Seed Oils
- Found in: Vegetable oils, packaged snacks, restaurant foods.
- Effect: Disrupts omega-3/omega-6 balance.
- Better Choice: Extra-virgin olive oil, avocado oil, coconut oil.

Sugary Drinks
- Found in: Sodas, fruit juices, sweetened beverages.
- Effect: Causes blood sugar spikes and inflammatory responses.
- Better Choice: Water, herbal tea, unsweetened beverages.

Charred Meats
- Found in: Grilled, blackened, or heavily cooked meats.
- Effect: Advanced glycation end products (AGEs) trigger inflammation.
- Better Choice: Gently cooked, steamed, or poached proteins.

Anti-Inflammatory Superstars

Omega-3-Rich Seafood
- Sources: Salmon, sardines, mackerel, anchovies.
- Benefit: Directly reduce inflammatory markers.
- Target: 2-3 servings per week.

Extra-Virgin Olive Oil
- Active compound: Oleocanthal acts like natural ibuprofen.
- Benefit: Reduces inflammatory markers in blood.
- How to use: Drizzle on vegetables, use in dressings.

Turmeric
- Active compound: Curcumin with powerful anti-inflammatory effects.
- Benefit: Reduces joint pain and systemic inflammation.
- How to use: Add to curries, smoothies, or golden milk.

Dark-Leafy Greens
- Sources: Spinach, kale, arugula, Swiss chard.
- Benefit: Rich in antioxidants and anti-inflammatory compounds.
- Target: Include in at least one meal daily.

Colourful Vegetables
- Sources: Bell peppers, berries, tomatoes, purple cabbage.
- Benefit: Diverse antioxidants fight inflammation.
- Target: Aim for 5–7 different colours daily.

Lifestyle Factors
- Sleep: 7–9 hours nightly to reduce cortisol.
- Stress Management: Meditation, yoga, or breathing exercises.
- Post-Meal Walks: 10 minutes to improve insulin sensitivity.

15 Foods to Embrace

Embrace (15): salmon, eggs, lentils, spinach, blueberries, avocado, extra-virgin olive oil, kefir, quinoa, sweet potato, walnuts, fresh herbs, citrus, bell peppers, >70% dark chocolate.

Your GLP-1 Nutrition All-Stars:

	Key nutrients:	GLP-1 benefit:
1. Salmon	Omega-3 fatty acids, selenium, B vitamins	Reduces inflammation, supports brain health
2. Eggs	Complete protein, choline, vitamin D	Sustained satiety, muscle preservation
3. Lentils	Plant protein, fibre, folate, iron	Blood sugar stability, digestive health
4. Spinach	Iron, folate, vitamin K, nitrates	Energy support, bone health
5. Blueberries	Anthocyanins, vitamin C, fibre	Brain health, antioxidant protection
6. Avocado	Monounsaturated fats, fibre, potassium	Satiety, heart health, nutrient absorption
7. Extra-Virgin Olive Oil	Polyphenols, vitamin E, oleic acid	Anti-inflammatory, heart protective
8. Kefir	Probiotics, protein, calcium, B vitamins	Gut health, bone support
9. Quinoa	Complete protein, fibre, magnesium	Sustained energy, muscle support
10. Sweet Potato	Beta-carotene, fibre, potassium	Stable blood sugar, eye health
11. Walnuts	ALA omega-3s, protein, magnesium	Brain health, satiety
12. Fresh Herbs	Antioxidants, volatile oils, vitamins	Flavour without calories, digestive support
13. Citrus Fruits	Vitamin C, limonene, fibre	Immune support, detoxification
14. Bell Peppers	Vitamin C, carotenoids, fibre	Antioxidant protection, low-calorie volume
15. Dark Chocolate (>70% cacao)	Flavonoids, magnesium, iron	Heart health, mood support, antioxidants

📌 **Smart Shopping Strategy:** Aim to include 10–12 of these foods in your weekly grocery list. Rotate through different options to prevent boredom and ensure varied nutrition.

10 Foods to Gradually Phase Out

Phase Out (10): soda, white bread, chips, sugary breakfast cereals, margarine, frozen pizza, processed deli meats, energy drinks, deep-fried snacks, sweetened cocktails.

Swap strategically—one upgrade per grocery trip—to improve nutrient density, curb inflammation, and align taste buds with long-term health.

Smart Substitution Strategy:

	Why swap:	Better choice:
1. Soda → Sparkling Water with Fruit	Empty calories, blood sugar spikes, artificial ingredients	Sparkling water with fresh lemon, lime, or berries
2. White Bread → Whole Grain Options	Rapid blood sugar rise, low fibre, minimal nutrients	Whole grain bread, lettuce wraps, or cauliflower wraps
3. Chips → Nuts and Seeds	Trans fats, excess sodium, inflammatory oils	Raw or dry-roasted nuts, pumpkin seeds, olives
4. Sugary Breakfast Cereals → Oatmeal with Berries	Blood sugar roller coaster, lack of protein, artificial additives	Steel-cut oats with protein powder, Greek yogurt parfait
5. Margarine → Avocado or Extra-Virgin Olive Oil	Trans fats, processed ingredients, inflammatory effects	Mashed avocado, grass-fed butter, or olive oil drizzle
6. Frozen Pizza → Homemade Cauliflower Crust	Refined flour, excess sodium, preservatives	Cauliflower crust with fresh toppings, portobello pizza caps
7. Processed Deli Meats → Fresh Proteins	Nitrates, excess sodium, processed additives	Roasted chicken or turkey breast, wild-caught canned fish
8. Energy Drinks → Herbal Teas	Artificial stimulants, sugar crashes, anxiety-inducing ingredients	Green tea, yerba mate, or herbal teas
9. Deep-Fried Snacks → Baked Alternatives	Damaged oils, inflammatory effects, empty calories	Baked vegetable chips, roasted chickpeas
10. Sweetened Cocktails → Sparkling Water Mocktails	High sugar content, empty calories, blood sugar disruption	Sparkling water with fresh fruit, herbal tea cocktails

Phase-Out Timeline:

- **Week 1–2:** Replace 1–2 items from your most frequently consumed
- **Week 3–4:** Add 2–3 more substitutions
- **Week 5–8:** Continue gradual replacements
- **Week 9+:** Maintain new habits, allow occasional treats without guilt

📌 **Remember:** This isn't about perfection—it's about progress. Even replacing 50% of these foods will significantly support your GLP-1 therapy success.

CHAPTER 3: HOW TO USE THIS COOKBOOK

Pick Your Path

Your GLP-1 journey is unique to you. This simple diagnostic table helps you identify where you are now and which path will serve you best.

3.1 Pick Your Starting Path

Path	When It Helps	What You'll Master
Just Starting GLP-1	Weeks 0–4 on any med	Tiny protein-first meals, hydration tricks, nausea soothers
Side-Effects or Plat-eau	Week 5+ or stalled progress	Fiber-rich comfort foods, macro tweaks, low-energy-day strategies
Weaning off / Dose Drop	Transition phase	Volume-rich, calorie-smart plates; appetite-taming habits without meds

How to Choose Your Path

Just Starting GLP-1 – If you're in your first month of treatment, your body is still adjusting to reduced appetite signals. Focus on gentle, easily digestible meals that prioritize protein to maintain muscle mass while your system adapts.

Side-Effects or Plateau – If you've been on medication for over a month or your progress has stalled, it's time to optimize your nutrition strategy. Learn to work with digestive challenges while fine-tuning your macronutrient balance.

Weaning Off / Dose Drop – If you're reducing your medication or preparing to stop, you need strategies to maintain your results as appetite returns. Master volume-based eating and appetite management techniques for long-term success.

📌 **Remember:** You can move between paths as your needs change. Many people cycle through different approaches as their body adapts to treatment.



Recipe Navigation

Understanding how to navigate the recipes in this book will make your GLP-1 journey smoother, more enjoyable, and easier to sustain.

3.2 Recipe Navigation

Breakfasts & Treats: 15-minute dishes built from four everyday staples, with flavor-enhancing herbs, spices, or condiments already included in the ingredient list.

Lunch & Dinner: 20-minute mains made with five simple ingredients, portioned to match real-life hunger while supporting balanced energy.

Snacks & Mini Treats: Quick bites made with four core ingredients, designed to calm cravings and carry you comfortably to your next meal—each with built-in flavor notes for extra appeal.

Recipe Categories:



Morning Energy: Protein-rich breakfasts that keep blood sugar steady and provide lasting energy without overwhelming a smaller GLP-1 appetite.

Midday Fuel: Balanced lunches that satisfy without the afternoon slump, all designed for easy meal prep and storage.





Evening Comfort: Protein-forward dinners that feel indulgent but stay light enough for restful sleep, with adaptable portions for family dining.

Smart Snacking: Strategic snacks that curb cravings, bridge meal gaps, and add variety without encouraging overeating.



Icon Legend:

Preparation Time: **Cooking Time:** **Servings:** **Cooking Method:**

Portion & Macro System

When hunger signals change, visual portion guides become your most reliable tool for ensuring adequate nutrition.

Visual Size Chart:

Food Group	Visual Guide	Typical Weight
Protein	Palm size and thickness	3–4 oz (85–115 g)
Carbs	Cupped fist	½–¾ cup (75–100g)
Fats	Thumb tip to first joint	1–2 tbsp (15–30ml)
Vegetables	Two palms cupped together	2–3 cups (150–200g)

Why Visual Portions Work: Your hands are proportional to your body size, making them perfect measuring tools. No scales, cups, or apps required—just look at your hands.

Building Your Perfect Plate

1. Start with your palm-sized protein—this is non-negotiable.
2. Fill half your plate with colorful vegetables.
3. Add a cupped fist of complex carbs (optional for low-carb approach).
4. Include a thumb-sized portion of healthy fats.
5. Drink 10 oz (300 ml) of fluid with each meal.



Needs Calculator by Body Weight

Daily Protein Requirements:

- Minimum: 1.2 g per kg body weight
- Active Individuals: 1.4 g per kg body weight
- Very Active/Strength Training: 1.6 g per kg body weight

Daily Hydration Requirements:

- Base Need: 35 ml per kg body weight
- GLP-1 Adjustment: Add 300 ml with each meal
- Exercise Addition: 500–750 ml per hour of activity

Quick Reference Examples:

- 60 kg (132 lb) person: 72–96 g protein, 2.1–2.9 L fluid daily
- 70 kg (154 lb) person: 84–112 g protein, 2.5–3.4 L fluid daily
- 80 kg (176 lb) person: 96–128 g protein, 2.8–3.8 L fluid daily

Meal Timing Strategy:

- Distribute protein evenly across 3–4 meals
- Have your largest meal when your appetite is the strongest
- Include protein in every snack
- Stop eating when comfortably satisfied, not full

12-Week Progression

Your body and appetite will evolve throughout GLP-1 therapy. This progression system helps you adapt your eating patterns for optimal results.

3.3 The 12-Week Meal System

Active-Loss (Weeks 1–2): Higher protein, moderate carbs, lower fats; gut-soothing textures.

Maintenance (Weeks 3–4): Slightly larger portions, strategic carb add-backs, protein boosts on strength-training days.

Phase 1: Active-Loss (Weeks 1–2)

👉 **Your Focus:** Establish consistent eating patterns while your body adapts to medication effects.

Nutrition Strategy:	Daily Structure:
• Protein: 35–40% of daily calories for muscle preservation • Carbohydrates: 25–30% from gentle, easily digested sources • Fats: 25–30% to allow room for high-protein foods • Texture Emphasis: Smooth, soft, well-cooked foods	• 4–5 small meals to accommodate reduced capacity • Protein at every eating occasion • Emphasis on hydration between meals • Focus on foods that are easy to digest

Phase 2: Maintenance (Weeks 3–4)

👉 **Your Focus:** Expand variety and prepare for long-term eating patterns.

Nutrition Strategy:	Daily Structure:
• Gradually increase portion sizes by 15–20% • Reintroduce complex carbohydrates around physical activity • Add 10–15 g extra protein on strength training days • Include more texture variety and raw foods	• 3–4 larger meals plus strategic snacks • More flexibility in meal timing • Practice eating in social situations • Begin intuitive eating skill development

Progress Indicators

Ready to Advance:	Need Adjustment:	Long-term Success Strategies:
• Stable energy levels throughout the day • Meeting protein targets consistently • Comfortable appetite patterns • Good digestion with minimal discomfort	• Persistent fatigue or weakness • Difficulty eating enough protein • Ongoing digestive issues • Mood changes or irritability	• Build a repertoire of go-to meals • Develop non-food coping mechanisms • Practice portion awareness without measuring • Create sustainable exercise habits

Choose your phase, open to the recipes that match today's appetite, and let each quick, balanced plate move you closer to your goal—no extra downloads or brand charts needed.

CHAPTER 4: BRIGHT & EASY BREAKFASTS

20 dawn-friendly dishes you can plate in just 15 minutes, each built from four everyday staples. Optional quick flavor lifts keep mornings fresh and exciting without adding extra work.

Why This Chapter Matters

- **Jump-start steady energy.** Every recipe pairs protein with slow-digesting carbs or healthy fats to keep blood sugar stable through late morning.
- **Sized for a gentler appetite.** Portions are mindful of the "fast-fill" effect of GLP-1 medications—enough to nourish, never to overwhelm.
- **Zero morning chaos.** Four-ingredient prep means less chopping, fewer dishes, and more time to start the day on your terms.



Kefir Spinach & Berry Smoothie

10 minutes | 0 minutes | 1 | Blending

Ingredients:
- 1 cup (8 fl oz / 240 ml) kefir
- 1 cup (1 oz / 30 g) fresh spinach leaves
- ½ cup (3 oz / 85 g) frozen mixed berries
- 1 tbsp (0.5 oz / 15 g) chia seeds
- 1 tsp (0.17 fl oz / 5 ml) fresh lemon juice

Instructions:
1. Pour the kefir into a blender—it creates a smooth, tangy base for the drink.
2. Add the spinach leaves; their fresh green color will blend down beautifully and enrich the smoothie.
3. Drop in the frozen berries. They'll chill the mixture instantly and bring a sweet-tart aroma.
4. Sprinkle the chia seeds over the top so they can fold in and thicken the drink slightly.
5. Finish with a squeeze of lemon juice to brighten the flavors. Blend until everything is silky and vibrant in color.
6. Pour into a glass and enjoy the lively mix of creamy, fruity, and citrus notes.



Storage & Reheating:
- Best enjoyed fresh. If needed, store in a sealed container in the refrigerator for up to 12 hours and shake well before drinking.

Nutritional Information (Per Serving):
- Calories: 210
- Protein: 10 g
- Carbohydrates: 28 g
- Fat: 6 g
- Sodium: 90 mg
- Fiber: 6 g

Avocado Tomato Scramble

5 minutes | 5 minutes | 1 | Stovetop

Ingredients:
- 2 large eggs (3.5 oz / 100 g)
- ½ medium avocado (2.8 oz / 80 g), sliced
- ½ cup (2.6 oz / 75 g) cherry tomatoes, halved
- 1 cup (1 oz / 30 g) fresh spinach leaves
- Optional: 2–3 fresh basil leaves (1 g), chopped
- Optional: 1 small garlic clove (0.1 oz / 3 g), minced

Instructions:
1. Crack the eggs into a bowl and whisk lightly until the yolks and whites are just combined.
2. Heat a non-stick pan over medium heat. Toss in the cherry tomatoes and cook for around a minute until they soften and start releasing their juices.
3. Add the spinach to the pan, stirring gently until it wilts and turns a deep green.
4. Pour in the eggs, letting them set for a few seconds before slowly folding them with a spatula. The eggs should be soft and slightly creamy, not dry.
5. Remove from the heat, top with avocado slices, and, if using, scatter fresh basil and a touch of garlic for an aromatic lift.



Storage & Reheating:
- Enjoy right away for the best flavor. If you need to store it, seal it in an airtight container and refrigerate for up to 24 hours. When ready, warm gently over low heat before serving.

Nutritional Information (Per Serving):
- Calories: 320
- Protein: 18 g
- Carbohydrates: 10 g
- Fat: 25 g
- Sodium: 210 mg
- Fiber: 6 g

Berry Walnut Oatmeal



5 minutes | 10 minutes | 1 | Stovetop

Ingredients:
- ½ cup (1½ oz / 40 g) rolled oats
- ½ cup (2.6 oz / 75 g) fresh blueberries
- 2 tbsp (0.5 oz / 15 g) chopped walnuts
- ¼ tsp (0.6 g) ground cinnamon
- Optional: 1 tsp (0.25 oz / 7 g) honey
- Optional: 1 tsp (0.1 oz / 3 g) ground flax seeds

Instructions:
1. Heat 1 cup (8 fl oz / 240 ml) of water in a small saucepan over medium heat until it gently simmers.
2. Add the oats and cook, stirring now and then, for about 5 minutes until they're soft and creamy.
3. Mix in the cinnamon and half of the blueberries, allowing them to warm through and release a bit of juice.
4. Spoon the oats into a bowl, then scatter the remaining blueberries and chopped walnuts on top for added texture and crunch.
5. If you like, finish with a drizzle of honey and a sprinkle of flax seeds for extra sweetness and nutrition.

Storage & Reheating:
- Store in a covered container in the refrigerator for up to 2 days. Reheat gently on the stove with a splash of water or milk to loosen the texture.

Nutritional Information (Per Serving):
- Calories: 290
- Protein: 12 g
- Carbohydrates: 42 g
- Fat: 11 g
- Sodium: 5 mg
- Fiber: 7 g

Protein Cream with Cottage Cheese, Yogurt, Berries & Walnuts



10 minutes | 0 minutes | 1 | Mixing

Ingredients:
- ½ cup (4 oz / 115 g) low-fat cottage cheese
- ½ cup (4 oz / 115 g) plain Greek yogurt
- ½ cup (3 oz / 85 g) mixed berries (fresh or frozen, thawed if frozen)
- 2 tbsps (½ oz / 15 g) chopped walnuts
- 1 tsp (0.14 oz / 4 g) stevia or honey

Instructions:
1. Combine the cottage cheese and Greek yogurt in a small bowl. Stir them together until the mixture looks smooth and creamy, with no large curds remaining.
2. Add the berries. Their juices will naturally swirl into the cream, adding both color and fragrance.
3. Sprinkle in the chopped walnuts for a nutty crunch that balances the soft texture of the cream.
4. Sweeten with stevia or a drizzle of honey, adjusting to your taste. Mix gently so each bite has a little of everything.
5. Serve in a small bowl or glass, letting the colors of white, red, and purple stand out against the sprinkle of golden walnuts.

Storage & Reheating:
- Best enjoyed immediately. If you'd like to prepare in advance, cover and refrigerate for up to 12 hours. Stir lightly before eating.

Nutritional Information (Per Serving):
- Calories: 260
- Protein: 20 g
- Carbohydrates: 20 g
- Fat: 12 g
- Sodium: 95 mg
- Fiber: 3 g

Mushroom Herb Omelet

5 minutes | 7 minutes | 1 | Stovetop

Ingredients:

- 2 large eggs (3.5 oz / 100 g)
- ½ cup (1.8 oz / 50 g) sliced mushrooms
- 1 tbsp (0.14 oz / 4 g) fresh dill, chopped
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- Optional: 1 tbsp (0.2 oz / 5 g) grated parmesan cheese
- Optional: 1 small garlic clove (0.1 oz / 3 g), minced

Instructions:

1. Crack the eggs into a bowl and whisk until the yolks and whites are fully combined.
2. Heat the olive oil in a non-stick skillet over medium heat. Add the mushrooms and cook for 3–4 minutes until they soften and take on a light golden color.
3. Stir in the dill, and if using, add garlic for a savory aroma. Cook for another 30 seconds.
4. Pour the eggs evenly over the mushrooms, tilting the pan so the mixture spreads. Let the omelet set at the edges, then gently lift with a spatula to allow uncooked egg to flow underneath.
5. Once the top is almost set, sprinkle with parmesan if desired, fold the omelet in half, and slide onto a plate.



Storage & Reheating:

- For the best flavor, enjoy fresh. If storing, keep in an airtight container in the fridge for up to 1 day and gently reheat over low heat before serving.

Nutritional Information (Per Serving):

- Calories: 240
- Protein: 16 g
- Carbohydrates: 3 g
- Fat: 19 g
- Sodium: 170 mg
- Fiber: 1 g

Strawberry Lemon Skyr

10 minutes | 0 minutes | 1 | Assembly

Ingredients:

- ¾ cup low-fat skyr (5 oz / 150 g)
- 5 fresh strawberries, sliced (about 3 oz / 85 g)
- Zest of ½ lemon (about ½ tsp / 1 g)
- 1 tbsp pistachios or almonds, chopped (0.35 oz / 10 g)
- 1 tsp honey (0.14 oz / 4 g)

Instructions:

1. Spoon the skyr into a small bowl, letting its thick, creamy texture form the base.
2. Arrange the sliced strawberries on top—their bright red color will create a fresh contrast against the white skyr.
3. Sprinkle the lemon zest over the fruit. As it touches the surface, it releases a refreshing citrus aroma.
4. Scatter the chopped pistachios or almonds for a crunchy, nutty finish.
5. Drizzle with honey to tie everything together with gentle sweetness.



Storage & Reheating:

- Best eaten right after preparing. If you need to store, cover and refrigerate for up to 6 hours. Stir lightly before serving if liquid separates.

Nutritional Information (Per Serving):

- Calories: 210
- Protein: 18 g
- Carbohydrates: 19 g
- Fat: 7 g
- Sodium: 65 mg
- Fiber: 2 g

Egg, Avocado & Spinach Low-Carb Bowl



10 minutes | 10 minutes | 1 | Assembly

Ingredients:
- 1 large boiled egg (2 oz / 55 g, peeled)
- ½ medium avocado (3 oz / 85 g), diced
- 1 cup (1 oz / 30 g) fresh spinach leaves
- 1 tsp (0.17 fl oz / 5 ml) fresh lemon juice
- 1 tsp (0.17 fl oz / 5 ml) olive oil

Instructions:
1. Slice the boiled egg into halves or quarters and set aside. The yolk should be tender but firm, adding richness to the bowl.
2. Arrange the fresh spinach in a small serving bowl—it will act as a crisp, leafy base.
3. Add the diced avocado on top. Its creamy texture pairs beautifully with the freshness of the greens.
4. Place the egg pieces over the avocado and spinach, creating a balanced, colorful arrangement.
5. Drizzle with olive oil and finish with a squeeze of lemon juice for brightness.
6. Toss gently if you prefer all flavors combined, or keep it layered for a more defined presentation.

Storage & Reheating:
- Best eaten fresh. If you need to store, cover tightly and refrigerate for up to 6 hours. Keep the lemon juice separate until serving to maintain freshness.

Nutritional Information (Per Serving):
- Calories: 220
- Protein: 9 g
- Carbohydrates: 8 g
- Fat: 18 g
- Sodium: 90 mg
- Fiber: 5 g

Banana Oat Pancakes



5 minutes | 10 minutes | 1 | Stovetop

Ingredients:
- ½ cup (1½ oz / 40 g) oat flakes
- 1 medium ripe banana (3.5 oz / 100 g), peeled
- 2 large eggs (3.5 oz / 100 g)
- ¼ tsp (0.6 g) ground cinnamon
- Optional: ¼ cup (1.25 oz / 35 g) fresh blueberries
- Optional: 1 tsp (0.25 oz / 7 g) maple syrup

Instructions:
1. Place the oats, banana, eggs, and cinnamon into a blender. Blend until the mixture becomes smooth and slightly thick.
2. Warm a non-stick skillet over medium heat. Lightly grease if needed.
3. Pour the batter into the skillet to form 3–4 small pancakes. Cook for about 2–3 minutes, until the edges begin to set and bubbles appear on the surface.
4. Flip carefully and cook for another 1–2 minutes until golden brown and cooked through.
5. Serve as is, or top with blueberries and a light drizzle of maple syrup for extra sweetness.

Storage & Reheating:
- Store in an airtight container in the refrigerator for up to 2 days. Reheat in a skillet over low heat or in the microwave until warmed through.

Nutritional Information (Per Serving):
- Calories: 280
- Protein: 14 g
- Carbohydrates: 35 g
- Fat: 10 g
- Sodium: 70 mg
- Fiber: 5 g

Superfood Smoothie Bowl

5 minutes | 5 minutes | 1 | Blending

Ingredients:

- 1 cup (5 oz / 140 g) frozen mixed berries
- 1 scoop (1 oz / 28 g) vanilla protein powder
- ¾ cup (6 fl oz / 180 ml) unsweetened almond milk
- 1 tbsp (0.5 oz / 15 g) chia seeds
- Optional: 1 tbsp (0.35 oz / 10 g) unsweetened shredded coconut
- Optional: 2 tbsp (0.7 oz / 20 g) granola

Instructions:

1. Place the frozen berries, protein powder, almond milk, and chia seeds into a blender.
2. Blend on high speed until the mixture is thick and smooth, with no chunks of fruit remaining.
3. Transfer to a shallow bowl, using a spatula to scrape out every last bit of the creamy blend.
4. Optional: sprinkle shredded coconut for a tropical flair and granola for added crunch.



Storage & Reheating:

- For optimal taste, enjoy right away. If storing, refrigerate in a sealed container for up to 12 hours and stir well before serving.

Nutritional Information (Per Serving):

- Calories: 300
- Protein: 28 g
- Carbohydrates: 32 g
- Fat: 9 g
- Sodium: 150 mg
- Fiber: 8 g

Ricotta with Strawberries & Lemon

10 minutes | 0 minutes | 1 | Assembly

Ingredients:

- ½ cup (4 oz / 115 g) ricotta cheese
- ½ cup (3 oz / 85 g) fresh strawberries, sliced
- ½ tsp (1 g) finely grated lemon zest
- 1 tbsp (0.35 oz / 10 g) chopped pistachios or almonds
- 1 tsp (0.14 oz / 4 g) stevia or honey

Instructions:

1. Spoon the ricotta into a small bowl or glass dish, letting its creamy texture form the base.
2. Layer the sliced strawberries over the ricotta. Their bright red color and fresh aroma will instantly liven up the dish.
3. Sprinkle the lemon zest on top—it will release a citrusy fragrance and a subtle tang that balances the sweetness.
4. Add the chopped pistachios or almonds for crunch and a nutty note.
5. Drizzle lightly with stevia or honey, just enough to bring the flavors together without overpowering them.
6. Serve as a refreshing snack or light dessert, enjoying the contrast of creamy, juicy, zesty, and crunchy in every spoonful.



Storage & Reheating:

- Best eaten fresh. If you need to store, cover and refrigerate for up to 8 hours. Stir gently before serving if any liquid separates.

Nutritional Information (Per Serving):

- Calories: 230
- Protein: 11 g
- Carbohydrates: 15 g
- Fat: 14 g
- Sodium: 65 mg
- Fiber: 3 g

Mango Yogurt Parfait



10 minutes | 0 minutes | 1 | Layering

Ingredients:
- ¾ cup low-fat Greek yogurt or skyr (5 oz / 150 g)
- ½ fresh mango, diced (about 3 oz / 85 g)
- 1 tbsp chia seeds (0.5 oz / 15 g)
- 1 tbsp chopped walnuts or almonds (0.35 oz / 10 g)
- Optional: 1 tsp honey (0.14 oz / 4 g)

Instructions:
1. Place a spoonful of Greek yogurt into a glass or bowl, then add a layer of diced mango for a bright, juicy contrast.
2. Continue layering yogurt and mango, scattering chia seeds between the layers so they add subtle crunch and body.
3. Finish with a topping of chopped walnuts or almonds for a nutty bite.
4. Drizzle lightly with honey if you like a touch of sweetness. Serve chilled for a refreshing and nourishing breakfast.

Storage & Reheating:
- Best enjoyed immediately. If stored, cover and refrigerate for up to 6 hours. Stir gently before eating.

Nutritional Information (Per Serving):
- Calories: 240
- Protein: 15 g
- Carbohydrates: 24 g
- Fat: 9 g
- Sodium: 60 mg
- Fiber: 4 g

Green Protein Smoothie with Kefir, Spinach & Avocado



10 minutes | 0 minutes | 1 | Blending

Ingredients:
- 1 cup (8 fl oz / 240 ml) kefir
- 1 cup (1 oz / 30 g) fresh spinach leaves
- ½ medium avocado (3 oz / 85 g), peeled and diced
- 1 tbsp (0.5 oz / 15 g) chia seeds
- 1 tsp (0.17 fl oz / 5 ml) fresh lime juice

Instructions:
1. Pour the kefir into a blender, creating a creamy and tangy base for the smoothie.
2. Add the spinach leaves. Their vibrant green color will transform the drink into a refreshing shade.
3. Scoop in the avocado pieces. They'll add a buttery smoothness that makes the smoothie richer and more satisfying.
4. Sprinkle the chia seeds over the top so they blend in and help thicken the texture.
5. Squeeze in the lime juice to bring a bright, zesty lift that balances the creaminess.
6. Blend everything on high until the mixture is velvety and evenly green. Pour into a tall glass and enjoy the fresh, energizing taste.

Storage & Reheating:
- Best when consumed right away. If you need to store it, keep it in a sealed jar or bottle in the refrigerator for up to 12 hours. Shake before drinking.

Nutritional Information (Per Serving):
- Calories: 240
- Protein: 9 g
- Carbohydrates: 16 g
- Fat: 15 g
- Sodium: 80 mg
- Fiber: 7 g

Quinoa Berry Porridge

5 minutes | 10 minutes | 1 | Stovetop

Ingredients:

- ½ cup cooked quinoa (3.5 oz / 100 g)
- ¾ cup (6 fl oz / 180 ml) unsweetened almond milk
- ½ cup (2.6 oz / 75 g) fresh blueberries
- 2 tbsp (0.7 oz / 20 g) chopped almonds
- Optional: ⅛ tsp (0.25 g) ground cardamom
- Optional: 1 tsp (0.25 oz / 7 g) honey

Instructions:

1. Pour the almond milk into a small saucepan and warm it over medium heat until it starts to steam.
2. Add the cooked quinoa, breaking up any clumps to ensure it mixes smoothly with the milk.
3. Let the mixture heat gently for about 5 minutes, stirring occasionally, until it becomes creamy and thickened.
4. Stir in half of the blueberries, allowing them to soften and release some juice, giving the porridge a subtle purple hue.
5. Transfer to a bowl and top with the remaining blueberries and chopped almonds for added crunch.
6. If you like, sprinkle some cardamom for aroma and drizzle honey on top for a mild sweetness.



Storage & Reheating:

- Store in an airtight container in the refrigerator for up to 2 days. Reheat on the stove with a splash of almond milk to loosen the texture.

Nutritional Information (Per Serving):

- Calories: 280
- Protein: 11 g
- Carbohydrates: 40 g
- Fat: 10 g
- Sodium: 60 mg
- Fiber: 6 g

Egg Muffin Cup

5 minutes | 20 minutes | 1 | Baking

Ingredients:

- 2 large eggs (3.5 oz / 100 g)
- ½ cup (2.6 oz / 75 g) diced bell pepper
- 1 cup (1 oz / 30 g) fresh spinach, chopped
- 2 tbsp (1 oz / 28 g) crumbled feta cheese
- Optional: ⅛ tsp (0.25 g) dried oregano
- Optional: 2 cherry tomatoes (1 oz / 30 g), diced

Instructions:

1. Preheat the oven to 350°F (180°C) and lightly grease a muffin tin or line it with parchment cups.
2. Whisk the eggs in a small bowl until smooth, then fold in the bell pepper, spinach, and feta cheese.
3. For added flavor, stir in some oregano and diced cherry tomatoes if you like a bit of extra juiciness.
4. Pour the mixture into a muffin cup, filling it almost to the top.
5. Bake for 18–20 minutes, or until the egg is set and the top is lightly golden.
6. Let it cool for a minute before removing from the tin, then serve warm or at room temperature.



Storage & Reheating:

- Keep in an airtight container in the fridge for up to 3 days. Warm in the oven at 300°F (150°C) for 5–7 minutes before serving.

Nutritional Information (Per Serving):

- Calories: 220
- Protein: 18 g
- Carbohydrates: 5 g
- Fat: 14 g
- Sodium: 310 mg
- Fiber: 1 g

Vanilla Chia Pudding with Berries



10 minutes | 0 minutes | 1 | Chilling

Ingredients:
- 1 cup (8 fl oz / 240 ml) milk or kefir
- 3 tbsps (1 oz / 30 g) chia seeds
- ¼ tsp (1 g) vanilla extract
- ½ cup (3 oz / 85 g) mixed berries
- 1 tbsp (0.35 oz / 10 g) chopped almonds

Instructions:
1. Pour the milk or kefir into a bowl or jar. Add the chia seeds and vanilla extract, then stir well to combine. The seeds will look suspended in the liquid at first.
2. Cover and refrigerate for at least 2 hours, or overnight if possible, until the mixture thickens into a soft, spoonable pudding.
3. When ready to serve, spoon the pudding into a glass or bowl. It should be creamy and lightly fragrant with vanilla.
4. Top with fresh berries, letting their bright colors and juicy sweetness contrast with the pale pudding.
5. Sprinkle chopped almonds on top for crunch and a nutty finish.

Storage & Reheating:
- Keep covered in the refrigerator for up to 24 hours. Stir gently before serving if it thickens too much.

Nutritional Information (Per Serving):
- Calories: 260
- Protein: 9 g
- Carbohydrates: 25 g
- Fat: 13 g
- Sodium: 70 mg
- Fiber: 9 g

Protein Pancakes



3 minutes | 7 minutes | 1 | Stovetop

Ingredients:
- 1 scoop (1 oz / 28 g) vanilla protein powder
- 2 large eggs (3.5 oz / 100 g)
- ¼ cup (1 oz / 30 g) oat flour
- ½ tsp (2 g) baking powder
- Optional: ¼ cup (1.25 oz / 35 g) fresh blueberries
- Optional: 2 tbsp (2 oz / 60 g) plain Greek yogurt

Instructions:
1. In a mixing bowl, whisk together the protein powder, eggs, oat flour, and baking powder until you have a smooth, slightly thick batter.
2. Heat a non-stick skillet over medium heat and lightly grease if necessary.
3. Ladle the batter into the pan, forming 3 to 4 small pancakes.
4. Cook for 2–3 minutes, until small bubbles appear on the surface and the edges begin to set.
5. Flip carefully and cook for another 1–2 minutes, until golden brown and cooked through.
6. Optionally, garnish with fresh blueberries and a dollop of Greek yogurt before serving.

Storage & Reheating:
- Keep sealed tightly in the fridge for up to 2 days. Warm gently in a pan over low heat or use a microwave until heated thoroughly.

Nutritional Information (Per Serving):
- Calories: 320
- Protein: 30 g
- Carbohydrates: 20 g
- Fat: 14 g
- Sodium: 220 mg
- Fiber: 3 g

Quinoa Breakfast Bowl

5 minutes | 10 minutes | 1 | Stovetop / No-Cook Assembly

Ingredients:

- ½ cup cooked quinoa (3.5 oz / 100 g)
- ½ cup (4 oz / 115 g) plain Greek yogurt
- 2 tbsp (0.7 oz / 20 g) mixed nuts, chopped
- 1 tsp (0.25 oz / 7 g) honey
- Optional: ¼ tsp (0.6 g) ground cinnamon
- Optional: 1 tsp (0.14 oz / 4 g) mixed seeds (pumpkin, sunflower, etc.)

Instructions:

1. If the quinoa is freshly cooked, let it cool slightly so it won't melt the yogurt. Warm or cold quinoa both work, depending on preference.
2. Transfer the quinoa into a bowl and add a generous layer of Greek yogurt, blending creamy and fluffy textures.
3. Sprinkle chopped nuts on top for a satisfying crunch.
4. Drizzle with honey so it seeps into the quinoa and yogurt.
5. Optionally, add a light dusting of cinnamon for warmth or scatter seeds for added nutrition and texture.



Storage & Reheating:

- Keep covered in the refrigerator for up to 1 day. Best enjoyed chilled or at room temperature.

Nutritional Information (Per Serving):

- Calories: 310
- Protein: 16 g
- Carbohydrates: 37 g
- Fat: 12 g
- Sodium: 40 mg
- Fiber: 4 g

Egg White Veggie Omelet

3 minutes | 7 minutes | 1 | Stovetop

Ingredients:

- 1 cup (8 fl oz / 240 ml) liquid egg whites
- ½ cup (2.6 oz / 75 g) diced zucchini
- ½ cup (2.6 oz / 75 g) diced tomatoes
- 2 tbsp (0.14 oz / 4 g) fresh basil leaves, chopped
- Optional: 1 tbsp (0.2 oz / 5 g) grated parmesan cheese
- Optional: 1 tsp (5 ml) balsamic glaze

Instructions:

1. Warm a non-stick skillet over medium heat. Add the zucchini and sauté for 2–3 minutes until it starts to soften.
2. Stir in the diced tomatoes and cook for about 1 minute, just until heated and slightly juicy.
3. Pour the egg whites into the pan, tilting it so they evenly cover the vegetables.
4. Let the omelet cook without stirring until the edges begin to firm up, then gently lift the edges with a spatula to let any uncooked egg flow underneath.
5. Once nearly set, sprinkle fresh basil and parmesan, if desired, for extra flavor.
6. Fold the omelet in half and transfer to a plate. Drizzle with balsamic glaze if you like.



Storage & Reheating:

- Ideally eaten fresh. If storing, keep in an airtight container in the fridge for up to 1 day and warm gently over low heat before serving.

Nutritional Information (Per Serving):

- Calories: 180
- Protein: 20 g
- Carbohydrates: 6 g
- Fat: 6 g
- Sodium: 220 mg
- Fiber: 2 g

Matcha Smoothie with Yogurt



10 minutes | 0 minutes | 1 | Blending

Ingredients:
- ½ cup (4 oz / 115 g) plain Greek yogurt
- ½ cup (4 fl oz / 120 ml) chilled green tea or matcha tea
- 1 cup (1 oz / 30 g) fresh spinach leaves
- 1 tsp (0.17 fl oz / 5 ml) fresh lime juice
- 1 tsp (0.14 oz / 4 g) stevia

Instructions:
1. Add the Greek yogurt to your blender—it will give the smoothie a creamy base with a pleasant tang.
2. Pour in the chilled green tea or matcha. Its earthy aroma pairs beautifully with the yogurt's richness.
3. Add the spinach leaves for a refreshing green color and a boost of freshness.
4. Squeeze in the lime juice to brighten the flavors and cut through the creaminess.
5. Sweeten with stevia, adjusting to taste.
6. Blend until the drink becomes silky and vibrant green, with no visible spinach pieces. Pour into a glass and enjoy its creamy, refreshing, and slightly earthy character.

Storage & Reheating:
- Best consumed fresh. If stored, keep in a sealed container in the refrigerator for up to 12 hours and shake before drinking.

Nutritional Information (Per Serving):
- Calories: 150
- Protein: 10 g
- Carbohydrates: 14 g
- Fat: 5 g
- Sodium: 60 mg
- Fiber: 2 g

Cottage Cheese Pancakes



5 minutes | 10 minutes | 1 | Stovetop

Ingredients:
- ½ cup (4 oz / 115 g) low-fat cottage cheese
- 2 large eggs (3.5 oz / 100 g)
- ¼ cup (1 oz / 30 g) oat flour
- ¼ tsp (1 g) vanilla extract
- Optional: ¼ cup (1.25 oz / 35 g) fresh berries
- Optional: 2 tbsp (1 oz / 30 g) sour cream

Instructions:
1. Add the cottage cheese, eggs, oat flour, and vanilla extract to a blender. Blend until the mixture is smooth and slightly thick.
2. Heat a non-stick skillet over medium heat. Lightly grease if necessary.
3. Pour the batter into the skillet to form small pancakes, about 3 inches in diameter.
4. Cook for 2–3 minutes, until the edges begin to set and the bottoms are golden.
5. Flip carefully and cook for another 1–2 minutes until fully set and lightly browned.
6. Serve as is, or top with fresh berries and a spoonful of sour cream for extra flavor.

Storage & Reheating:
- Store in an airtight container in the refrigerator for up to 2 days. Reheat in a skillet over low heat or in the microwave until warmed through.

Nutritional Information (Per Serving):
- Calories: 290
- Protein: 22 g
- Carbohydrates: 20 g
- Fat: 13 g
- Sodium: 340 mg
- Fiber: 3 g

CHAPTER 5: QUICK-FIX LUNCHES

20 desk-to-dish mains ready in 20 minutes, each made from five simple staples. Optional flavor add-ons let you elevate taste whenever you want extra pop.

Why This Chapter Matters

- **Mid-day fuel without the fog.** Balanced macros keep you focused and prevent the afternoon slump.
- **Meal-prep friendly.** Each lunch stores well for 2–3 days, making batch cooking effortless.
- **Grab-and-go simplicity.** Just five ingredients mean you can shop, cook, and pack lunches on autopilot.



Lemon Garlic Turkey or Chicken with Zucchini



10 minutes | 0 minutes | 1 | Sautéing

Ingredients:
- 5 oz turkey or chicken breast, sliced into strips (150 g)
- 1 medium zucchini, sliced into half-moons (about 6 oz / 170 g)
- Juice of ½ lemon (about 1 tbsp / 15 ml)
- 1 clove garlic, minced (about 0.1 oz / 3 g)
- 1 tsp olive oil (0.17 fl oz / 5 ml)

Instructions:
1. Warm the olive oil in a skillet over medium heat. Add the garlic and let it release its aroma for about 30 seconds.
2. Lay in the turkey or chicken strips. Cook for 4–5 minutes, turning occasionally, until they turn golden and are no longer pink inside.
3. Add the zucchini and stir-fry for another 3–4 minutes. It should soften but still keep a bit of crunch.
4. Finish with a drizzle of lemon juice and a twist of pepper. Mix gently and serve as a light, zesty main dish.

Storage & Reheating:
- Store leftovers in an airtight container in the refrigerator for up to 1 day. Reheat gently in a skillet over low heat.

Nutritional Information (Per Serving):
- Calories: 230
- Protein: 28 g
- Carbohydrates: 7 g
- Fat: 10 g
- Sodium: 85 mg
- Fiber: 2 g

Salmon Quinoa Veggie Bowl



5 minutes | 15 minutes | 1 | Baking / Stovetop

Ingredients:
- 4 oz (115 g) salmon fillet
- ½ cup cooked quinoa (3.5 oz / 100 g)
- 1 cup (3.5 oz / 100 g) broccoli florets
- 1 tsp (5 ml) fresh lemon juice
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- Optional: ½ tsp (0.02 oz / 0.5 g) fresh chopped dill
- Optional: 1 small garlic clove (0.1 oz / 3 g), minced

Instructions:
1. Preheat the oven to 375°F (190°C). Place the salmon fillet on a parchment-lined baking sheet, season lightly, and bake for 12–15 minutes, or until the flesh flakes easily with a fork.
2. While the salmon cooks, steam the broccoli in a small pot or steamer basket for 4–5 minutes, until bright green and tender-crisp.
3. If needed, warm the cooked quinoa, then transfer it to a serving bowl.
4. Arrange the broccoli next to the quinoa, then place the baked salmon on top.
5. Drizzle everything with olive oil and fresh lemon juice. For an extra flavor boost, sprinkle with chopped dill and add minced garlic.

Storage & Reheating:
- Store components separately in the refrigerator for up to 2 days. Reheat gently before serving.

Nutritional Information (Per Serving):
- Calories: 420
- Protein: 32 g
- Carbohydrates: 22 g
- Fat: 23 g
- Sodium: 70 mg
- Fiber: 5 g

Turkey Lettuce Wraps

5 minutes | 5 minutes | 1 | Stovetop



Ingredients:
- 4 oz (115 g) ground turkey
- 3 large lettuce leaves (1 oz / 30 g)
- ½ cup (2.6 oz / 75 g) diced bell peppers
- ¼ cup (1.2 oz / 35 g) diced onion
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- Optional: ½ tsp (0.07 oz / 2 g) grated fresh ginger
- Optional: 1 tsp (5 ml) low-sodium soy sauce

Instructions:
1. Warm the olive oil in a non-stick skillet over medium heat. Add the onion and bell peppers, cooking for 2–3 minutes until they soften slightly.
2. Add the ground turkey, breaking it up with a spatula, and cook until browned through with no pink remaining, about 4–5 minutes.
3. If desired, stir in ginger and soy sauce to evenly coat the turkey mixture with flavor.
4. Remove from the heat and let the filling cool slightly.
5. Spoon the turkey mixture evenly into the lettuce leaves, folding them like small tacos to serve.

Storage & Reheating:
- Keep the filling and lettuce leaves stored separately in the fridge for up to 2 days. Reheat the filling gently in a skillet over low heat before assembling the wraps.

Nutritional Information (Per Serving):
- Calories: 340
- Protein: 24 g
- Carbohydrates: 8 g
- Fat: 23 g
- Sodium: 150 mg
- Fiber: 3 g

Lemon Garlic Salmon or Cod with Green Beans

10 minutes | 10 minutes | 1 | Pan-Searing



Ingredients:
- 1 salmon or cod fillet, fresh (4–5 oz / 120–150 g)
- 3½ oz green beans (100 g)
- Juice of ½ lemon (about 1 tbsp / 15 ml)
- 1 clove garlic, minced (about 0.1 oz / 3 g)
- 1 tsp olive oil (0.17 fl oz / 5 ml)

Instructions:
1. Warm the olive oil in a non-stick skillet over medium heat. Add the minced garlic and let it sizzle for about 30 seconds until fragrant.
2. Place the salmon or cod fillet skin-side down. Cook for 3–4 minutes, then carefully flip and cook another 3–4 minutes until golden. Cod should flake easily with a fork, while salmon should look opaque and juicy.
3. Add the green beans to the same skillet. Stir-fry or steam them with a splash of water for 3–4 minutes, just until they turn tender-crisp and keep their bright green color.
4. Drizzle the lemon juice over the fish and beans. Season with black pepper and a pinch of sea salt if you like. For an extra lift, sprinkle lemon zest on top before serving.

Storage & Reheating:
- Best enjoyed fresh. If storing, keep in an airtight container in the refrigerator for up to 1 day. Reheat gently in a skillet over low heat.

Nutritional Information (Per Serving):
- Calories: 260
- Protein: 27 g
- Carbohydrates: 6 g
- Fat: 14 g
- Sodium: 90 mg
- Fiber: 3 g

Lean Beef or Turkey with Mushrooms Skillet



10 minutes | 12 minutes | 1 | Sautéing

Ingredients:
- 5 oz extra-lean ground beef (90–95% lean) or turkey (150 g)
- 3½ oz mushrooms, sliced (100 g)
- ½ medium onion, chopped (about 2 oz / 55 g)
- 1 clove garlic, minced (about 0.1 oz / 3 g)
- 1 tsp olive oil (0.17 fl oz / 5 ml)

Instructions:
1. Warm the olive oil in a skillet over medium heat. Add the onion and garlic, cooking for about 2 minutes until the onion softens and the garlic becomes aromatic.
2. Add the ground beef or turkey, breaking it apart with a spoon. Let it cook for 5–6 minutes, stirring occasionally, until browned and fully cooked.
3. Toss in the sliced mushrooms. Stir and cook for another 3–4 minutes, allowing them to release their juices and become tender.
4. Season with freshly ground black pepper and, if you like, a small pinch of salt. Serve hot as a hearty, protein-rich meal.

Storage & Reheating:
- Store in a sealed container in the refrigerator for up to 1 day. Reheat gently in a skillet over low heat.

Nutritional Information (Per Serving):
- Calories: 260
- Protein: 28 g
- Carbohydrates: 7 g
- Fat: 13 g
- Sodium: 95 mg
- Fiber: 2 g

Chicken Veggie Stir-Fry



5 minutes | 10 minutes | 1 | Stovetop

Ingredients:
- 4 oz (115 g) raw chicken breast, cut into thin strips
- 1½ cups (4.5 oz / 130 g) mixed vegetables (such as bell pepper, broccoli, carrot)
- ½ tsp (0.07 oz / 2 g) grated fresh ginger
- 1 small garlic clove (0.1 oz / 3 g), minced
- 1 tsp (0.17 oz / 5 ml) coconut oil
- Optional: ½ tsp (0.17 fl oz / 2.5 ml) sesame oil
- Optional: 1 tsp (0.05 oz / 1.5 g) chopped fresh cilantro

Instructions:
1. Heat the coconut oil in a large non-stick skillet or wok over medium-high heat.
2. Add the chicken strips and cook for 4–5 minutes, stirring occasionally, until golden on the outside and fully cooked inside.
3. Stir in the ginger and garlic, cooking for about 30 seconds until fragrant.
4. Toss in the mixed vegetables and stir-fry for 3–4 minutes, just until tender-crisp and vibrant.
5. If desired, drizzle with sesame oil for nutty depth and scatter fresh cilantro before serving.

Storage & Reheating:
- Store in an airtight container in the refrigerator for up to 2 days. Reheat in a skillet over medium heat until warmed through.

Nutritional Information (Per Serving):
- Calories: 350
- Protein: 30 g
- Carbohydrates: 10 g
- Fat: 20 g
- Sodium: 120 mg
- Fiber: 4 g

Lentil & Veggie Stew

10 minutes | 15 minutes | 1 | Simmering



Ingredients:

- 5 oz cooked lentils (150 g)
- 1 medium carrot, diced (about 3 oz / 85 g)
- 1 medium zucchini, diced (about 6 oz / 170 g)
- 1 clove garlic, minced (about 0.1 oz / 3 g)
- 1 tsp olive oil (0.17 fl oz / 5 ml)

Instructions:

1. Warm the olive oil in a pot over medium heat. Add the garlic and carrot, letting them cook for about 3 minutes until the carrot begins to soften and the garlic smells fragrant.
2. Stir in the diced zucchini and cook for another 3 minutes, allowing it to take on a light tenderness.
3. Add the cooked lentils along with ¾ cup water (200 ml). Stir gently, then lower the heat and let the stew simmer for 8–10 minutes until the vegetables are tender and the flavors meld.
4. Season with black pepper to taste and serve as a warm, hearty bowl of comfort.

Storage & Reheating:

- Store in the refrigerator in an airtight container for up to 1 day. Reheat slowly in a small pot with a splash of water if needed.

Nutritional Information (Per Serving):

- Calories: 230
- Protein: 14 g
- Carbohydrates: 33 g
- Fat: 6 g
- Sodium: 75 mg
- Fiber: 12 g

Shrimp Zucchini Noodles

4 minutes | 8 minutes | 1 | Stovetop



Ingredients:

- 4 oz (115 g) raw shrimp, peeled and deveined
- 2 cups (5 oz / 140 g) spiralized zucchini
- 1 small garlic clove (0.1 oz / 3 g), minced
- ½ cup (2.6 oz / 75 g) cherry tomatoes, halved
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- Optional: 1 tsp (5 ml) fresh lemon juice
- Optional: 2–3 fresh basil leaves (1 g), chopped

Instructions:

1. Heat the olive oil in a large skillet over medium-high heat.
2. Add the shrimp and cook for 2–3 minutes per side, until pink and opaque. Remove and set aside.
3. In the same skillet, sauté the garlic for 30 seconds until fragrant, then add the cherry tomatoes. Cook for 2 minutes until they begin to soften.
4. Add the zucchini noodles and toss gently for 1–2 minutes, just until slightly tender but still firm.
5. Return the shrimp to the pan, mix everything together, and, if desired, finish with lemon juice and fresh basil before serving.

Storage & Reheating:

- Enjoy fresh for the best flavor. If storing, keep in an airtight container in the fridge for up to 1 day and reheat quickly in a skillet to prevent overcooking the shrimp and zucchini.

Nutritional Information (Per Serving):

- Calories: 280
- Protein: 25 g
- Carbohydrates: 10 g
- Fat: 15 g
- Sodium: 240 mg
- Fiber: 3 g

Baked Sea Bass with Tomatoes & Basil (Mediterranean Style)



10 minutes | 25 minutes | 1 | Baking

Ingredients:
- 1 fresh sea bass fillet (5 oz / 150 g)
- 2 medium tomatoes, sliced thick (about 7 oz / 200 g)
- 1 tsp olive oil (0.17 fl oz / 5 ml)
- 2–3 fresh basil leaves
- Black pepper to taste (pinch of sea salt optional)

Instructions:
1. Preheat the oven to 400°F (200°C). Arrange the tomato slices on a baking tray, drizzle with half of the olive oil, and roast for about 12 minutes until softened and slightly caramelized.
2. Brush the sea bass fillet with the remaining olive oil, then season lightly with black pepper.
3. Place the fillet on the tray alongside the roasted tomatoes and bake for 10–12 minutes, until the fish turns opaque and flakes easily with a fork.
4. Garnish with fresh basil leaves before serving, letting their fragrance lift the sweetness of the roasted tomatoes.

Storage & Reheating:
- Best eaten fresh. If needed, store in the refrigerator for up to 1 day in an airtight container. Reheat gently in the oven at low temperature until just warmed through.

Nutritional Information (Per Serving):
- Calories: 230
- Protein: 26 g
- Carbohydrates: 7 g
- Fat: 11 g
- Sodium: 85 mg
- Fiber: 2 g

Cod Fish Tacos



5 minutes | 10 minutes | 1 | Stovetop

Ingredients:
- 4 oz (115 g) raw cod fillet
- ½ cup (1.5 oz / 45 g) shredded cabbage slaw (plain, no dressing)
- 1 tsp (5 ml) fresh lime juice
- ½ medium avocado (2.8 oz / 80 g), sliced
- 1 small corn tortilla (1 oz / 28 g)
- Optional: 1 tsp (0.05 oz / 1.5 g) chopped fresh cilantro
- Optional: 1 tsp (5 ml) hot sauce

Instructions:
1. Dry the cod fillet with a paper towel and season both sides lightly.
2. Heat a non-stick pan over medium heat and cook the cod for 3–4 minutes on each side, until it turns opaque and flakes easily.
3. Meanwhile, warm the tortilla in a dry pan or over low heat for 20–30 seconds per side.
4. Spread the cabbage slaw evenly over the tortilla.
5. Layer the cooked cod and avocado slices on top, then squeeze lime juice over everything.
6. Optionally, garnish with fresh cilantro and a splash of hot sauce before serving.

Storage & Reheating:
- Enjoy at its freshest. If you must store, keep each part separate and combine only when ready to serve.

Nutritional Information (Per Serving):
- Calories: 320
- Protein: 22 g
- Carbohydrates: 18 g
- Fat: 18 g
- Sodium: 150 mg
- Fiber: 6 g

Turkey Meatballs with Tomato & Eggplant (Mediterranean Style)

15 minutes | 25 minutes | 1 | Sautéing & Simmering

Ingredients:

- 5 oz ground turkey (150 g)
- 1 small eggplant, cubed (about 5 oz / 140 g)
- 2 medium tomatoes, chopped or blended into sauce (about 7 oz / 200 g)
- 1 clove garlic, minced (about 0.1 oz / 3 g)
- 1 tsp olive oil (0.17 fl oz / 5 ml)

Instructions:

1. Shape the ground turkey into small meatballs, seasoning them lightly with black pepper if desired.
2. Warm the olive oil in a skillet over medium heat. Add the garlic and let it cook for 30 seconds until fragrant.
3. Add the turkey meatballs and cook for 6–7 minutes, turning them so they brown evenly on all sides.
4. Stir in the tomatoes and eggplant cubes, cover the pan, and let everything simmer for 10–12 minutes, until the meatballs are fully cooked and the eggplant has softened.



Storage & Reheating:

- Store leftovers in a sealed container in the refrigerator for up to 1 day. Reheat gently in a covered skillet over low heat with a splash of water if needed.

Nutritional Information (Per Serving):

- Calories: 270
- Protein: 27 g
- Carbohydrates: 10 g
- Fat: 14 g
- Sodium: 85 mg
- Fiber: 4 g

Garlic Ginger Tofu Stir-Fry with Vegetables (Asian-Style)

10 minutes | 12 minutes | 1 | Stir-Frying

Ingredients:

- 5 oz firm tofu, cubed (150 g)
- 1 red bell pepper, sliced (about 5 oz / 140 g)
- 3½ oz broccoli florets (100 g)
- 1 clove garlic, minced (about 0.1 oz / 3 g)
- 1 tsp fresh ginger, grated (0.2 oz / 5 g)

Instructions:

1. Pat the tofu dry and cut into cubes. Heat a non-stick skillet and sear the cubes for 4–5 minutes, turning until golden on all sides. Remove and set aside.
2. In the same skillet, add the garlic and ginger. Cook for about 30 seconds until their aroma fills the pan.
3. Add the broccoli florets and sliced bell pepper. Stir-fry for 4–5 minutes, keeping the vegetables crisp-tender and vibrant.
4. Return the tofu to the skillet and toss everything together. Season with a splash of soy sauce or a sprinkle of sesame seeds if you'd like, then serve hot.



Storage & Reheating:

- Best enjoyed fresh. If storing, keep in the refrigerator for up to 1 day in a sealed container. Reheat gently in a skillet.

Nutritional Information (Per Serving):

- Calories: 220
- Protein: 16 g
- Carbohydrates: 12 g
- Fat: 12 g
- Sodium: 60 mg
- Fiber: 4 g

Beef Lettuce Cups



5 minutes | 10 minutes | 1 | Stovetop

Ingredients:

- 4 oz (115 g) raw ground beef (lean)
- 3 large butter lettuce leaves (1 oz / 30 g)
- ½ cup (2.6 oz / 75 g) diced bell peppers
- ¼ cup (1.2 oz / 35 g) diced onion
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- Optional: ⅛ tsp (0.25 g) ground cumin
- Optional: 1 tsp (5 ml) fresh lime juice

Instructions:

1. Heat the olive oil in a non-stick skillet over medium heat.
2. Add the onion and bell peppers, cooking for 2–3 minutes until slightly softened.
3. Stir in the ground beef, breaking it apart with a spatula, and cook for 6–7 minutes until browned and fully cooked through.
4. If desired, season with cumin and drizzle with lime juice for extra flavor.
5. Spoon the beef mixture evenly into the butter lettuce leaves and serve immediately.

Storage & Reheating:

- Store the beef mixture separately from the lettuce in the refrigerator for up to 2 days. Reheat filling in a skillet over low heat before assembling.

Nutritional Information (Per Serving):

- Calories: 380
- Protein: 24 g
- Carbohydrates: 7 g
- Fat: 30 g
- Sodium: 150 mg
- Fiber: 2 g

Chickpea & Tomato Stew (Mediterranean-Style)



10 minutes | 15 minutes | 1 | Simmering

Ingredients:

- 7 oz cooked chickpeas, freshly cooked or rinsed from a jar (200 g)
- 2 medium tomatoes, chopped or blended into sauce (about 7 oz / 200 g)
- 1 small onion, chopped (about 2 oz / 55 g)
- 1 clove garlic, minced (about 0.1 oz / 3 g)
- 1 tsp olive oil (0.17 fl oz / 5 ml)

Instructions:

1. Warm the olive oil in a saucepan over medium heat. Add the onion and garlic, cooking for 2–3 minutes until the onion softens and the garlic becomes aromatic.
2. Stir in the chopped tomatoes and let them simmer for 5 minutes, creating a light, rustic sauce.
3. Add the chickpeas, cover the pan, and simmer for another 8–10 minutes until the stew is heated through and flavors are well combined.
4. Season with black pepper and garnish with fresh parsley if you like. Serve hot as a hearty, Mediterranean-inspired dish.

Storage & Reheating:

- Store in the refrigerator in a sealed container for up to 1 day. Reheat gently in a saucepan over low heat with a splash of water if needed.

Nutritional Information (Per Serving):

- Calories: 260
- Protein: 11 g
- Carbohydrates: 38 g
- Fat: 7 g
- Sodium: 80 mg
- Fiber: 10 g

Garlic Herb Pork Tenderloin with Green Beans

10 minutes | 12 minutes | 1 | Sautéing

Ingredients:

- 5 oz pork tenderloin, sliced into medallions (150 g)
- 3½ oz green beans, trimmed (100 g)
- 1 clove garlic, minced (about 0.1 oz / 3 g)
- 1 tsp olive oil (0.17 fl oz / 5 ml)
- Juice of ½ lemon (about 1 tbsp / 15 ml)

Instructions:

1. Heat the olive oil in a skillet over medium heat. Add the garlic and cook for about 30 seconds until fragrant.
2. Place the pork medallions into the skillet. Sear them for 3–4 minutes per side until golden and fully cooked through.
3. While the pork cooks, steam or sauté the green beans for 3–4 minutes until they are bright green and tender-crisp.
4. Serve the pork medallions with the green beans on the side, finishing with a drizzle of fresh lemon juice for brightness.



Storage & Reheating:

- Store leftovers in a sealed container in the refrigerator for up to 1 day. Reheat gently in a skillet over low heat until warmed through.

Nutritional Information (Per Serving):

- Calories: 240
- Protein: 28 g
- Carbohydrates: 7 g
- Fat: 12 g
- Sodium: 85 mg
- Fiber: 2 g

Salmon Cucumber Rolls

10 minutes | 0 minutes | 1 | No-Cook Assembly

Ingredients:

- 4 oz (115 g) smoked salmon slices
- 1 medium cucumber (6 oz / 170 g), cut into thin strips or ribbons
- 2 tbsp (1 oz / 28 g) cream cheese
- 1 tbsp (0.14 oz / 4 g) fresh dill, chopped
- 1 tsp (0.18 oz / 5 g) capers, drained
- Optional: 1 tsp (5 ml) fresh lemon juice
- Optional: ⅛ tsp (0.25 g) freshly ground black pepper

Instructions:

1. Lay out the smoked salmon slices on a clean cutting board.
2. Spread a thin layer of cream cheese over each slice.
3. Place a few cucumber ribbons across one end of the salmon, then sprinkle with chopped dill and capers.
4. Roll up the salmon tightly around the cucumber filling.
5. Arrange the rolls on a serving plate, and if desired, drizzle lightly with lemon juice and add a pinch of black pepper.



Storage & Reheating:

- Enjoy fresh for the best taste. If storing, cover and refrigerate for up to 12 hours.

Nutritional Information (Per Serving):

- Calories: 280
- Protein: 20 g
- Carbohydrates: 6 g
- Fat: 20 g
- Sodium: 820 mg
- Fiber: 1 g

Turkey Avocado Wrap



5 minutes | 3 minutes | 1 | No-Cook Assembly

Ingredients:
- 3 oz (85 g) sliced cooked turkey breast
- ½ medium avocado (2.8 oz / 80 g), sliced
- 1 cup (1 oz / 30 g) fresh spinach leaves
- 2 slices (1 oz / 30 g) tomato
- 1 whole wheat tortilla (1.5 oz / 42 g)
- Optional: 1 tsp (0.18 oz / 5 g) mustard
- Optional: ¼ cup (0.5 oz / 15 g) fresh sprouts

Instructions:
1. Lay the tortilla flat on a clean surface.
2. If using mustard, spread it evenly over the tortilla.
3. Arrange the spinach leaves in the center, then layer on the sliced turkey, avocado, and tomato.
4. If desired, top with fresh sprouts for extra crunch and freshness.
5. Fold in the sides of the tortilla, then roll it up tightly from the bottom. Slice in half if preferred and serve.

Storage & Reheating:
- Ideally eaten fresh. If storing, wrap securely in parchment or foil and keep refrigerated for up to 12 hours.

Nutritional Information (Per Serving):
- Calories: 340
- Protein: 22 g
- Carbohydrates: 30 g
- Fat: 16 g
- Sodium: 620 mg
- Fiber: 8 g

Quinoa Stuffed Peppers



5 minutes | 20 minutes | 1 | Baking / Stovetop

Ingredients:
- 1 large bell pepper (6 oz / 170 g), halved and seeded
- ½ cup cooked quinoa (3.5 oz / 100 g)
- 3 oz (85 g) raw ground turkey
- ½ cup (2.6 oz / 75 g) diced tomatoes
- 2 tbsp (1 oz / 28 g) shredded cheese (such as mozzarella or cheddar)
- Optional: ½ tsp (0.02 oz / 0.5 g) mixed dried herbs
- Optional: 1 small garlic clove (0.1 oz / 3 g), minced

Instructions:
1. Preheat the oven to 375°F (190°C). Place the bell pepper halves, cut side up, in a small baking dish.
2. Warm a non-stick skillet over medium heat. Add the ground turkey and cook for 4–5 minutes, breaking it up, until browned and fully cooked.
3. Mix in the diced tomatoes, quinoa, and, if you like, garlic and herbs. Cook for another 2–3 minutes to combine the flavors.
4. Fill the pepper halves with the turkey-quinoa mixture, pressing down gently to pack it in.
5. Sprinkle the tops with shredded cheese.
6. Bake for 12–15 minutes, until the peppers are tender and the cheese is melted and lightly golden.

Storage & Reheating:
- Keep in an airtight container in the refrigerator for up to 2 days. Reheat in the oven at 325°F (165°C) until warmed through.

Nutritional Information (Per Serving):
- Calories: 380
- Protein: 24 g
- Carbohydrates: 23 g
- Fat: 20 g
- Sodium: 200 mg
- Fiber: 5 g

Tuna Stuffed Tomatoes

6 minutes | 4 minutes | 1 | Stovetop / No-Cook Assembly

Ingredients:

- 2 large tomatoes (10 oz / 280 g)
- 4 oz (115 g) raw fresh tuna steak
- ½ cup (3.2 oz / 90 g) cooked white beans
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- ½ tsp (0.02 oz / 0.5 g) mixed dried herbs
- Optional: 1 tsp (5 ml) fresh lemon juice
- Optional: 1 tsp (0.18 oz / 5 g) capers, drained

Instructions:

1. Heat a non-stick skillet over medium-high heat. Sear the tuna steak for 1–2 minutes on each side until the exterior is cooked but the center stays tender. Let it rest for 1 minute, then flake into small pieces.
2. Slice off the tops of the tomatoes and carefully remove the seeds and pulp to make hollow shells.
3. In a bowl, combine the flaked tuna, cooked white beans, olive oil, and dried herbs. If desired, add lemon juice and capers for extra brightness.
4. Fill the hollowed tomatoes with the tuna mixture, pressing gently to help them keep their shape.
5. Serve immediately as a light, protein-rich meal.



Storage & Reheating:

- Enjoy fresh for the best taste. If storing, keep the filling and tomatoes separate in the fridge for up to 1 day.

Nutritional Information (Per Serving):

- Calories: 320
- Protein: 26 g
- Carbohydrates: 16 g
- Fat: 16 g
- Sodium: 160 mg
- Fiber: 5 g

Chicken Caesar Salad

5 minutes | 7 minutes | 1 | Stovetop / No-Cook Assembly

Ingredients:

- 4 oz (115 g) raw chicken breast
- 2 cups (2 oz / 60 g) chopped romaine lettuce
- 2 tbsp (0.5 oz / 15 g) shaved parmesan cheese
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- 1 tsp (5 ml) fresh lemon juice
- Optional: 1 small garlic clove (0.1 oz / 3 g), minced
- Optional: 1 anchovy fillet (0.2 oz / 5 g), finely chopped

Instructions:

1. Heat the olive oil in a non-stick skillet over medium-high heat.
2. Add the chicken breast and cook for 3–4 minutes per side, until golden brown and the internal temperature reaches 165°F (74°C). Let it rest for 1 minute, then slice thinly.
3. Place the chopped romaine in a serving bowl.
4. Top with sliced chicken and sprinkle with shaved parmesan.
5. Drizzle with lemon juice, and if desired, add minced garlic and chopped anchovy for a more traditional Caesar flavor.



Storage & Reheating:

- Store salad components separately in the refrigerator for up to 1 day. Reheat chicken gently before serving.

Nutritional Information (Per Serving):

- Calories: 360
- Protein: 30 g
- Carbohydrates: 4 g
- Fat: 24 g
- Sodium: 280 mg
- Fiber: 2 g

CHAPTER 6: STRESS-FREE DINNERS

24 evening entrées finished in 20 minutes, each with five core ingredients and optional seasonings to fine-tune flavor.

Why This Chapter Matters

- **Satisfy without heaviness.** Protein-forward plates tame hunger while staying light enough for restful sleep.
- **One-pan cleanup.** Whether sheet pan, skillet, or instant pot, dinner is served—and the kitchen is closed—fast.
- **Family-flexible.** Optional starch or veggie add-ons let partners or kids enjoy heartier portions while you keep yours lean.



Sheet Pan Salmon & Vegetables

5 minutes | 15 minutes | 1 | Baking

Ingredients:

- 4 oz (115 g) raw salmon fillet
- 1 cup (3.5 oz / 100 g) asparagus spears, trimmed
- 1 small sweet potato (4 oz / 115 g), peeled and cut into thin wedges
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- 1 tsp (5 ml) fresh lemon juice
- Optional: ½ tsp (0.02 oz / 0.5 g) mixed dried herbs
- Optional: 1 small garlic clove (0.1 oz / 3 g), minced

Instructions:

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Arrange the sweet potato wedges on one side of the sheet. Drizzle with half the olive oil and season lightly. Roast for 8 minutes.
3. Remove the sheet from the oven and add the salmon fillet and asparagus. Drizzle with the remaining olive oil and lemon juice.
4. If desired, sprinkle with herbs and garlic for extra flavor.
5. Return to the oven and bake for another 10–12 minutes, until the salmon flakes easily and the vegetables are tender.



Storage & Reheating:

- Store in an airtight container in the refrigerator for up to 2 days. Reheat in the oven at 325°F (165°C) until warmed through.

Nutritional Information (Per Serving):

- Calories: 420
- Protein: 32 g
- Carbohydrates: 23 g
- Fat: 22 g
- Sodium: 70 mg
- Fiber: 5 g

Chicken Zucchini Skillet

5 minutes | 10 minutes | 1 | Stovetop

Ingredients:

- 4 oz (115 g) raw boneless, skinless chicken thigh, cut into strips
- 1 cup (3.5 oz / 100 g) diced zucchini
- ½ cup (2.6 oz / 75 g) diced bell peppers
- ¼ cup (1.2 oz / 35 g) diced onion
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- Optional: ¼ tsp (0.5 g) paprika
- Optional: ¼ tsp (0.5 g) dried thyme

Instructions:

1. Heat olive oil in a non-stick skillet over medium-high heat.
2. Add the chicken strips and cook for 5–6 minutes, stirring occasionally, until golden brown and fully cooked through.
3. Stir in the onion and bell peppers, cooking for 2–3 minutes until slightly softened.
4. Add the zucchini and cook for another 2–3 minutes until tender-crisp.
5. If desired, season with paprika and thyme for extra flavor before serving.



Storage & Reheating:

- Keep in an airtight container in the refrigerator for up to 2 days. Reheat in a skillet over medium heat until warmed through.

Nutritional Information (Per Serving):

- Calories: 360
- Protein: 28 g
- Carbohydrates: 9 g
- Fat: 23 g
- Sodium: 140 mg
- Fiber: 3 g

Beef Cauliflower Rice



5 minutes | 13 minutes | 1 | Stovetop

Ingredients:

- 4 oz (115 g) raw lean ground beef
- 1 cup (4 oz / 115 g) cauliflower rice
- ½ cup (2.6 oz / 75 g) diced tomatoes
- ¼ cup (1.2 oz / 35 g) diced onion
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- Optional: ¼ tsp (0.5 g) ground cumin
- Optional: 1 tsp (0.05 oz / 1.5 g) chopped fresh cilantro

Instructions:

1. In a large skillet, warm olive oil over medium heat.
2. Toss in the onion and sauté for about 2 minutes until it turns soft and fragrant.
3. Add ground beef and cook for 5–6 minutes, breaking it up as it browns and cooks through.
4. Mix in the diced tomatoes and cauliflower rice, stirring to combine. Let cook for 4–5 minutes until the cauliflower softens.
5. If you'd like, sprinkle in cumin and finish with fresh cilantro before serving.

Storage & Reheating:

- Store in an airtight container in the refrigerator for up to 2 days. Reheat in a skillet over medium heat until warmed through.

Nutritional Information (Per Serving):

- Calories: 340
- Protein: 26 g
- Carbohydrates: 9 g
- Fat: 22 g
- Sodium: 160 mg
- Fiber: 3 g

Lemon Herb Cod



4 minutes | 8 minutes | 1 | Stovetop / Sauté

Ingredients:

- 4 oz (115 g) raw cod fillet
- 1 cup (3.5 oz / 100 g) trimmed green beans
- 1 tsp (5 ml) fresh lemon juice
- ½ tsp (0.02 oz / 0.5 g) mixed dried herbs
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- Optional: 1 tsp (5 g) capers, drained
- Optional: 1 tbsp (0.5 fl oz / 15 ml) dry white wine

Instructions:

1. Heat olive oil in a non-stick skillet over medium-high heat.
2. Add the cod fillet and cook for 3–4 minutes per side, until the flesh is opaque and flakes easily with a fork. Remove and set aside.
3. Using the same pan, toss in the green beans and cook for 3–4 minutes until they're bright and slightly crisp.
4. Place the cod back into the skillet and drizzle with fresh lemon juice. Add a sprinkle of dried herbs over the top.
5. For extra flavor, optionally stir in capers and a dash of white wine, letting it simmer for another minute to bring everything together.

Storage & Reheating:

- Store in an airtight container in the refrigerator for up to 2 days. Reheat gently in a skillet over low heat.

Nutritional Information (Per Serving):

- Calories: 280
- Protein: 24 g
- Carbohydrates: 6 g
- Fat: 16 g
- Sodium: 110 mg
- Fiber: 3 g

Turkey Meatballs & Zoodles

6 minutes | 14 minutes | 1 | Stovetop

Ingredients:

- 4 oz (115 g) raw ground turkey
- 2 cups (5 oz / 140 g) zucchini noodles
- ½ cup (4 oz / 115 g) marinara sauce (low-sodium, no added sugar)
- 2 tbsp (1 oz / 28 g) shredded mozzarella cheese
- 2–3 fresh basil leaves (1 g), chopped
- Optional: 1 small garlic clove (0.1 oz / 3 g), minced
- Optional: 1 tbsp (0.2 oz / 5 g) grated parmesan cheese

Instructions:

1. Form the ground turkey into 3–4 small meatballs, adding minced garlic if you like for extra flavor.
2. In a non-stick skillet over medium heat, cook the meatballs for 8–10 minutes, turning occasionally until evenly browned and the internal temperature reaches 165°F (74°C).
3. Pour in the marinara sauce and let it simmer for about 2 minutes to warm and coat the meatballs.
4. In a separate skillet, lightly cook the zucchini noodles for 1–2 minutes until they're just tender but still have a bite.
5. Serve the zoodles on a plate, add the meatballs and sauce on top, and finish with mozzarella and fresh basil. Add parmesan if you want an extra cheesy touch.



Storage & Reheating:

- Refrigerate meatballs and sauce separately from zucchini noodles for up to 2 days. Reheat gently before serving.

Nutritional Information (Per Serving):

- Calories: 380
- Protein: 30 g
- Carbohydrates: 11 g
- Fat: 23 g
- Sodium: 280 mg
- Fiber: 3 g

Pork Chop & Brussels Sprouts

5 minutes | 13 minutes | 1 | Stovetop / Sauté

Ingredients:

- 4 oz (115 g) raw pork chop
- 1 cup (3.5 oz / 100 g) Brussels sprouts, halved
- ½ medium apple (2.6 oz / 75 g), thinly sliced
- ¼ cup (1.2 oz / 35 g) sliced onion
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- Optional: ¼ tsp (0.5 g) dried sage
- Optional: 1 tsp (5 ml) balsamic vinegar

Instructions:

1. Heat half the olive oil in a non-stick skillet over medium-high heat.
2. Season the pork chop lightly, then sear for 4–5 minutes per side until golden brown and the internal temperature reaches 145°F (63°C). Transfer to a plate to rest.
3. In the same skillet, add the remaining olive oil along with Brussels sprouts and onion. Sauté for 5–6 minutes until the sprouts are tender and lightly browned.
4. Add the apple slices and cook for another 1–2 minutes, just until warmed through.
5. If desired, sprinkle with sage and drizzle with balsamic vinegar before serving alongside the pork chop.



Storage & Reheating:

- Store in an airtight container in the refrigerator for up to 2 days. Reheat gently in a skillet over medium heat.

Nutritional Information (Per Serving):

- Calories: 400
- Protein: 28 g
- Carbohydrates: 18 g
- Fat: 24 g
- Sodium: 150 mg
- Fiber: 5 g

Shrimp Cauliflower Curry



5 minutes | 10 minutes | 1 | Stovetop / Simmer

Ingredients:

- 4 oz (115 g) raw shrimp, peeled and deveined
- 1 cup (3.5 oz / 100 g) cauliflower florets
- ½ cup (4 fl oz / 120 ml) coconut milk
- 1 tsp (0.1 oz / 3 g) curry powder
- 1 cup (1 oz / 30 g) fresh spinach leaves
- Optional: ½ tsp (0.07 oz / 2 g) grated fresh ginger
- Optional: 1 tsp (5 ml) fresh lime juice

Instructions:

1. Warm a non-stick skillet over medium heat. Add the curry powder (and ginger, if using) and toast for about 30 seconds to bring out the aroma.
2. Stir in the coconut milk and let it come to a gentle simmer.
3. Add the cauliflower florets and cook for 4–5 minutes until just tender.
4. Stir in the shrimp and cook for 3–4 minutes, until they turn pink and opaque.
5. Add the spinach and cook for 1 minute until wilted.
6. If desired, finish with a squeeze of lime juice before serving.

Storage & Reheating:

- Store in an airtight container in the refrigerator for up to 2 days. Reheat gently over low heat, adding a splash of coconut milk if needed.

Nutritional Information (Per Serving):

- Calories: 320
- Protein: 25 g
- Carbohydrates: 9 g
- Fat: 20 g
- Sodium: 170 mg
- Fiber: 3 g

Chicken Caprese Skillet



5 minutes | 11 minutes | 1 | Stovetop / Sauté

Ingredients:

- 4 oz (115 g) raw chicken breast
- ½ cup (2.6 oz / 75 g) cherry tomatoes, halved
- 2 tbsp (1 oz / 28 g) sliced fresh mozzarella
- 2–3 fresh basil leaves (1 g), torn
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- Optional: 1 tsp (5 ml) balsamic glaze
- Optional: 1 small garlic clove (0.1 oz / 3 g), minced

Instructions:

1. Heat olive oil in a non-stick skillet over medium-high heat.
2. Add the chicken breast and cook for 4–5 minutes per side, until golden brown and the internal temperature reaches 165°F (74°C). Transfer to a plate.
3. In the same skillet, add garlic (if using) and cherry tomatoes. Sauté for 1–2 minutes until the tomatoes soften slightly.
4. Return the chicken to the skillet, top with mozzarella slices, and cover for 1–2 minutes until the cheese begins to melt.
5. Sprinkle with fresh basil and, if desired, drizzle with balsamic glaze before serving.

Storage & Reheating:

- Store in an airtight container in the refrigerator for up to 2 days. Reheat gently in a skillet over low heat until warmed through.

Nutritional Information (Per Serving):

- Calories: 380
- Protein: 32 g
- Carbohydrates: 4 g
- Fat: 24 g
- Sodium: 220 mg
- Fiber: 1 g

Steak & Roasted Vegetables

5 minutes | 15 minutes | 1 | Oven Roasting / Stovetop Sear



Ingredients:
- 4 oz (115 g) raw sirloin steak
- 1 cup (3.5 oz / 100 g) broccoli florets
- 1 cup (3.5 oz / 100 g) sliced mushrooms
- 1 small garlic clove (0.1 oz / 3 g), minced
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- Optional: ½ tsp (0.02 oz / 0.5 g) fresh rosemary, chopped
- Optional: 1 tbsp (0.5 fl oz / 15 ml) dry red wine

Instructions:
1. Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Spread the broccoli and mushrooms on a baking sheet. Drizzle with half the olive oil, add the minced garlic, and toss to coat evenly. Roast for 12–15 minutes, until tender and golden at the edges.
3. While the veggies roast, heat a skillet over medium-high heat. Rub the steak with the remaining olive oil and season it lightly.
4. Sear the steak for 3–4 minutes per side for medium-rare, or adjust to your preferred doneness.
5. If desired, add rosemary and red wine to the skillet in the last minute, scraping up any browned bits to create a quick pan sauce.
6. Serve the steak alongside the roasted vegetables, spooning the sauce over the top if prepared.

Storage & Reheating:
- Keep sealed in an airtight container inside the fridge for up to 2 days. Warm the steak carefully to prevent overcooking.

Nutritional Information (Per Serving):
- Calories: 420
- Protein: 30 g
- Carbohydrates: 10 g
- Fat: 28 g
- Sodium: 120 mg
- Fiber: 3 g

Salmon Spinach Salad

8 minutes | 0 minutes | 1 | Stovetop / No-Cook Assembly



Ingredients:
- 4 oz (115 g) raw salmon fillet
- 2 cups (2 oz / 60 g) baby spinach leaves
- ½ medium avocado (2.8 oz / 80 g), sliced
- 2 tbsp (0.7 oz / 20 g) chopped nuts (walnuts, almonds, or pecans)
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- Optional: 1 tsp (5 ml) fresh lemon juice
- Optional: ½ tsp (0.02 oz / 0.5 g) fresh chopped dill

Instructions:
1. Heat olive oil in a non-stick skillet over medium-high heat.
2. Add the salmon fillet and cook for 3–4 minutes per side, until the flesh flakes easily with a fork. Remove and let it rest briefly.
3. Arrange the baby spinach on a serving plate, then top with avocado slices and chopped nuts.
4. Flake the cooked salmon over the salad.
5. If desired, drizzle with lemon juice and sprinkle with dill for a fresh, aromatic finish.

Storage & Reheating:
- Optimal when eaten fresh. If you need to store, place salmon apart from salad ingredients in the fridge for no more than 24 hours.

Nutritional Information (Per Serving):
- Calories: 380
- Protein: 28 g
- Carbohydrates: 8 g
- Fat: 28 g
- Sodium: 70 mg
- Fiber: 5 g

Turkey Stuffed Eggplant



8 minutes | 17 minutes | 1 | Baking / Stovetop

Ingredients:

- 1 small eggplant (6 oz / 170 g), halved lengthwise
- 4 oz (115 g) raw ground turkey
- ½ cup (2.6 oz / 75 g) diced tomatoes
- ½ tsp (0.02 oz / 0.5 g) mixed dried herbs
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- Optional: 1 tbsp (0.5 oz / 15 g) crumbled feta cheese
- Optional: ¼ tsp (0.5 g) dried oregano

Instructions:

1. Set the oven to 375°F (190°C). Hollow out the eggplant halves, leaving about ½ inch (1.3 cm) thick walls. Dice the scooped flesh and put it aside.
2. Warm olive oil in a pan over medium heat. Add ground turkey, breaking it up, and cook until fully browned, about 5–6 minutes.
3. Mix in the chopped eggplant flesh, diced tomatoes, and herbs. Cook for another 3–4 minutes until softened and combined.
4. Fill the eggplant shells evenly with the turkey mixture and arrange them on a baking tray.
5. Bake for 8–10 minutes, until the eggplant is tender. If desired, sprinkle with feta and oregano in the last 2 minutes of baking.

Storage & Reheating:

- Store in an airtight container in the refrigerator for up to 2 days. Reheat in the oven at 325°F (165°C) until warmed through.

Nutritional Information (Per Serving):

- Calories: 340
- Protein: 26 g
- Carbohydrates: 14 g
- Fat: 20 g
- Sodium: 140 mg
- Fiber: 6 g

Cod & Vegetable Packets



5 minutes | 13 minutes | 1 | Baking (Foil Packets)

Ingredients:

- 4 oz (115 g) raw cod fillet
- 1 cup (3.5 oz / 100 g) mixed vegetables (such as zucchini, carrots, bell peppers)
- 1 tsp (5 ml) fresh lemon juice
- ½ tsp (0.02 oz / 0.5 g) mixed dried herbs
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- Optional: 1 tbsp (0.5 fl oz / 15 ml) dry white wine
- Optional: 1 tsp (5 g) capers, drained

Instructions:

1. Preheat the oven to 375°F (190°C). Tear off a piece of parchment paper or foil large enough to wrap the fish and vegetables.
2. Position the cod fillet centrally on the sheet, surrounding it with the mixed vegetables.
3. Drizzle with olive oil and lemon juice, then sprinkle with dried herbs.
4. For added taste, optionally include white wine and capers.
5. Fold the parchment or foil over the fish and vegetables, sealing the edges to form a packet.
6. Place on a baking sheet and bake for 12–13 minutes, until the cod flakes easily with a fork and vegetables are tender.

Storage & Reheating:

- Store in an airtight container in the refrigerator for up to 2 days. Reheat gently in the oven at 325°F (165°C) until warmed through.

Nutritional Information (Per Serving):

- Calories: 300
- Protein: 24 g
- Carbohydrates: 9 g
- Fat: 18 g
- Sodium: 120 mg
- Fiber: 3 g

Chicken Lettuce Tacos

4 minutes | 8 minutes | 1 | Stovetop / No-Cook Assembly



Ingredients:

- 4 oz (115 g) raw ground chicken
- 3 large lettuce leaves (1 oz / 30 g)
- ½ cup (2.6 oz / 75 g) diced tomatoes
- ½ medium avocado (2.8 oz / 80 g), diced
- 1 tsp (5 ml) fresh lime juice
- Optional: 1 tsp (0.05 oz / 1.5 g) chopped fresh cilantro
- Optional: 1 tsp (5 ml) hot sauce

Instructions:

1. Heat a non-stick skillet over medium heat. Add the ground chicken and cook for 6–7 minutes, breaking it apart, until fully browned and cooked through (165°F / 74°C internally).
2. While the chicken cooks, prepare the lettuce leaves, tomatoes, and avocado.
3. Once cooked, drizzle the chicken with lime juice and stir to coat.
4. Spoon the chicken evenly into the lettuce leaves.
5. Top with diced tomatoes and avocado. If desired, garnish with cilantro and a splash of hot sauce before serving.

Storage & Reheating:

- Keep the chicken filling and lettuce leaves stored separately in the fridge for up to 2 days. Warm the filling in a pan before assembling.

Nutritional Information (Per Serving):

- Calories: 320
- Protein: 25 g
- Carbohydrates: 9 g
- Fat: 21 g
- Sodium: 150 mg
- Fiber: 5 g

Beef Zucchini Boats

6 minutes | 16 minutes | 1 | Baking / Stovetop



Ingredients:

- 1 medium zucchini (6 oz / 170 g), halved lengthwise
- 4 oz (115 g) raw lean ground beef
- ½ cup (2.6 oz / 75 g) diced tomatoes
- 2 tbsp (1 oz / 28 g) shredded cheese (mozzarella or cheddar)
- ½ tsp (0.02 oz / 0.5 g) mixed dried herbs
- Optional: 1 small garlic clove (0.1 oz / 3 g), minced
- Optional: 2–3 fresh basil leaves (1 g), chopped

Instructions:

1. Preheat the oven to 375°F (190°C). Scoop out some flesh from each zucchini half to create a hollow center, leaving about ½ inch (1.3 cm) thickness. Chop the scooped-out flesh and set aside.
2. Warm a non-stick pan over medium heat. Add ground beef and cook for 5–6 minutes, breaking it up with a spatula until fully browned.
3. Mix in diced tomatoes, chopped zucchini flesh, and dried herbs. Optionally, stir in minced garlic for extra fragrance. Cook for another 2–3 minutes.
4. Evenly fill the hollowed zucchini halves with the beef mixture and arrange on a baking sheet.
5. Top with shredded cheese and bake for 8–10 minutes, until zucchini softens and cheese turns golden and melted.
6. If you like, garnish with chopped basil before serving.

Storage & Reheating:

- Store in an airtight container in the refrigerator for up to 2 days. Reheat in the oven at 325°F (165°C) until warmed through.

Nutritional Information (Per Serving):

- Calories: 360
- Protein: 24 g
- Carbohydrates: 10 g
- Fat: 25 g
- Sodium: 180 mg
- Fiber: 3 g

Lemon Chicken with Asparagus/Broccoli/Green Beans



4 minutes | 12 minutes | 1 | Sautéing

Ingredients:

- 4 oz raw chicken breast (115 g)
- 1 cup asparagus spears, trimmed (3.5 oz / 100 g) — can be replaced with broccoli or green beans
- 1 tsp fresh lemon juice (0.17 fl oz / 5 ml)
- ¼ tsp freshly ground black pepper (0.5 g)
- 1 tsp olive oil (0.17 fl oz / 5 ml)
- Optional: ¼ tsp dried thyme (0.5 g)
- Optional: 1 small garlic clove, minced (0.1 oz / 3 g)

Instructions:

1. Heat half of the olive oil in a skillet over medium-high heat.
2. Season the chicken breast with black pepper (and thyme if you're using it), then place it in the skillet. Cook for 4–5 minutes per side until golden, with an internal temperature of 165°F (74°C). Remove and let it rest briefly.
3. Add the remaining olive oil to the skillet, followed by asparagus (or broccoli or green beans) and garlic if desired. Sauté for 3–4 minutes until tender-crisp.
4. Return the chicken to the pan, drizzle with lemon juice, and toss gently with the vegetables before serving.

Storage & Reheating:

- Store in an airtight container in the refrigerator for up to 2 days. Reheat gently in a skillet over medium heat.

Nutritional Information (Per Serving):

- Calories: 340
- Protein: 30 g
- Carbohydrates: 5 g
- Fat: 22 g
- Sodium: 120 mg
- Fiber: 2 g

Pan-Seared Fresh Tuna with Spinach



5 minutes | 7 minutes | 1 | Pan-Searing

Ingredients:

- 5 oz fresh tuna steak (150 g)
- 1 handful fresh spinach (about 1 oz / 30 g)
- 1 clove garlic, minced (about 0.1 oz / 3 g)
- 1 tsp olive oil (0.17 fl oz / 5 ml)
- Juice of ½ lemon (about 1 tbsp / 15 ml)

Instructions:

1. Heat the olive oil in a skillet over medium-high heat. Place the tuna steak in the pan and sear for 2–3 minutes per side until golden on the outside but still tender inside.
2. Transfer the tuna to a plate and let it rest briefly.
3. In the same skillet, sauté the garlic for about 30 seconds, then add the spinach. Cook for 1–2 minutes until just wilted and bright green.
4. Slice the tuna and serve it over the spinach. Drizzle with lemon juice and season lightly with black pepper.

Storage & Reheating:

- Best enjoyed fresh. If stored, keep in the refrigerator for up to 1 day in a sealed container. Reheat very gently in a skillet to avoid overcooking.

Nutritional Information (Per Serving):

- Calories: 230
- Protein: 30 g
- Carbohydrates: 3 g
- Fat: 11 g
- Sodium: 75 mg
- Fiber: 1 g

Pork Tenderloin & Vegetables

5 minutes | 15 minutes | 1 | Stovetop / Sauté

Ingredients:

- 4 oz (115 g) raw pork tenderloin, sliced into medallions
- 1 cup (3.5 oz / 100 g) green beans, trimmed
- ½ cup (2.6 oz / 75 g) sliced carrots
- ½ tsp (0.02 oz / 0.5 g) mixed dried herbs
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- Optional: ½ tsp (0.02 oz / 0.5 g) fresh rosemary, chopped
- Optional: 1 tsp (5 ml) balsamic vinegar

Instructions:

1. Heat half the olive oil in a skillet over medium-high heat.
2. Place the pork medallions in the skillet and cook each side for 3–4 minutes until golden and reaching an internal temperature of 145°F (63°C). Remove and let rest on a plate.
3. Add the remaining olive oil to the skillet along with green beans and carrots. Sauté for 5–6 minutes, stirring occasionally, until vegetables are tender-crisp.
4. Season the vegetables with dried herbs, and if desired, add rosemary for extra aroma.
5. Return the pork to the skillet, drizzle with balsamic vinegar if using, toss lightly, and serve.



Storage & Reheating:

- Store in an airtight container in the refrigerator for up to 2 days. Reheat gently in a skillet over medium heat.

Nutritional Information (Per Serving):

- Calories: 360
- Protein: 28 g
- Carbohydrates: 10 g
- Fat: 22 g
- Sodium: 120 mg
- Fiber: 3 g

Ginger Garlic Shrimp Stir-Fry with Vegetables (Asian-Style)

8 minutes | 8 minutes | 1 | Stir-Frying

Ingredients:

- 5 oz fresh shrimp, peeled and deveined (150 g)
- 1 red bell pepper, sliced (about 5 oz / 140 g)
- 3½ oz broccoli florets (100 g)
- 1 clove garlic, minced (about 0.1 oz / 3 g)
- 1 tsp fresh ginger, grated (0.2 oz / 5 g)

Instructions:

1. Heat a non-stick skillet or wok over medium-high heat. Add the shrimp and cook for 2–3 minutes until they turn pink and opaque, then remove and set aside.
2. In the same skillet, add the garlic and ginger. Sauté for about 30 seconds until fragrant.
3. Toss in the red bell pepper and broccoli florets. Stir-fry for 4–5 minutes until tender-crisp and vibrant in color.
4. Return the shrimp to the pan, toss everything together, and, if desired, season with a splash of low-sodium soy sauce or a sprinkle of sesame seeds before serving.



Storage & Reheating:

- Best eaten fresh. If stored, refrigerate in a sealed container for up to 1 day. Reheat quickly in a skillet or wok to avoid overcooking the shrimp.

Nutritional Information (Per Serving):

- Calories: 220
- Protein: 27 g
- Carbohydrates: 9 g
- Fat: 9 g
- Sodium: 110 mg
- Fiber: 3 g

Chicken Mushroom Skillet



5 minutes | 13 minutes | 1 | Stovetop / Sauté

Ingredients:

- 4 oz (115 g) raw boneless, skinless chicken thigh
- 1 cup (3.5 oz / 100 g) sliced mushrooms
- 1 cup (1 oz / 30 g) fresh spinach leaves
- 1 small garlic clove (0.1 oz / 3 g), minced
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- Optional: ¼ tsp (0.5 g) dried thyme
- Optional: 1 tbsp (0.5 fl oz / 15 ml) dry white wine

Instructions:

1. Heat olive oil in a non-stick skillet over medium-high heat.
2. Place the chicken thigh in the skillet and cook 5–6 minutes per side until golden and reaching an internal temperature of 165°F (74°C). Remove and set aside.
3. Add mushrooms to the same skillet and cook for 4–5 minutes until they soften and turn golden.
4. Stir in garlic (and thyme if desired) and cook for 30 seconds until fragrant.
5. Add spinach and cook for 1–2 minutes until wilted. Optionally, pour in white wine and simmer briefly.
6. Return the chicken to the skillet, coat it with the mushroom and spinach mixture, and serve.

Storage & Reheating:

- Store in an airtight container in the refrigerator for up to 2 days. Reheat gently in a skillet over medium heat.

Nutritional Information (Per Serving):

- Calories: 340
- Protein: 26 g
- Carbohydrates: 5 g
- Fat: 23 g
- Sodium: 150 mg
- Fiber: 2 g

Beef Cabbage Rolls



8 minutes | 17 minutes | 1 | Stovetop / Simmer

Ingredients:

- 2 large cabbage leaves (3 oz / 85 g)
- 4 oz (115 g) raw lean ground beef
- ½ cup (2.6 oz / 75 g) diced tomatoes
- ¼ cup (1.2 oz / 35 g) diced onion
- ½ tsp (0.02 oz / 0.5 g) mixed dried herbs
- Optional: ½ tsp (0.02 oz / 0.5 g) sweet paprika
- Optional: ½ tsp (0.02 oz / 0.5 g) chopped fresh dill

Instructions:

1. Bring a pot of water to a boil. Add cabbage leaves and blanch for 1–2 minutes until pliable. Drain and pat dry.
2. Heat a skillet over medium heat and cook the ground beef together with the onion for about 5 to 6 minutes, until the meat is nicely browned.
3. Add the diced tomatoes and dried herbs, along with paprika if you choose, then let the mixture simmer for 2 to 3 minutes until it thickens slightly.
4. Lay a cabbage leaf flat and place half of the beef mixture in the center. Fold the sides over and roll it up tightly. Repeat the process with the second leaf.
5. Return the cabbage rolls to the skillet, cover them, and simmer for 5 minutes so the flavors can blend well.
6. Optionally, garnish with freshly chopped dill before serving.

Storage & Reheating:

- Keep in an airtight container in the refrigerator for up to 2 days. Reheat gently in a skillet over low heat or in the microwave until warmed through.

Nutritional Information (Per Serving):

- Calories: 320
- Protein: 22 g
- Carbohydrates: 10 g
- Fat: 20 g
- Sodium: 150 mg
- Fiber: 3 g

Turkey Pepper Stir-Fry

4 minutes | 8 minutes | 1 | Stovetop / Stir-Fry

Ingredients:

- 4 oz (115 g) raw ground turkey
- 1 cup (3.5 oz / 100 g) sliced bell peppers (mixed colors)
- ¼ cup (1.2 oz / 35 g) sliced onion
- ½ tsp (0.07 oz / 2 g) grated fresh ginger
- 1 tsp (0.17 fl oz / 5 ml) coconut oil
- Optional: 1 tsp (5 ml) low-sodium soy sauce
- Optional: ½ tsp (2.5 ml) sesame oil

Instructions:

1. Heat coconut oil in a large skillet or wok over medium-high heat.
2. Add the ground turkey and cook for 4–5 minutes, breaking it apart with a spatula, until browned and cooked through.
3. Stir in the sliced bell peppers, onion, and grated ginger. Cook for 3–4 minutes until the vegetables are tender-crisp.
4. If desired, drizzle with soy sauce and sesame oil, tossing to coat evenly.
5. Serve hot, either on its own or over a small bed of greens.



Storage & Reheating:

- Store in an airtight container in the refrigerator for up to 2 days. Reheat in a skillet over medium heat until warmed through.

Nutritional Information (Per Serving):

- Calories: 300
- Protein: 24 g
- Carbohydrates: 8 g
- Fat: 19 g
- Sodium: 150 mg
- Fiber: 2 g

Teriyaki Salmon with Broccoli & Carrots (Asian-Style)

8 minutes | 12 minutes | 1 | Pan-Searing & Stir-Frying

Ingredients:

- 1 fresh salmon fillet (5 oz / 150 g)
- 3½ oz broccoli florets (100 g)
- 1 medium carrot, sliced thin (about 3 oz / 85 g)
- 1 clove garlic, minced (about 0.1 oz / 3 g)
- 1 tbsp low-sodium teriyaki sauce or soy sauce mixed with honey (0.5 fl oz / 15 ml)

Instructions:

1. Heat a skillet over medium-high heat. Place the salmon fillet skin-side down and cook for 3–4 minutes per side until golden and fully cooked. Remove from the pan and set aside.
2. In the same skillet, add the minced garlic. Sauté for about 30 seconds until fragrant.
3. Add the broccoli florets and carrot slices. Stir-fry for 4–5 minutes until the vegetables are crisp-tender and vibrant.
4. Drizzle the teriyaki sauce over the vegetables, then return the salmon on top. Toss gently and serve as a balanced, flavorful dish.



Storage & Reheating:

- Best eaten fresh. If stored, keep in the refrigerator for up to 1 day in a sealed container. Reheat gently in a skillet over low heat.

Nutritional Information (Per Serving):

- Calories: 280
- Protein: 28 g
- Carbohydrates: 11 g
- Fat: 14 g
- Sodium: 290 mg
- Fiber: 3 g

Chicken & Broccoli Stir-Fry with Ginger (Asian-Style)



8 minutes | 12 minutes | 1 | Stir-Frying

Ingredients:
- 5 oz chicken breast, sliced thin (150 g)
- 3½ oz broccoli florets (100 g)
- 1 medium carrot, sliced thin (about 3 oz / 85 g)
- 1 clove garlic, minced (about 0.1 oz / 3 g)
- 1 tsp fresh ginger, grated (0.2 oz / 5 g)

Instructions:
1. Heat a non-stick skillet or wok over medium-high heat. Add the chicken slices and cook for 5–6 minutes until golden and fully cooked through. Remove and set aside.
2. In the same skillet, add the garlic and ginger. Sauté for about 30 seconds until fragrant.
3. Toss in the broccoli florets and carrot slices. Stir-fry for 4–5 minutes until the vegetables are tender-crisp and brightly colored.
4. Return the chicken to the pan, tossing everything together. For extra flavor, finish with a splash of low-sodium soy sauce if desired, then serve hot.

Storage & Reheating:
- Store in the refrigerator for up to 1 day in a sealed container. Reheat gently in a skillet over low heat until warmed through.

Nutritional Information (Per Serving):
- Calories: 240
- Protein: 28 g
- Carbohydrates: 9 g
- Fat: 10 g
- Sodium: 95 mg
- Fiber: 3 g

Cod Tomato Bake



5 minutes | 15 minutes | 1 | Baking

Ingredients:
- 4 oz (115 g) raw cod fillet
- ½ cup (2.6 oz / 75 g) diced tomatoes
- 1 cup (3.5 oz / 100 g) sliced zucchini
- ½ tsp (0.02 oz / 0.5 g) mixed dried herbs
- 1 tsp (0.17 fl oz / 5 ml) olive oil
- Optional: 4 pitted olives (0.4 oz / 12 g), sliced
- Optional: 1 tbsp (0.5 oz / 15 g) crumbled feta cheese

Instructions:
1. Preheat the oven to 375°F (190°C).
2. Place the cod fillet in a small baking dish and arrange the zucchini and tomatoes around it.
3. Lightly coat with olive oil and dust with dried herbs.
4. Optionally, toss in olives and crumbled feta to boost the flavor.
5. Bake for 12–15 minutes, until the cod flakes easily with a fork and the vegetables are tender.

Storage & Reheating:
- Store in an airtight container in the refrigerator for up to 2 days. Reheat in the oven at 325°F (165°C) until warmed through.

Nutritional Information (Per Serving):
- Calories: 280
- Protein: 26 g
- Carbohydrates: 6 g
- Fat: 16 g
- Sodium: 110 mg
- Fiber: 2 g

CHAPTER 7: POWER SNACKS & MINI TREATS

16 crave-calming bites you can make in 15 minutes or less, using just four everyday staples. Each recipe includes built-in flavor enhancers right in the ingredient list, so you get extra taste without extra steps.

What This Chapter Does for You

- **Keeps hunger quiet between meals.** Each recipe balances quick protein with fiber or healthy fats to stabilize blood sugar and curb grazing.
- **Fits a smaller appetite.** Portions are modest—satisfying without overfilling a GLP-1-slowed stomach.
- **Delivers speed without sacrifice.** Simple, four-ingredient formulas are paired with flavor-boosting touches already included in the recipe, so there's no need to think about add-ons.



Protein Energy Balls



10 minutes | 0 minutes | 1 | No-Cook

Ingredients:
- 1 scoop (1 oz / 28 g) vanilla protein powder
- 1 tbsp (0.56 oz / 16 g) almond butter
- ¼ cup (0.85 oz / 24 g) rolled oats
- 1 tsp (0.25 oz / 7 g) honey
- Optional: 1 tsp (0.07 oz / 2 g) unsweetened shredded coconut
- Optional: 1 tsp (0.1 oz / 3 g) chia seeds

Instructions:
1. In a small mixing bowl, combine the protein powder, almond butter, oats, and honey.
2. Stir until the mixture forms a thick, slightly sticky dough. If too dry, add a drop of water; if too wet, add a pinch more oats.
3. Shape the dough into bite-sized balls, roughly 1 inch (2.5 cm) across.
4. Optionally, coat the balls with shredded coconut or sprinkle with chia seeds for extra texture and nutrition.
5. Refrigerate for 10–15 minutes to firm up before serving.

Storage & Reheating:
- Store in an airtight container in the refrigerator for up to 3 days.

Nutritional Information (Per Serving):
- Calories: 180
- Protein: 15 g
- Carbohydrates: 17 g
- Fat: 7 g
- Sodium: 50 mg
- Fiber: 3 g

Greek Yogurt Berry Bowl



5 minutes | 0 minutes | 1 | No-Cook

Ingredients:
- ¾ cup (6 oz / 170 g) plain Greek yogurt
- ½ cup (2.6 oz / 75 g) mixed fresh berries (such as strawberries, blueberries, raspberries)
- 2 tbsp (0.7 oz / 20 g) chopped nuts (walnuts, almonds, or pecans)
- 1 tsp (0.25 oz / 7 g) honey
- Optional: 2 tbsp (0.7 oz / 20 g) granola
- Optional: 2–3 fresh mint leaves (1 g), chopped or whole

Instructions:
1. Spoon the Greek yogurt into a serving bowl and smooth the surface.
2. Top with mixed berries, letting their colors shine for a bright, fresh appearance.
3. Scatter chopped nuts over the berries for added crunch.
4. Drizzle honey generously on top.
5. Optionally, add granola for extra texture and finish with fresh mint leaves to enhance aroma and freshness.

Storage & Reheating:
- For the freshest taste, consume right away. If you need to store, keep the fruit and yogurt in separate containers in the fridge for no longer than one day.

Nutritional Information (Per Serving):
- Calories: 200
- Protein: 18 g
- Carbohydrates: 20 g
- Fat: 7 g
- Sodium: 55 mg
- Fiber: 4 g

Avocado Tuna Egg Bowl with Spinach

8 minutes | 3 minutes | 1 | Assembly

Ingredients:

- ½ avocado, cubed (about 3 oz / 85 g)
- 2¾ oz fresh tuna, lightly seared or poached, flaked (80 g)
- 1 hard-boiled egg, sliced (about 2 oz / 55 g)
- 1 handful fresh spinach (about 1 oz / 30 g)
- Juice of ½ lemon (about 1 tbsp / 15 ml)

Instructions:

1. In a skillet, sear or poach the fresh tuna for 2–3 minutes until just cooked through, then flake it gently into chunks.
2. Slice the hard-boiled egg and cube the avocado into bite-sized pieces.
3. Arrange the spinach in a serving bowl as the fresh, leafy base. Top with avocado, egg slices, and the flaked tuna.
4. Drizzle with lemon juice, season lightly with black pepper, and enjoy this light yet satisfying bowl.



Storage & Reheating:

- Best enjoyed fresh. If stored, keep in the refrigerator for up to 6 hours. Avoid reheating to preserve freshness.

Nutritional Information (Per Serving):

- Calories: 270
- Protein: 22 g
- Carbohydrates: 7 g
- Fat: 17 g
- Sodium: 80 mg
- Fiber: 4 g

Protein Cream (Cottage + Yogurt + Nuts)

8 minutes | 0 minutes | 1 | Mixing

Ingredients:

- ½ cup cottage cheese (4 oz / 115 g)
- ½ cup plain Greek yogurt (4 oz / 115 g)
- ½ cup fresh berries (3 oz / 85 g)
- 2 tbsps walnuts, chopped (½ oz / 15 g)
- 1 tsp honey (0.14 oz / 4 g)

Instructions:

1. In a small bowl, combine the cottage cheese and Greek yogurt. Mix until smooth and creamy, forming the base of the protein cream.
2. Add the fresh berries, letting their color and natural sweetness swirl into the mixture.
3. Sprinkle the chopped walnuts on top to add crunch and a nutty aroma.
4. Finish with a light drizzle of honey for gentle sweetness. Stir lightly, or leave layered for a textured presentation.



Storage & Reheating:

- Best eaten fresh. If stored, refrigerate in a sealed container for up to 12 hours. Stir gently before serving.

Nutritional Information (Per Serving):

- Calories: 260
- Protein: 20 g
- Carbohydrates: 22 g
- Fat: 12 g
- Sodium: 90 mg
- Fiber: 3 g

Fresh Tuna & Cucumber Salad (Mediterranean Style)



10 minutes | 3 minutes | 1 | Assembly

Ingredients:

- 3½ oz fresh tuna, lightly seared and diced (100 g)
- 1 cup cucumber, cubed (about 4 oz / 115 g)
- ½ cup cherry tomatoes, halved (about 3 oz / 85 g)
- 1 tsp olive oil (0.17 fl oz / 5 ml)
- 1 tbsp fresh parsley, chopped (0.2 oz / 5 g)

Instructions:

1. Lightly sear the fresh tuna in a skillet for 2–3 minutes until just cooked on the outside but tender inside. Dice into bite-sized pieces.
2. Cube the cucumber and halve the cherry tomatoes, letting their freshness and bright colors stand out.
3. In a bowl, combine tuna, cucumber, and tomatoes. Drizzle with olive oil and toss gently to coat.
4. Sprinkle with fresh parsley before serving for a fragrant, Mediterranean finish.

Storage & Reheating:

- Best served fresh. If stored, keep in the refrigerator for up to 6 hours. Do not reheat.

Nutritional Information (Per Serving):

- Calories: 210
- Protein: 23 g
- Carbohydrates: 7 g
- Fat: 11 g
- Sodium: 70 mg
- Fiber: 2 g

Baked Cottage Cheese Protein Cups



5 minutes | 20 minutes | 1 | Baking

Ingredients:

- 1 cup low-fat cottage cheese (8½ oz / 240 g)
- 2 large eggs (3½ oz / 100 g)
- ½ cup chopped spinach or kale (2 oz / 60 g)
- ¼ cup grated mozzarella or light cheese (1 oz / 25 g)
- Pinch of black pepper (about 0.05 oz / 1 g)

Instructions:

1. Preheat the oven to 375°F (190°C). Lightly grease a muffin tin or line it with parchment cups.
2. In a mixing bowl, whisk the eggs until smooth. Stir in the cottage cheese, spinach or kale, and grated mozzarella.
3. Season with a little black pepper and mix until well combined.
4. Spoon the mixture into the muffin cups, filling each about three-quarters full.
5. Bake for 18–20 minutes, until the tops are golden and the centers are set.
6. Allow to cool slightly before removing from the tin. Enjoy warm or chilled.

Storage & Reheating:

- Store in the refrigerator in a sealed container for up to 2 days. Reheat in the oven for a few minutes, or enjoy cold.

Nutritional Information (Per Serving):

- Calories: 180
- Protein: 20 g
- Carbohydrates: 5 g
- Fat: 9 g
- Sodium: 240 mg
- Fiber: 1 g

Protein Smoothie Pops

5 minutes | 0 minutes* | 1 | No-Cook / Freezing



Ingredients:
- 1 scoop (1 oz / 28 g) vanilla protein powder
- ½ cup (2.6 oz / 75 g) mixed berries (fresh or frozen)
- ½ cup (4 fl oz / 120 ml) coconut milk
- 1–2 drops liquid stevia (or to taste)
- Optional: ¼ tsp (1 g) vanilla extract
- Optional: 1 tsp (5 ml) fresh lime juice

Instructions:
1. Combine protein powder, berries, coconut milk, and stevia in a blender jar.
2. Blend on high speed until the mixture becomes smooth and creamy, with no berry pieces remaining.
3. Optionally, add vanilla extract for richness or a splash of lime juice for a refreshing zing, then blend briefly once more.
4. Pour the mixture into popsicle molds, leaving a little space at the top for expansion during freezing.
5. Insert sticks and freeze for at least 3–4 hours, or until completely solid.

Storage & Reheating:
- Store in the freezer in the molds or wrapped individually for up to 1 month.

Nutritional Information (Per Serving):
- Calories: 120
- Protein: 20 g
- Carbohydrates: 6 g
- Fat: 3 g
- Sodium: 45 mg
- Fiber: 2 g

* plus freezing time

Egg Muffin Bites

5 minutes | 10 minutes | 1 | Baking



Ingredients:
- 2 large eggs (3.5 oz / 100 g)
- ½ cup (2.6 oz / 75 g) chopped mixed vegetables (such as bell pepper, zucchini, or mushrooms)
- 2 tbsp (1 oz / 28 g) shredded cheese (cheddar, mozzarella, or feta)
- ½ tsp (0.02 oz / 0.5 g) mixed dried herbs
- Optional: ¼ cup (0.7 oz / 20 g) chopped fresh spinach
- Optional: 2 cherry tomatoes (1 oz / 30 g), diced

Instructions:
1. Preheat the oven to 375°F (190°C) and lightly grease a muffin tin or line with parchment cups.
2. In a bowl, whisk the eggs until smooth. Stir in the vegetables, cheese, and dried herbs.
3. If you like, fold in spinach and chopped cherry tomatoes to boost both flavor and color.
4. Spoon the mixture into a muffin tin, filling each cavity roughly three-quarters full.
5. Bake for 10–12 minutes, or until the eggs are set and the tops are lightly golden.
6. Let cool slightly before removing from the tin.

Storage & Reheating:
- Keep stored in a sealed container in the fridge for up to 2 days. Warm up by baking at 325°F (165°C) for 5 minutes or microwaving for 20 to 30 seconds.

Nutritional Information (Per Serving):
- Calories: 200
- Protein: 16 g
- Carbohydrates: 4 g
- Fat: 14 g
- Sodium: 200 mg
- Fiber: 1 g

Chia Seed Pudding



5 minutes | 0 minutes* | 1 | No-Cook / Refrigeration

Ingredients:
- 3 tbsp (1 oz / 28 g) chia seeds
- 1 cup (8 fl oz / 240 ml) unsweetened almond milk
- ¼ tsp (1 g) vanilla extract
- ¼ cup (1.25 oz / 35 g) fresh berries
- Optional: 1 tsp (0.1 oz / 3 g) unsweetened cacao powder
- Optional: 1 tsp (0.07 oz / 2 g) unsweetened shredded coconut

Instructions:
1. In a jar or small bowl, combine the chia seeds, almond milk, and vanilla extract. Stir well to ensure seeds are evenly dispersed.
2. Cover and refrigerate for at least 4 hours, or overnight, until the mixture thickens to a pudding-like consistency.
3. Before serving, stir the pudding to loosen it slightly.
4. Top with fresh berries, and if desired, sprinkle with cacao powder and shredded coconut for added flavor and texture.

Storage & Reheating:
- Store covered in the refrigerator for up to 3 days. No reheating needed.

Nutritional Information (Per Serving):
- Calories: 150
- Protein: 6 g
- Carbohydrates: 18 g
- Fat: 7 g
- Sodium: 60 mg
- Fiber: 9 g

* plus chilling time

Turkey Roll-Ups



5 minutes | 0 minutes | 1 | No-Cook Assembly

Ingredients:
- 3 oz (85 g) sliced cooked turkey breast
- 2 tbsp (1 oz / 28 g) cream cheese
- ¼ cup (1.2 oz / 35 g) cucumber sticks
- ½ tsp (0.02 oz / 0.5 g) mixed dried herbs
- Optional: 2 slices (1 oz / 30 g) avocado
- Optional: ¼ cup (0.5 oz / 15 g) fresh sprouts

Instructions:
1. Lay the turkey slices flat on a clean surface.
2. Spread a thin layer of cream cheese over each slice.
3. Place cucumber sticks at one end of each slice.
4. Sprinkle with dried herbs, and if desired, add avocado slices and fresh sprouts.
5. Roll the turkey slices tightly around the filling, then cut in half or serve whole.

Storage & Reheating:
- Ideal when eaten immediately. If you need to store it, place it in a sealed container in the fridge and consume it within 12 hours.

Nutritional Information (Per Serving):
- Calories: 180
- Protein: 18 g
- Carbohydrates: 4 g
- Fat: 10 g
- Sodium: 520 mg
- Fiber: 1 g

Protein Mug Cake

1 minutes | 1 minutes | 1 | Microwave Baking

Ingredients:
- 1 scoop (1 oz / 28 g) vanilla protein powder
- 1 large egg (1.75 oz / 50 g)
- ¼ tsp (1 g) baking powder
- ¼ tsp (1 g) vanilla extract
- Optional: ¼ cup (1.25 oz / 35 g) fresh berries
- Optional: ⅛ tsp (0.25 g) ground cinnamon

Instructions:
1. In a microwave-safe mug, combine the protein powder, egg, baking powder, and vanilla extract. Stir until smooth and well mixed.
2. If desired, mix in berries and cinnamon for added flavor.
3. Microwave on high for about 60–75 seconds, or until the cake has risen and set but is still soft in the center.
4. Allow it to cool briefly before enjoying straight from the mug or transferring it onto a plate.



Storage & Reheating:
- Enjoy immediately for the best taste. If storing, keep covered in the fridge for up to 12 hours and warm briefly in the microwave before serving.

Nutritional Information (Per Serving):
- Calories: 160
- Protein: 22 g
- Carbohydrates: 3 g
- Fat: 6 g
- Sodium: 140 mg
- Fiber: 0 g

Smoked Salmon Cucumber Bites

8 minutes | 0 minutes | 1 | No-Cook Assembly

Ingredients:
- 6 cucumber slices (3 oz / 85 g)
- 2 oz (55 g) smoked salmon, cut into small pieces
- 2 tbsp (1 oz / 28 g) cream cheese
- 1 tsp (0.14 oz / 4 g) fresh dill, chopped
- Optional: 1 tsp (5 g) capers, drained
- Optional: 1 tsp (5 ml) fresh lemon juice

Instructions:
1. Lay the cucumber slices evenly on a serving dish.
2. Spread a small amount of cream cheese over each slice.
3. Place a piece of smoked salmon on top of each.
4. Garnish with fresh dill, and optionally add capers and a light squeeze of lemon juice for added zest.
5. Serve immediately as a fresh, savory snack.



Storage & Reheating:
- Optimal when eaten fresh. If storing, keep in an airtight container in the fridge for up to 8 hours.

Nutritional Information (Per Serving):
- Calories: 170
- Protein: 14 g
- Carbohydrates: 3 g
- Fat: 11 g
- Sodium: 520 mg
- Fiber: 0 g

Coconut Protein Balls



12 minutes | 0 minutes | 1 | No-Cook

Ingredients:
- 2 tbsp (0.6 oz / 18 g) coconut flour
- 1 scoop (1 oz / 28 g) vanilla protein powder
- 1 tsp (0.17 fl oz / 5 ml) melted coconut oil
- 2–3 drops liquid stevia (or to taste)
- Optional: ¼ tsp (1 g) vanilla extract
- Optional: ½ tsp (0.02 oz / 1 g) lime zest

Instructions:
1. In a small bowl, combine the coconut flour and protein powder.
2. Stir in the melted coconut oil and stevia. Mix until a thick, moldable dough forms; add a drop of water if too dry.
3. If desired, add vanilla extract for richness and lime zest for a fresh citrus note.
4. Roll the dough into small balls, about 1 inch (2.5 cm) in diameter.
5. Place in the refrigerator for 10 minutes to firm up before serving.

Storage & Reheating:
- Store in an airtight container in the refrigerator for up to 3 days.

Nutritional Information (Per Serving):
- Calories: 180
- Protein: 20 g
- Carbohydrates: 6 g
- Fat: 9 g
- Sodium: 70 mg
- Fiber: 4 g

Edamame Hummus



10 minutes | 0 minutes | 1 | No-Cook / Blending

Ingredients:
- 1 cup (5 oz / 140 g) cooked, shelled edamame
- 1 tbsp (0.53 oz / 15 g) tahini
- 1 tsp (5 ml) fresh lemon juice
- 1 small garlic clove (0.1 oz / 3 g), minced
- Optional: ⅛ tsp (0.25 g) ground cumin
- Optional: ⅛ tsp (0.25 g) sweet paprika

Instructions:
1. Add the cooked edamame, tahini, lemon juice, and garlic to a food processor or blender.
2. Blend until smooth, adding a little water as needed to achieve the preferred consistency.
3. Optionally, mix in cumin for warmth and paprika for a subtle smoky flavor, then blend again to combine.
4. Spoon into a small bowl and serve alongside fresh veggie sticks or whole grain crackers.

Storage & Reheating:
- Keep in an airtight container in the refrigerator for up to 2 days. No reheating needed.

Nutritional Information (Per Serving):
- Calories: 140
- Protein: 12 g
- Carbohydrates: 10 g
- Fat: 6 g
- Sodium: 20 mg
- Fiber: 4 g

Chocolate Avocado Mousse

8 minutes | 0 minutes | 1 | No-Cook / Blending

Ingredients:

- ½ medium avocado (2.8 oz / 80 g)
- 1 tbsp (0.18 oz / 5 g) unsweetened cocoa powder
- 1 scoop (1 oz / 28 g) chocolate or vanilla protein powder
- 2–3 drops liquid stevia (or to taste)
- Optional: ¼ tsp (1 g) vanilla extract
- Optional: ¼ cup (1.25 oz / 35 g) fresh berries

Instructions:

1. Combine the avocado, cocoa powder, protein powder, and stevia in a blender or food processor.
2. Blend until completely smooth and creamy, scraping down the sides as needed.
3. Optionally, add vanilla extract for enhanced flavor and blend once more.
4. Spoon the mousse into a serving dish and top with fresh berries if using.
5. Refrigerate for 10–15 minutes before serving to achieve a firmer texture.



Storage & Reheating:

- Store covered in the refrigerator for up to 12 hours. No reheating needed.

Nutritional Information (Per Serving):

- Calories: 190
- Protein: 18 g
- Carbohydrates: 10 g
- Fat: 9 g
- Sodium: 70 mg
- Fiber: 6 g

Stuffed Mini Peppers

10 minutes | 5 minutes | 1 | No-Cook / Optional Baking

Ingredients:

- 4 mini bell peppers (4 oz / 115 g), halved and seeded
- 2 tbsp (1 oz / 28 g) goat cheese
- ½ tsp (0.02 oz / 0.5 g) mixed dried herbs
- 1 tbsp (0.35 oz / 10 g) chopped nuts (walnuts, almonds, or pecans)
- Optional: 1 tsp (5 ml) honey
- Optional: 1 tsp (5 ml) balsamic glaze

Instructions:

1. Slice the mini bell peppers in half lengthwise and discard the seeds.
2. Spoon goat cheese into each pepper half, spreading evenly with a small spoon or knife.
3. Sprinkle with dried herbs and top with chopped nuts for crunch.
4. Optionally, drizzle with honey for sweetness or balsamic glaze for a tangy finish.
5. Serve fresh, or bake at 375°F (190°C) for 4–5 minutes for a warm version.



Storage & Reheating:

- Store in an airtight container in the refrigerator for up to 1 day. If baked, reheat in the oven at 325°F (165°C) for 5 minutes.

Nutritional Information (Per Serving):

- Calories: 160
- Protein: 10 g
- Carbohydrates: 7 g
- Fat: 11 g
- Sodium: 160 mg
- Fiber: 2 g

CHAPTER 8: 4-WEEK MODULAR MEAL PLAN

Week 1 – Active-Loss Phase

Day	Breakfast	Lunch	Dinner	Snack (Optional)
1	Berry Walnut Oatmeal	Lemon Garlic Turkey or Chicken with Zucchini	Sheet Pan Salmon & Vegetables	Greek Yogurt Berry Bowl
2	Avocado Tomato Scramble	Salmon Quinoa Veggie Bowl	Chicken Zucchini Skillet	Protein Energy Balls
3	Banana Oat Pancakes	Turkey Lettuce Wraps	Pork Chop & Brussels Sprouts	Almond Butter Celery
4	Strawberry Lemon Skyr	Lentil & Veggie Stew	Lemon Herb Cod	Chia Seed Pudding
5	Mushroom Herb Omelet	Cod Fish Tacos	Turkey Meatballs & Zoodles	Stuffed Mini Peppers
6	Quinoa Berry Porridge	Garlic Ginger Tofu Stir-Fry with Vegetables (Asian-Style)	Steak & Roasted Vegetables	Edamame Hummus
7	Mango Yogurt Parfait	Turkey Meatballs with Tomato & Eggplant (Mediterranean Style)	Chicken Caprese Skillet	Protein Smoothie Pops

Week 2 – Active-Loss Phase

Day	Breakfast	Lunch	Dinner	Snack (Optional)
1	Kefir Spinach & Berry Smoothie	Lean Beef or Turkey with Mushrooms Skillet	Chicken Mushroom Skillet	Turkey Roll-Ups
2	Egg, Avocado & Spinach Low-Carb Bowl	Shrimp Zucchini Noodles	Cod & Vegetable Packets	Smoked Salmon Cucumber Bites
3	Protein Pancakes	Chickpea & Tomato Stew (Mediterranean-Style)	Turkey Pepper Stir-Fry	Protein Mug Cake
4	Ricotta with Strawberries & Lemon	Garlic Herb Pork Tenderloin with Green Beans	Pan-Seared Fresh Tuna with Spinach	Coconut Protein Balls
5	Quinoa Breakfast Bowl	Quinoa Stuffed Peppers	Chicken Lettuce Tacos	Chocolate Avocado Mousse
6	Egg Muffin Cup	Turkey Avocado Wrap	Beef Zucchini Boats	Protein Cream (Cottage + Yogurt + Nuts)
7	Vanilla Chia Pudding with Berries	Salmon Cucumber Rolls	Ginger Garlic Shrimp Stir-Fry with Vegetables (Asian-Style)	Fresh Tuna & Cucumber Salad (Mediterranean Style)

Week 3 – Active-Loss Phase

Day	Breakfast	Lunch	Dinner	Snack (Optional)
1	Superfood Smoothie Bowl	Lemon Garlic Salmon or Cod with Green Beans	Beef Cauliflower Rice	Avocado Tuna Egg Bowl with Spinach
2	Green Protein Smoothie with Kefir, Spinach & Avocado	Chicken Veggie Stir-Fry	Shrimp Cauliflower Curry	Egg Muffin Bites
3	Egg White Veggie Omelet	Baked Sea Bass with Tomatoes & Basil (Mediterranean Style)	Salmon Spinach Salad	Edamame Hummus
4	Matcha Smoothie with Yogurt	Beef Lettuce Cups	Turkey Stuffed Eggplant	Greek Yogurt Berry Bowl
5	Cottage Cheese Pancakes	Tuna Stuffed Tomatoes	Lemon Chicken with Asparagus/Broccoli/ Green Beans	Protein Energy Balls
6	Protein Cream with Cottage Cheese, Yogurt, Berries & Walnuts	Lean Beef or Turkey with Mushrooms Skillet	Pork Tenderloin & Vegetables	Chocolate Avocado Mousse
7	Kefir Spinach & Berry Smoothie	Turkey Lettuce Wraps	Teriyaki Salmon with Broccoli & Carrots (Asian-Style)	Protein Smoothie Pops

Week 4 – Active-Loss Phase

Day	Breakfast	Lunch	Dinner	Snack (Optional)
1	Berry Walnut Oatmeal	Salmon Quinoa Veggie Bowl	Beef Cabbage Rolls	Avocado Tuna Egg Bowl with Spinach
2	Protein Pancakes	Turkey Lettuce Wraps	Chicken & Broccoli Stir-Fry with Ginger (Asian-Style)	Protein Mug Cake
3	Ricotta with Strawberries & Lemon	Garlic Herb Pork Tenderloin with Green Beans	Cod Tomato Bake	Greek Yogurt Berry Bowl
4	Egg White Veggie Omelet	Chickpea & Tomato Stew (Mediterranean-Style)	Pork Tenderloin & Vegetables	Smoked Salmon Cucumber Bites
5	Quinoa Breakfast Bowl	Shrimp Zucchini Noodles	Lemon Chicken with Asparagus/Broccoli/ Green Beans	Edamame Hummus
6	Cottage Cheese Pancakes	Turkey Avocado Wrap	Teriyaki Salmon with Broccoli & Carrots (Asian-Style)	Coconut Protein Balls
7	Green Protein Smoothie with Kefir, Spinach & Avocado	Lemon Garlic Salmon or Cod with Green Beans	Steak & Roasted Vegetables	Stuffed Mini Peppers

Quick Reference Guide

Emergency Substitutions

Quick swaps to keep you on track when ingredients are missing or unavailable:

- **Chicken breast** → Turkey breast or lean pork tenderloin
- **Salmon** → Cod, trout, or tilapia
- **Greek yogurt** → Low-fat cottage cheese or skyr
- **Quinoa** → Brown rice or farro (small portion)
- **Spinach** → Romaine, kale, or Swiss chard
- **Almond butter** → Peanut butter (unsweetened, no added sugar)
- **Berries** → Diced apple or pear (limit to ½ cup)
- **Zucchini noodles** → Steamed broccoli or cauliflower rice

Troubleshooting Guide

Common issues and quick fixes for GLP-1 meal plan success:

- **Persistent hunger:** Increase lean protein by 1–2 oz. or add an extra ½ cup of non-starchy vegetables.
- **Digestive discomfort:** Choose softer-cooked vegetables, reduce high-fat meals, and increase water intake.
- **Weight loss plateau:** Reassess portion sizes, track meals, and avoid grazing between planned snacks.
- **Low energy:** Include a small portion of complex carbs with breakfast or lunch.
- **Nausea after meals:** Eat smaller portions more slowly and avoid greasy or overly sweet foods.

Medication Interaction Notes

Stay safe while using GLP-1 medications:

- Always consult your healthcare provider before adding new supplements or making major diet changes.
- Separate oral medications by at least 1 hour before or after your GLP-1 dose (if advised by your doctor).
- Avoid heavy, high-fat meals immediately after dosing to reduce nausea risk.
- Increase hydration—GLP-1s can slow digestion and contribute to constipation.
- Monitor blood sugar closely if taking diabetes medication alongside GLP-1 therapy.

CHAPTER 9: YOUR BODY, YOUR PATH

Mind-set resets · Habit builders · Celebrating wins beyond the scale

Hit Refresh on Your Mind-Set



GLP-1 medication turns the volume down on hunger, but the "eat when stressed/bored/tired" reflex may still be loud. Flip the script:

Pause–Scan–Proceed. Before you reach for food, pause for three breaths, scan your body for true hunger (stomach or just mood?), then proceed with intention.

Upgrade self-talk. Replace "I can't have that" with "I choose what fuels me." One word changes the power balance.

Quick practice: The next time you feel a craving, identify one emotion (like boredom or anxiety) and one need (rest, reassurance). If hunger isn't the real issue, try to satisfy that need differently — take a quick two-minute walk, sip some water with lemon, or send a message to a friend.

Tune in to New Signals

Smaller, steadier appetite cues can feel … weird. Use these anchors:

Signal	What it might feel like	Your move
True hunger	Gentle stomach flutter, head clarity dips	Plan a balanced plate within 30–45 min
Satiety	Food tastes less vivid, slight sigh or shoulder drop	Pause; box leftovers before "stuffed" hits
Full	Minor stretch under ribs	Stop, hydrate, walk two minutes

Build Habits That Stick

1. **Stack on existing routines.** "After I brew coffee, I prep my smoothie."
2. **Shrink the commitment.** Five push-ups beat zero gym visits.
3. **Track with friction-free tools.** A fridge dry-erase board or a phone note counts. The win is awareness, not perfection.



Measure Progress Without a Scale

- **Strength:** Can you carry groceries in one haul?
- **Stamina:** Fewer pauses climbing stairs?
- **Clothes:** Looser waistband, easier zipper.
- **Mood & focus:** Energy steady through the afternoon?
- **Lab markers:** Ask your clinician about A1c, HDL, or CRP trends.

Jot non-scale victories weekly; they reveal success the scale hides.

Handle Setbacks Like a Scientist

Plateau, party over-eat, skipped workouts—welcome to being human.

- **Observe, don't judge.** "Interesting, dinner derailed me" beats "I failed."
- **Run a mini-experiment.** Adjust one variable (protein at breakfast, bedtime) for seven days, then reassess.
- **Reset quickly.** The next balanced bite is your comeback, not next Monday.

Shift into Maintenance

1. **Add, don't just subtract.** Bump vegetables, hydration, and sleep before trimming calories further.
2. **Cycle indulgences.** Plan two "flex meals" a week; enjoyment rises, guilt drops.
3. **Schedule body-kind check-ins.** Monthly progress photos, quarterly lab reviews, and annual goal-setting keep momentum alive.



Celebrate Your Path

Write a "done" list. Every evening, log three health actions you did, not what's left. Share wins aloud. A quick brag to a partner or friend cements the habit loop. **Reward with experiences**, not just food. A new hiking path, a soothing massage, a vibrant playlist—these anchor your mind in positive shifts.

Mini-Journal Prompt

"Today I felt strongest when ____. One small step I'll repeat tomorrow is ____."

Copy that line into a notebook or phone note each night for the next two weeks; watch clarity—and confidence—grow.

Recognize your signals, adjust habits with openness, and celebrate each win, no matter the size. This isn't a short race; it's a lifelong journey you can change course on whenever you want. Your body sets the rhythm—now it's up to your choices to create the song.

APPENDICES

APPENDIX A: MACRO FAST-LOOKUP & SWAPS

Lean Protein Chart & Low-GI Sweeteners

Lean Protein Quick Reference (oz / g)

Animal Proteins – Cooked Weight

Protein Source	1 oz (28 g)	3 oz (85 g)	4 oz (115 g)	6 oz (170 g)
Chicken Breast (skinless)	8 g protein	24 g protein	32 g protein	48 g protein
Turkey Breast (skinless)	8 g protein	24 g protein	32 g protein	48 g protein
Lean Beef (95% lean)	7 g protein	21 g protein	28 g protein	42 g protein
Pork Tenderloin	8 g protein	24 g protein	32 g protein	48 g protein
Salmon (wild-caught)	7 g protein	21 g protein	28 g protein	42 g protein
Cod (white fish)	6 g protein	18 g protein	24 g protein	36 g protein
Tuna (fresh, not canned)	8 g protein	24 g protein	32 g protein	48 g protein
Shrimp	6 g protein	18 g protein	24 g protein	36 g protein
Eggs (large)	6 g protein per egg	18 g (3 eggs)	24 g (4 eggs)	36 g (6 eggs)

Plant Proteins – Cooked Weight

Protein Source	½ cup (125 ml)	¾ cup (185 ml)	1 cup (250 ml)
Lentils (cooked)	9 g protein	13 g protein	18 g protein
Black Beans (cooked)	7 g protein	11 g protein	15 g protein
Chickpeas (cooked)	6 g protein	9 g protein	12 g protein
Quinoa (cooked)	4 g protein	6 g protein	8 g protein
Tofu (firm)	10 g protein	15 g protein	20 g protein
Tempeh	15 g protein	23 g protein	30 g protein
Edamame (shelled)	8 g protein	12 g protein	16 g protein

Dairy & Alternatives

Protein Source	Serving Size	Protein Content
Greek Yogurt (plain, nonfat)	1 cup (240 ml)	20 g protein
Cottage Cheese (low-fat)	½ cup (125 ml)	14 g protein
Ricotta (part-skim)	½ cup (125 ml)	14 g protein
Milk (skim)	1 cup (240 ml)	8 g protein
Protein Powder (whey/plant)	1 scoop (30 g)	20–25 g protein

Low-GI Sweeteners Guide

Natural Zero-Calorie Options

Sweetener	Sweetness vs Sugar	Best Uses	GLP-1 Notes
Stevia	200–300x sweeter	Beverages, baking	No blood sugar impact
Monk Fruit	150–200x sweeter	All-purpose	No digestive issues
Erythritol	70% as sweet	Baking, desserts	May cause bloating in large amounts

Natural Low-Calorie Options

Sweetener	Calories per tbsp	GI Index	Best Uses
Raw Honey	64 calories	35–55	Small amounts, tea
Pure Maple Syrup	52 calories	54	Pancakes, oatmeal
Dates (pitted)	20 calories each	35–55	Smoothies, energy balls

Conversion Chart

To Replace 1 Cup Sugar	Use Instead
Stevia	1 teaspoon
Monk Fruit	1/3 to ½ cup
Erythritol	1 1/3 cups
Honey	¾ cup (reduce liquid by ¼ cup)
Maple Syrup	¾ cup (reduce liquid by 3 tablespoons)

Dairy-Free Conversions

Dairy-Free Milk Alternatives

Nutritional Comparison (per 1 cup/240 ml unsweetened)

Milk Alternative	Calories	Protein	Carbs	Fat	Best For
Almond Milk	30–40	1 g	1–2 g	3 g	Smoothies, cereal
Coconut Milk (carton)	45	0 g	1 g	4 g	Coffee, baking
Soy Milk	80	7 g	4 g	4 g	Protein boost, baking
Oat Milk	60	3 g	7 g	3 g	Coffee, creamy texture
Pea Protein Milk	70	8 g	0 g	4.5 g	High protein needs
Hemp Milk	60	3 g	1 g	5 g	Omega-3 boost

Dairy-Free Yogurt Swaps

Protein-Rich Options

Yogurt Type	Protein per ¾ cup	Notes
Coconut Yogurt (plain)	1–3 g	Add protein powder
Almond Yogurt (plain)	2–4 g	Lower protein
Soy Yogurt (plain)	6–8 g	Closest to dairy protein
Cashew Yogurt (plain)	2–3 g	Creamy texture

DIY Protein Boost for Plant Yogurts:

- Add 1 scoop protein powder = +20–25 g protein
- Mix in 2 tbsp almond butter = +8 g protein
- Stir in 2 tbsp hemp hearts = +6 g protein

Cheese Alternatives

Nutritional Yeast Applications

- **Serving:** 2 tablespoons (16 g)
- **Protein:** 8 g
- **Use for:** Parmesan-like flavor, pasta, popcorn

Plant-Based Cheese Options

Cheese Type	Best Plant Alternative	Protein Content
Mozzarella	Cashew-based or almond	1–3 g per oz
Cheddar	Coconut oil + nutritional yeast	1–2 g per oz
Cream Cheese	Cashew cream or tofu-based	2–4 g per 2 tbsp
Parmesan	Nutritional yeast	4 g per 2 tbsp

Cooking & Baking Conversions

Butter Substitutes (1:1 ratio)

Instead of 1 Cup Butter	Use	Best for
Coconut Oil (solid)	1 cup	Baking, sautéing
Avocado (mashed)	¾ cup	Baking (reduces fat)
Applesauce (unsweetened)	½ cup	Moist baked goods
Vegan Butter	1 cup	All purposes

Heavy Cream Alternatives

Instead of 1 Cup Heavy Cream	Use	Best for
Coconut Cream (thick part)	1 cup	Whipping, desserts
Cashew Cream (soaked + blended)	1 cup	Soups, sauces
Silken Tofu (blended)	¾ cup	Smoothies, dressings

Quick Reference: High-Protein Dairy-Free Combinations

Breakfast Protein Boosters:

- Soy milk + protein powder smoothie = 30 g protein
- Almond yogurt + hemp hearts + nut butter = 20 g protein
- Tofu scramble with nutritional yeast = 25 g protein

Lunch/Dinner Protein Bases:

- Tempeh (1 cup) = 30 g protein
- Firm tofu (6 oz) = 30 g protein
- Lentils (1 cup) + quinoa (1 cup) = 26 g protein

Snack Combinations:

- Hummus (¼ cup) + edamame (½ cup) = 12 g protein
- Almond butter (2 tbsp) + soy milk (1 cup) = 15 g protein
- Protein-enriched plant yogurt = 20–25 g protein

Shopping Tips for Dairy-Free Success

Read Labels for:

- Hidden dairy: casein, whey, lactose
- Protein content (aim for 6 g+ per serving when possible)
- Added sugars (choose unsweetened versions)
- Fortification: B12, calcium, vitamin D

Storage Notes:

- Plant milks: 7–10 days after opening
- Plant yogurts: 5–7 days after opening
- Nut-based cheeses: 5–7 days after opening
- Nutritional yeast: 2 years in a cool, dry place



APPENDIX B: SYMPTOM SOLVER

Nausea-Day Menus & Hydration Ratios

Nausea-Day Menus

When GLP-1 side effects hit hard, these gentle meal plans keep nutrition flowing without overwhelming your system.

Mild Nausea Day (1,200–1,400 calories)

Morning (300 calories, 20 g protein):
- 1 cup bone broth or vegetable broth
- 1 slice dry whole grain toast
- 2 scrambled eggs (cooked gently with minimal oil)
- ½ banana, sliced

Mid-Morning (150 calories, 15 g protein):
- ¾ cup Greek yogurt (plain, low-fat)
- 1 tsp honey
- Small handful of crackers if needed

Lunch (350 calories, 25 g protein):
- 1 cup chicken and rice soup (homemade or low-sodium)
- 2 oz cooked chicken breast, shredded
- ½ cup white rice
- 1 slice white bread or crackers

Afternoon (200 calories, 12 g protein):
- ½ cup cottage cheese
- ½ cup canned peaches (in juice, drained)
- 5–6 saltine crackers

Dinner (400 calories, 28 g protein):
- 4 oz baked white fish (cod or tilapia)
- ¾ cup mashed potatoes (made with low-fat milk)
- ½ cup steamed carrots
- 1 dinner roll

Evening (200 calories, 10 g protein):
- 1 cup warm milk (dairy or fortified soy)
- 1 small banana
- 2 graham crackers

Severe Nausea Day (800–1,000 calories)

Morning (200 calories, 15 g protein):
- 1 cup protein smoothie (blend: ½ banana, 1 scoop vanilla protein powder, 1 cup almond milk, ice)
- Sip slowly over 30 minutes

Mid-Morning (150 calories, 8g protein):
- ½ cup plain Greek yogurt
- 1 tbsp honey
- Eat 1 spoonful every 10 minutes

Lunch (250 calories, 20 g protein):
- 1 cup bone broth with 2 oz cooked chicken, shredded
- ½ cup plain white rice
- 1 slice white toast

Afternoon (100 calories, 5 g protein):
- ½ cup vanilla pudding (made with protein powder if tolerated)
- 5–6 saltines

Dinner (200 calories, 15 g protein):
- 2–3 oz baked fish or chicken (very plain)
- ½ cup white rice
- ½ cup applesauce

Evening (100 calories, 5 g protein):
- 1 cup herbal tea with 1 scoop protein powder stirred in
- 1 slice dry toast if tolerated

Nausea-Fighting Foods & Techniques

Best Tolerated Foods:
- **Bland carbs:** White rice, toast, crackers, pasta
- **Gentle proteins:** Chicken breast, white fish, eggs, Greek yogurt
- **Soothing liquids:** Bone broth, herbal tea, flat ginger ale
- **Mild fruits:** Bananas, applesauce, canned peaches

Foods to Avoid During Nausea:
- Spicy, greasy, or heavily seasoned foods
- Raw vegetables and high-fiber foods
- Strong-smelling foods
- Very hot or very cold items

Eating Techniques:
- Eat small amounts every 30–60 minutes
- Chew thoroughly and eat slowly
- Stay upright for 30 minutes after eating
- Keep crackers by your bedside

Hydration Ratios (fl oz / ml)

Daily Hydration Targets by Body Weight

Body Weight	Base Daily Need	With GLP-1 (add 30 oz)	With Exercise
120 lbs (55 kg)	65 oz (1,925 ml)	95 oz (2,810 ml)	115–135 oz (3,400–4,000 ml)
140 lbs (64 kg)	75 oz (2,220 ml)	105 oz (3,105 ml)	125–145 oz (3,700–4,290 ml)
160 lbs (73 kg)	85 oz (2,515 ml)	115 oz (3,400 ml)	135–155 oz (4,000–4,585 ml)
180 lbs (82 kg)	95 oz (2,810 ml)	125 oz (3,695 ml)	145–165 oz (4,290–4,880 ml)
200 lbs (91 kg)	105 oz (3,105 ml)	135 oz (3,990 ml)	155–175 oz (4,585–5,175 ml)

Meal-Time Hydration Strategy

Meal	Amount	Timing	Best Choices
Breakfast	10 oz (300 ml)	With meal	Water, herbal tea, low-fat milk
Mid-Morning	8 oz (240 ml)	Between meals	Water, diluted fruit juice
Lunch	10 oz (300 ml)	With meal	Water, broth, unsweetened beverages
Afternoon	8 oz (240 ml)	Between meals	Water, sparkling water with lemon
Dinner	10 oz (300 ml)	With meal	Water, herbal tea
Evening	6 oz (180 ml)	1 hour before bed	Herbal tea, warm milk

Hydration for Different Situations

During Nausea:

- **Target:** Small, frequent sips (1–2 oz every 15 minutes)
- **Best options**: Flat ginger ale, bone broth, herbal tea
- **Avoid:** Very cold drinks, carbonated beverages, acidic juices

During Exercise:

- **Before (1–2 hours):** 8–16 oz (240–480 ml)
- **During (every 15–20 min):** 3–4 oz (90–120 ml)
- **After:** 16–24 oz (480–720 ml) per pound lost

Hot Weather:

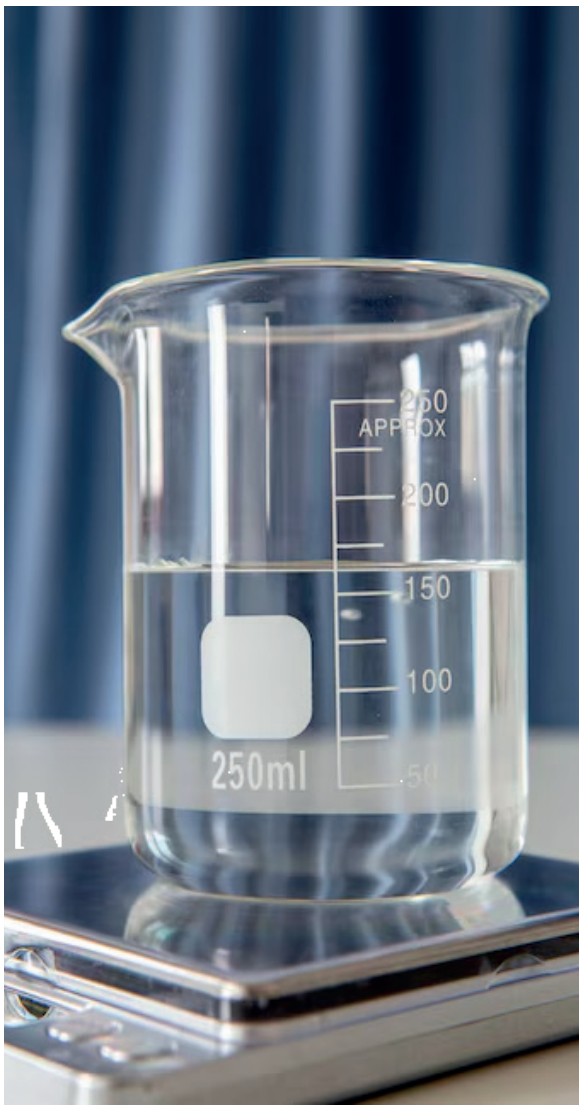
- **Add extra:** 12–16 oz (360–480ml) to daily target
- **Include electrolytes:** Add a pinch of salt or electrolyte tablets
- **Monitor:** Check urine color (pale yellow = well hydrated)

Signs of Dehydration:

- Dark yellow urine
- Dizziness or lightheadedness
- Dry mouth or lips
- Fatigue or weakness
- Constipation

Hydration Boosters:

- **Water with electrolytes:** Add ¼ tsp salt + lemon to 16 oz water
- **Herbal ice cubes:** Freeze herbal tea in ice cube trays
- **Fruit-infused water:** Cucumber, lemon, mint combinations
- **Broth-based drinks:** Warm bone broth counts toward fluid intake



Constipation Fixes

GLP-1 medications slow digestion, making constipation a common challenge. These evidence-based solutions get things moving safely.

Immediate Relief (24–48 hours)

High-Impact Fiber Foods

Food	Serving Size	Fiber Content	How to Use
Prunes	6 pieces	6 g fiber	Eat with 8 oz water, morning
Kiwi fruit	2 medium	5 g fiber	Eat with skin, any time
Pear	1 medium with skin	6 g fiber	Fresh or lightly cooked
Beans	½ cup cooked	6–8 g fiber	Add to soup or salad
Chia seeds	2 tbsp	10 g fiber	Soak in water for 20 min first
Ground flaxseed	2 tbsp	4 g fiber	Mix into yogurt or smoothie

Constipation-Fighting Meal Plan (1 Day)

Morning:

- 1 cup warm water with lemon upon waking
- 6 prunes with 8 oz water
- 1 cup oatmeal with 2 tbsp ground flaxseed
- 1 cup coffee (if tolerated)

Mid-Morning:

- 2 kiwi fruits with skin
- 8 oz water

Lunch:

- Large salad with mixed greens (2 cups)
- ½ cup black beans
- 2 tbsp olive oil dressing
- 1 medium pear with skin

Afternoon:

- 2 tbsp chia seeds soaked in 8 oz water (drink after 20 min)

Dinner:

- 4 oz baked salmon
- 1 cup steamed broccoli
- ½ cup brown rice
- Side salad with 1 tbsp olive oil

Evening:

- Herbal tea (senna or smooth move tea if needed)

Weekly Prevention Plan

Daily Fiber Targets

- Week 1: 15–20 g fiber daily
- Week 2: 20–25 g fiber daily
- Week 3+: 25–35 g fiber daily
- Always increase gradually to avoid gas and bloating

High-Fiber Food Rotation

Monday – Prune Power:

- Breakfast: Prune and oat smoothie
- Lunch: Spinach salad with beans
- Dinner: Lentil soup

Tuesday – Veggie Volume:

- Breakfast: Vegetable omelet
- Lunch: Large mixed salad
- Dinner: Roasted vegetables with quinoa

Wednesday – Fruit Focus:

- Breakfast: Kiwi and yogurt parfait
- Lunch: Apple slices with almond butter
- Dinner: Pear and walnut salad

Thursday – Bean Boost:

- Breakfast: Black bean and egg scramble
- Lunch: Three-bean soup
- Dinner: Hummus with vegetables

Friday – Seed Solutions:

- Breakfast: Chia pudding
- Lunch: Flaxseed crackers with tuna
- Dinner: Quinoa with pumpkin seeds

Natural Movement Aids

Physical Strategies:

- Morning routine: 10-minute walk after waking
- Abdominal massage: Circular motions, clockwise, 5 minutes
- Deep breathing: 10 deep breaths, 3 times daily
- Squatting position: Use a footstool during bathroom time

Optimal Bathroom Positioning:

- Feet flat on footstool (6–9 inches high)
- Knees higher than hips
- Lean slightly forward
- Take your time, no straining

Supplement Support (Consult Healthcare Provider First)

Gentle Options:

Supplement	Dosage	How It Works	Best Time
Psyllium Husk	1 tsp in 8 oz water	Bulk-forming fiber	Morning, with lots of water
Magnesium	200–400mg	Draws water into intestines	Evening
Probiotics	Per package directions	Supports gut bacteria	With meals
Docusate Sodium	100 mg	Stool softener	As directed by doctor

When to Call Your Doctor:

- No bowel movement for 4+ days
- Severe abdominal pain
- Blood in stool
- Nausea and vomiting with constipation
- Significant change in bowel habits

Foods That May Worsen Constipation

Limit these during active constipation:

- White rice, white bread
- Processed meats
- Full-fat dairy
- Bananas (especially unripe)
- Refined snacks and sweets

Hydration-Fiber Balance:

- **For every 5 g fiber added:** Increase water by 8 oz
- **Morning ritual:** Start with 16 oz water before food
- **With fiber supplements:** Always take with a full glass of water
- **Throughout the day:** Sip water consistently, don't wait until thirsty





BONUS SECTIONS

BONUS 1 GROCERY LISTS & DRINKS

BONUS 2 10 SMOOTHIE BASES & INFUSED WATER IDEAS

BONUS 3 HOLIDAY & CELEBRATION RECIPES



BONUS 1

GROCERY LISTS & DRINKS

Shopping List

Shopping List – Week 1

Vegetables & Greens

- Zucchini – 5 medium (about 30 oz / 850 g)
- Broccoli florets – 5 cups (17.5 oz / 500 g)
- Cauliflower florets – 1 cup (3.5 oz / 100 g)
- Carrots – 3 medium (9 oz / 255 g)
- Brussels sprouts – 1 cup (3.5 oz / 100 g)
- Asparagus spears – 1 cup (3.5 oz / 100 g)
- Green beans – 2 cups (7 oz / 200 g)
- Bell peppers (mixed colors) – 3½ cups (10.5 oz / 300 g)
- Onion – 1¾ cups (8.5 oz / 240 g)
- Cherry tomatoes – 1½ cups (7.5 oz / 215 g)
- Tomatoes (regular) – 5 medium (about 17 oz / 480 g)
- Mini bell peppers – 4 pieces (4 oz / 115 g)
- Cucumber – 1 medium + ¼ cup sticks + 6 slices (about 12 oz / 340 g total)
- Spinach (fresh leaves) – 4 cups (4 oz / 120 g)
- Parsley (fresh) – 1 tbsp (0.2 oz / 5 g)
- Fresh basil – 5 leaves (2 g)
- Fresh dill – 1 tbsp (0.14 oz / 4 g)
- Garlic – 9 small cloves (0.9 oz / 25 g)

Fruits

- Blueberries (fresh) – 1 cup (5.2 oz / 150 g)
- Mixed berries (fresh/frozen) – 2½ cups (12.5 oz / 355 g)
- Strawberries – 8 pieces (5 oz / 140 g)
- Mango – 1 whole, diced (6 oz / 170 g)
- Banana (ripe) – 1 medium (3.5 oz / 100 g)
- Apple – ½ medium (2.6 oz / 75 g)
- Avocados – 2 medium (11 oz / 310 g total)
- Lemon – 2 whole (for zest & juice)
- Lime – 1 whole (for juice)
- Raisins – 1 tbsp (0.5 oz / 15 g)

Proteins & Fish

- Salmon fillets (raw) – 13 oz (370 g)
- Cod fillets (raw) – 8 oz (230 g)
- Fresh tuna steak – 2¾ oz (80 g)
- Chicken breast – 9 oz (255 g)
- Chicken thigh (boneless, skinless) – 4 oz (115 g)
- Ground chicken – 4 oz (115 g)
- Ground turkey – 12 oz (340 g)
- Turkey breast slices (cooked) – 3 oz (85 g)
- Pork chop – 4 oz (115 g)
- Ground beef (lean) – 4 oz (115 g)
- Eggs – 10 large (17.5 oz / 500 g)
- Tuna (poached/seared) – 2¾ oz (80 g)

Dairy & Alternatives

- Skyr (low-fat) – ¾ cup (5 oz / 150 g)
- Greek yogurt (plain, low-fat) – 1¼ cups (10 oz / 285 g)
- Cottage cheese (low-fat) – ½ cup (4 oz / 115 g)
- Mozzarella (shredded + fresh slices) – 4 tbsp (2 oz / 56 g)
- Feta cheese – 2 tbsp (1 oz / 28 g)
- Goat cheese – 2 tbsp (1 oz / 28 g)
- Parmesan cheese (shredded) – 2 tbsp (0.6 oz / 15 g)

Grains, Legumes & Seeds

- Rolled oats – ½ cup (1.5 oz / 40 g)
- Quinoa (cooked) – 1 cup (7 oz / 200 g)
- Lentils (cooked) – 5 oz (150 g)
- Corn tortilla – 1 small (1 oz / 28 g)
- Walnuts (chopped) – 4 tbsp (1 oz / 30 g)
- Almonds (chopped) – 2 tbsp (0.7 oz / 20 g)
- Chia seeds – 6 tbsp (2 oz / 60 g)

Nuts & Nut Butters

- Almond butter – 2 tbsp (1.1 oz / 32 g)
- Mixed nuts (for snacks) – 2 tbsp (0.7 oz / 20 g)
- Pistachios or almonds (for parfait) – 1 tbsp (0.35 oz / 10 g)

Pantry Items & Oils

- Olive oil – 15 tsp (2.5 tbsp / 37 ml)
- Coconut oil – 1 tsp (5 ml)
- Tahini – 1 tbsp (15 g)
- Honey – 6 tsp (1.2 oz / 34 g)
- Baking powder – ¼ tsp (1 g)
- Vanilla extract – ½ tsp (2 g)

Spices & Seasonings

- Ground cinnamon – ¼ tsp (0.6 g)
- Mixed dried herbs – 2½ tsp (2.5 g)
- Ground cumin – ¼ tsp (0.6 g)
- Optional seasonings: paprika, thyme, dill, oregano, rosemary, black pepper, balsamic vinegar

Shopping List – Week 2

Vegetables & Greens

- Zucchini – 4 medium (24 oz / 680 g)
- Broccoli florets – 2½ cups (8.8 oz / 250 g)
- Cauliflower rice – 1 cup (4 oz / 115 g)
- Cauliflower florets – 1 cup (3.5 oz / 100 g)
- Green beans – 2 cups (7 oz / 200 g)
- Spinach (fresh) – 5 cups (5 oz / 150 g)
- Cucumber – 2 medium (12 oz / 340 g) + 1 cup cubed (4 oz / 115 g) + 6 slices (3 oz / 85 g)
- Lettuce leaves – 6 large (2 oz / 60 g)
- Carrots – 3 medium (9 oz / 255 g)
- Cherry tomatoes – 1½ cups (7.5 oz / 215 g)
- Tomatoes (regular) – 6 medium (21 oz / 600 g)
- Mini bell peppers – 4 pieces (4 oz / 115 g)
- Bell peppers (mixed) – 2 cups diced (6 oz / 170 g)
- Onion – 2½ cups diced (12 oz / 340 g)
- Mushrooms – 2 cups sliced (7 oz / 200 g)
- Garlic – 11 cloves (1.1 oz / 30 g)
- Fresh parsley – 1 tbsp (0.2 oz / 5 g)
- Fresh dill – 2 tbsp (0.28 oz / 8 g)
- Fresh basil – 2 leaves (1 g)

Fruits

- Blueberries (fresh) – ½ cup (2.6 oz / 75 g)
- Mixed berries (fresh/frozen) – 2½ cups (12.5 oz / 355 g)
- Strawberries – ½ cup sliced (3 oz / 85 g)
- Mango – ½ fruit diced (3 oz / 85 g)
- Avocados – 3 medium (16 oz / 455 g)
- Banana – 1 medium (3.5 oz / 100 g)
- Lemon – 3 whole (about 9 oz / 270 g)
- Lime – 2 whole (about 5 oz / 140 g)

Proteins & Fish

- Salmon fillets (raw) – 13 oz (370 g)
- Cod fillets (raw) – 8 oz (230 g)
- Fresh tuna steak – 9 oz (255 g)
- Smoked salmon – 2 oz (55 g)
- Shrimp (raw, peeled) – 9 oz (255 g)
- Chicken breast – 9 oz (255 g)
- Chicken thigh (boneless, skinless) – 4 oz (115 g)
- Ground chicken – 4 oz (115 g)
- Ground turkey – 12 oz (340 g)
- Turkey breast slices (cooked) – 3 oz (85 g)
- Pork tenderloin – 5 oz (150 g)
- Ground beef (lean) – 8 oz (230 g)
- Firm tofu – 5 oz (150 g)
- Eggs – 9 large (15.8 oz / 450 g)

Dairy & Alternatives

- Ricotta cheese – ½ cup (4 oz / 115 g)
- Greek yogurt (plain) – 1½ cups (12 oz / 340 g)
- Cottage cheese (low-fat) – ½ cup (4 oz / 115 g)
- Cream cheese – 4 tbsp (2 oz / 55 g)
- Mozzarella (shredded) – 2 tbsp (1 oz / 28 g)
- Goat cheese – 2 tbsp (1 oz / 28 g)

Grains, Legumes & Seeds

- Rolled oats – ¼ cup (0.85 oz / 24 g)
- Oat flour – ¼ cup (1 oz / 30 g)
- Quinoa (cooked) – 1 cup (7 oz / 200 g)
- Chickpeas (cooked) – 7 oz (200 g)
- Lentils (cooked) – 5 oz (150 g)
- White beans (cooked) – ½ cup (3 oz / 90 g)
- Chia seeds – 8 tbsp (2.8 oz / 80 g)

Nuts & Nut Butters

- Walnuts (chopped) – 4 tbsp (1 oz / 30 g)
- Almonds (chopped) – 2 tbsp (0.7 oz / 20 g)
- Almond butter – 1 tbsp (0.56 oz / 16 g)
- Mixed nuts (snacks) – 2 tbsp (0.7 oz / 20 g)

Pantry Items & Oils

- Olive oil – 20 tsp (6.5 tbsp / 100 ml)
- Coconut oil – 2 tsp (10 ml)
- Tahini – 1 tbsp (15 g)
- Honey – 5 tsp (1 oz / 28 g)
- Baking powder – ¼ tsp (1 g)
- Cocoa powder (unsweetened) – 1 tbsp (5 g)
- Vanilla extract – ½ tsp (2 g)

Spices & Seasonings

- Ground cinnamon – ¼ tsp (0.6 g)
- Mixed dried herbs – 3 tsp (3 g)
- Ground cumin – ¼ tsp (0.6 g)
- Fresh ginger – 2 tsp grated (10 g)
- Optional seasonings: paprika, thyme, oregano, rosemary, balsamic vinegar, soy sauce, black pepper



Shopping List – Week 3

Vegetables & Greens

- Zucchini – 2 medium (12 oz / 340 g)
- Broccoli florets – 3 cups (10.5 oz / 300 g)
- Cauliflower rice – 2 cups (8 oz / 230 g)
- Cauliflower florets – 1 cup (3.5 oz / 100 g)
- Green beans – 2 cups (7 oz / 200 g)
- Asparagus spears – 1 cup (3.5 oz / 100 g)
- Spinach (fresh) – 6 cups (6 oz / 180 g)
- Cucumber – 1 medium (6 oz / 170 g)
- Lettuce leaves – 6 large (2 oz / 60 g)
- Carrots – 2 medium (6 oz / 170 g)
- Cherry tomatoes – 1½ cups (7.5 oz / 215 g)
- Tomatoes (regular) – 4 medium (14 oz / 400 g)
- Eggplant – 1 small (6 oz / 170 g)
- Onion – 2 cups diced (10 oz / 285 g)
- Mushrooms – 2½ cups (9 oz / 255 g)
- Garlic – 10 cloves (1 oz / 28 g)
- Fresh parsley – 1 tbsp (0.2 oz / 5 g)
- Fresh dill – 1 tbsp (0.14 oz / 4 g)
- Fresh basil – 4 leaves (2 g)

Fruits

- Blueberries (fresh) – ½ cup (2.6 oz / 75 g)
- Mixed berries (fresh/frozen) – 2 cups (10 oz / 285 g)
- Strawberries – 5 pieces (3 oz / 85 g)
- Mango – ½ fruit diced (3 oz / 85 g)
- Avocados – 3 medium (16 oz / 455 g)
- Banana – 1 medium (3.5 oz / 100 g)
- Lemon – 3 whole (9 oz / 270 g)
- Lime – 2 whole (5 oz / 140 g)

Proteins & Fish

- Salmon fillets (raw) – 15 oz (425 g)
- Cod fillets (raw) – 4 oz (115 g)
- Sea bass fillet – 5 oz (150 g)
- Fresh tuna steak – 7 oz (200 g)
- Chicken breast – 9 oz (255 g)
- Chicken thigh (boneless, skinless) – 4 oz (115 g)
- Ground chicken – 4 oz (115 g)
- Ground turkey – 8 oz (230 g)
- Turkey breast slices (cooked) – 3 oz (85 g)
- Pork tenderloin – 5 oz (150 g)
- Ground beef (lean) – 8 oz (230 g)
- Shrimp (raw, peeled) – 8 oz (230 g)
- Eggs – 7 large (12.3 oz / 350 g)

Dairy & Alternatives

- Cottage cheese (low-fat) – 1 cup (8 oz / 230 g)
- Greek yogurt (plain) – 1 cup (8 oz / 230 g)
- Mozzarella (fresh/shredded) – 2 tbsp (1 oz / 28 g)
- Feta cheese – 1 tbsp (0.5 oz / 15 g)

Grains, Legumes & Seeds

- Rolled oats – ¼ cup (0.85 oz / 24 g)
- Oat flour – ¼ cup (1 oz / 30 g)
- Quinoa (cooked) – ½ cup (3.5 oz / 100 g)
- Chickpeas (cooked) – 7 oz (200 g)
- Chia seeds – 6 tbsp (2 oz / 60 g)

Nuts & Nut Butters

- Walnuts (chopped) – 2 tbsp (0.5 oz / 15 g)
- Almonds (chopped) – 2 tbsp (0.7 oz / 20 g)
- Almond butter – 1 tbsp (0.56 oz / 16 g)
- Mixed nuts (snacks) – 2 tbsp (0.7 oz / 20 g)

Pantry Items & Oils

- Olive oil – 18 tsp (6 tbsp / 90 ml)
- Coconut oil – 2 tsp (10 ml)
- Tahini – 1 tbsp (15 g)
- Honey – 4 tsp (0.85 oz / 24 g)
- Baking powder – ¼ tsp (1 g)
- Cocoa powder (unsweetened) – 1 tbsp (5 g)
- Vanilla extract – ½ tsp (2 g)

Spices & Seasonings

- Ground cinnamon – ¼ tsp (0.6 g)
- Mixed dried herbs – 2 tsp (2 g)
- Ground cumin – ¼ tsp (0.6 g)
- Fresh ginger – 2 tsp grated (10 g)
- Optional seasonings: paprika, thyme, oregano, rosemary, balsamic vinegar, soy sauce, black pepper



Shopping List – Week 4

Vegetables & Greens

- Zucchini – 3 medium (18 oz / 510 g)
- Broccoli florets – 3 cups (10.5 oz / 300 g)
- Cauliflower rice – 1 cup (4 oz / 115 g)
- Green beans – 2 cups (7 oz / 200 g)
- Asparagus spears – 1 cup (3.5 oz / 100 g)
- Spinach (fresh) – 5 cups (5 oz / 150 g)
- Lettuce leaves – 6 large (2 oz / 60 g)
- Cucumber – 1 medium (6 oz / 170 g) + 6 slices (3 oz / 85 g)
- Cabbage leaves – 2 large (3 oz / 85 g)
- Carrots – 2 medium (6 oz / 170 g)
- Cherry tomatoes – 1 cup (5 oz / 140 g)
- Tomatoes (regular) – 4 medium (14 oz / 400 g)
- Mini bell peppers – 4 pieces (4 oz / 115 g)
- Bell peppers (mixed) – 1 cup diced (3 oz / 85 g)
- Onion – 2 cups diced (10 oz / 285 g)
- Mushrooms – 2 cups (7 oz / 200 g)
- Eggplant – 1 small (6 oz / 170 g)
- Garlic – 9 cloves (0.9 oz / 25 g)
- Fresh parsley – 1 tbsp (0.2 oz / 5 g)
- Fresh dill – 1 tbsp (0.14 oz / 4 g)
- Fresh basil – 2 leaves (1 g)

Fruits

- Blueberries (fresh) – ½ cup (2.6 oz / 75 g)
- Mixed berries (fresh/frozen) – 2 cups (10 oz / 285 g)
- Strawberries – 5 pieces (3 oz / 85 g)
- Avocados – 3 medium (16 oz / 455 g)
- Banana – 1 medium (3.5 oz / 100 g)
- Lemon – 3 whole (9 oz / 270 g)
- Lime – 1 whole (2.5 oz / 70 g)
- Raisins – 1 tbsp (0.5 oz / 15 g)

Proteins & Fish

- Salmon fillets (raw) – 15 oz (425 g)
- Cod fillets (raw) – 8 oz (230 g)
- Chicken breast – 9 oz (255 g)
- Chicken thigh (boneless, skinless) – 4 oz (115 g)
- Ground chicken – 4 oz (115 g)
- Ground turkey – 8 oz (230 g)
- Turkey breast slices (cooked) – 3 oz (85 g)
- Pork tenderloin – 10 oz (285 g)
- Ground beef (lean) – 8 oz (230 g)
- Shrimp (raw, peeled) – 8 oz (230 g)
- Sea bass fillet – 5 oz (150 g)
- Eggs – 7 large (12.3 oz / 350 g)
- Smoked salmon – 2 oz (55 g)
- Fresh tuna steak – 2¾ oz (80 g)

Dairy & Alternatives

- Ricotta cheese – ½ cup (4 oz / 115 g)
- Greek yogurt (plain) – 1½ cups (12 oz / 340 g)
- Cottage cheese (low-fat) – ½ cup (4 oz / 115 g)
- Cream cheese – 2 tbsp (1 oz / 28 g)
- Mozzarella (shredded) – 2 tbsp (1 oz / 28 g)
- Goat cheese – 2 tbsp (1 oz / 28 g)

Grains, Legumes & Seeds

- Rolled oats – ¼ cup (0.85 oz / 24 g)
- Oat flour – ¼ cup (1 oz / 30 g)
- Quinoa (cooked) – 1 cup (7 oz / 200 g)
- Chickpeas (cooked) – 7 oz (200 g)
- White beans (cooked) – ½ cup (3 oz / 90 g)
- Lentils (cooked) – 5 oz (150 g)
- Chia seeds – 6 tbsp (2 oz / 60 g)

Nuts & Nut Butters

- Walnuts (chopped) – 2 tbsp (0.5 oz / 15 g)
- Almonds (chopped) – 2 tbsp (0.7 oz / 20 g)
- Almond butter – 1 tbsp (0.56 oz / 16 g)
- Mixed nuts (snacks) – 2 tbsp (0.7 oz / 20 g)

Pantry Items & Oils

- Olive oil – 17 tsp (5.5 tbsp / 82 ml)
- Coconut oil – 2 tsp (10 ml)
- Tahini – 1 tbsp (15 g)
- Honey – 4 tsp (0.85 oz / 24 g)
- Baking powder – ¼ tsp (1 g)
- Cocoa powder (unsweetened) – 1 tbsp (5 g)
- Vanilla extract – ½ tsp (2 g)

Spices & Seasonings

- Ground cinnamon – ¼ tsp (0.6 g)
- Mixed dried herbs – 3 tsp (3 g)
- Ground cumin – ¼ tsp (0.6 g)
- Fresh ginger – 2 tsp grated (10 g)
- Optional seasonings: paprika, thyme, oregano, rosemary, balsamic vinegar, soy sauce, black pepper

Budget Swaps & Smart Shopping

Eating well on GLP-1 doesn't have to break the bank. These strategic swaps maintain nutrition quality while cutting costs.

High-Impact Budget Swaps

Protein Savings

Instead of This	Buy This	Savings	Recipe Application
Wild salmon fillet ($18/lb)	Canned wild salmon ($6/lb)	65% less	Use in Salmon Cucumber Rolls, salads
Chicken breast only ($8/lb)	Mix breast + thighs ($5/lb avg)	40% less	Thighs for skillet recipes, breast for salads
Individual protein bars ($2 each)	Bulk protein powder ($1 per serving)	50% less	Make Protein Energy Balls, smoothies
Pre-cooked shrimp ($12/lb)	Raw frozen shrimp ($7/lb)	42% less	Perfect for stir-fries, salads
Grass-fed beef ($12/lb)	95% lean ground turkey ($5/lb)	58% less	Swap in meatball, stuffed pepper recipes

Vegetable & Pantry Savings

Instead of This	Buy This	Savings	Recipe Use
Pre-spiralized zucchini ($4/lb)	Whole zucchini + spiralizer ($1.50/lb)	62% less	Zucchini noodles, boats
Pre-cut bell peppers ($6/lb)	Whole bell peppers ($2/lb)	65% less	Stuffed peppers, stir-fries
Organic everything	Dirty Dozen organic only	40% less	Focus on spinach, berries, tomatoes
Fresh herbs year-round	Dried herbs + occasional fresh	60% less	Dried for cooking, fresh for garnish
Specialty nut butters ($8 jar)	Natural almond butter ($4 jar)	50% less	Energy balls, celery snacks

Recipe-Specific Budget Tips

Smoothie Savings:

- Buy frozen fruit in bulk vs. fresh = 40% savings
- Use protein powder vs. protein drinks = 60% savings
- Coconut milk cans vs. cartons = 30% savings

Salad Savings:

- Whole chickens for leftover protein = 50% vs. pre-cooked
- Seasonal vegetables = 40% vs. out-of-season
- Block cheese vs. pre-shredded = 35% savings





Smart Shopping Strategies Based on Recipes

Weekly Meal Planning (Saves 30–40%):

1. **Protein prep Sunday:** Cook 3 proteins for the week
   - Chicken thighs for multiple skillet recipes
   - Ground turkey for meatballs, stuffed vegetables
   - Hard-boiled eggs for snacks and salads
2. **Vegetable prep:**
   - Wash and cut peppers, cucumber, and celery at once
   - Pre-spiralize zucchini for the week
   - Prepare salad greens in storage containers
3. **Pantry rotation:**
   - Use canned fish 2-3x per week vs. fresh
   - Alternate expensive proteins with budget-friendly options
   - Make large batches of energy balls, chia pudding

Recipe Multiplication Strategy:

- **Double soup recipes** (freeze half)
- **Triple protein energy balls** (last 2 weeks)
- **Make 4 servings of stuffed peppers** (reheat throughout the week)

Bulk Buying Priorities for These Recipes:

- **Protein powder:** 5 lb container vs. 2 lb saves 25%
- **Frozen fish:** Family packs cost 30% less per pound
- **Coconut milk:** 12-pack vs. individual cans saves 35%
- **Nuts and seeds:** Warehouse stores offer 40–50% savings

BONUS 2

10 SMOOTHIE BASES & INFUSED WATER IDEAS

Build variety into your daily hydration with these smoothie bases and infused waters that complement the recipes in this cookbook.

Chocolate Peanut Power

5 minutes | 0 minutes | 1 | Blending

Ingredients:

- 1 scoop (1 oz / 28 g) chocolate protein powder
- 2 tbsp (1 oz / 28 g) natural almond butter
- ½ medium banana (1.8 oz / 50 g)
- 1 cup (8 fl oz / 240 ml) unsweetened almond milk
- 1 tbsp (0.35 oz / 10 g) unsweetened cacao powder
- 1 cup (8 oz / 230 g) ice cubes

Instructions:

1. Place the protein powder, almond butter, banana, almond milk, cacao powder, and ice into a blender.
2. Blend on high until smooth, creamy, and frothy.
3. Taste and adjust consistency by adding a splash more almond milk if too thick.
4. Pour into a tall glass and enjoy as a refreshing post-workout boost or an energizing afternoon snack.



Storage & Reheating:

- Best enjoyed immediately. If storing, refrigerate in a sealed container for up to 12 hours and shake before drinking.

Nutritional Information (Per Serving):

- Calories: ~380
- Protein: 25 g
- Carbohydrates: 22 g
- Fat: 19 g
- Sodium: 200 mg
- Fiber: 7 g

Green Goddess Power

8 minutes | 0 minutes | 1 | No-Cook

Ingredients:

- 1 scoop (1 oz / 28 g) vanilla protein powder
- 2 cups (2 oz / 60 g) fresh spinach
- ½ medium avocado (2.8 oz / 80 g)
- ½ medium green apple (2.6 oz / 75 g), cored and sliced
- 1 cup (8 fl oz / 240 ml) coconut water
- 1 tbsp (0.5 fl oz / 15 ml) fresh lemon juice
- 4–5 fresh mint leaves (2 g)

Instructions:

1. Add protein powder, spinach, avocado, apple, coconut water, lemon juice, and mint to a blender.
2. Blend on high until the mixture is completely smooth and vibrant green.
3. Taste and adjust with an extra splash of lemon juice if you prefer more brightness.
4. Pour into a glass and enjoy chilled for a refreshing, nutrient-packed boost.



Storage & Reheating:

- Best enjoyed fresh. If storing, refrigerate in a sealed container for up to 12 hours and shake well before drinking.

Nutritional Information (Per Serving):

- Calories: ~310
- Protein: 25 g
- Carbohydrates: 22 g
- Fat: 12 g
- Sodium: 180 mg
- Fiber: 8 g

Berry Antioxidant Blast



5 minutes | 0 minutes | 1 | Blending

Ingredients:
- 1 scoop (1 oz / 28 g) vanilla protein powder
- ½ cup (2.6 oz / 75 g) frozen mixed berries
- ½ cup (4 oz / 115 g) plain Greek yogurt
- 1 cup (8 fl oz / 240 ml) unsweetened almond milk
- 1 tbsp (0.35 oz / 10 g) ground flaxseed
- Optional: 1 tsp (0.25 oz / 7 g) honey

Instructions:
1. Place protein powder, berries, Greek yogurt, almond milk, and ground flaxseed into a blender.
2. Blend on high until the mixture is creamy, thick, and smooth.
3. Taste and add honey if you prefer a touch of sweetness.
4. Pour into a chilled glass and enjoy a refreshing, antioxidant-rich smoothie.

Storage & Reheating:
- Best enjoyed immediately. If storing, refrigerate in a sealed container for up to 12 hours and shake before drinking.

Nutritional Information (Per Serving):
- Calories: ~320
- Protein: 37 g
- Carbohydrates: 22 g
- Fat: 9 g
- Sodium: 160 mg
- Fiber: 6 g

Vanilla Cinnamon Comfort



5 minutes | 0 minutes | 1 | Blending

Ingredients:
- 1 scoop (1 oz / 28 g) vanilla protein powder
- ½ medium banana (1.8 oz / 50 g)
- 1 cup (8 fl oz / 240 ml) unsweetened oat milk
- 1 tsp (0.1 oz / 3 g) ground cinnamon
- 1 tbsp (1 oz / 28 g) almond butter
- ½ tsp (2.5 ml) vanilla extract
- ½ cup (4 oz / 120 g) ice cubes

Instructions:
1. Add protein powder, banana, oat milk, cinnamon, almond butter, vanilla extract, and ice to a blender.
2. Blend on high until smooth, creamy, and lightly frothy.
3. Taste and adjust sweetness or cinnamon level to your liking.
4. Pour into a tall glass and enjoy as a dessert-like treat that still fuels your body.

Storage & Reheating:
- Best enjoyed fresh. If storing, refrigerate in a sealed container for up to 12 hours and shake before drinking.

Nutritional Information (Per Serving):
- Calories: ~330
- Protein: 25 g
- Carbohydrates: 28 g
- Fat: 13 g
- Sodium: 180 mg
- Fiber: 6 g

Matcha Energy Boost

5 minutes | 0 minutes | 1 | Blending

Ingredients:
- 1 scoop (1 oz / 28 g) vanilla protein powder
- 1 tsp (2 g) matcha green tea powder
- ½ medium banana (1.8 oz / 50 g)
- 1 cup (8 fl oz / 240 ml) light canned coconut milk
- 1 tbsp (0.6 oz / 18 g) cashew butter
- 1 cup (8 oz / 230 g) ice cubes

Instructions:
1. Place protein powder, matcha powder, banana, coconut milk, cashew butter, and ice into a blender.
2. Blend on high until the mixture is thick, creamy, and vibrant green.
3. Taste and adjust—add more banana for sweetness or extra matcha for a stronger tea flavor.
4. Pour into a glass and sip for a smooth, energizing boost without the jitters.



Storage & Reheating:
- Best enjoyed immediately. If storing, refrigerate in a sealed jar for up to 12 hours and shake before drinking.

Nutritional Information (Per Serving):
- Calories: ~350
- Protein: 25 g
- Carbohydrates: 20 g
- Fat: 17 g
- Sodium: 120 mg
- Fiber: 5 g

Tropical Immunity Boost

5 minutes | 0 minutes | 1 | Blending

Ingredients:
- 1 scoop (1 oz / 28 g) vanilla protein powder
- ½ cup (2.8 oz / 80 g) frozen mango chunks
- ½ cup (2.8 oz / 80 g) fresh pineapple pieces
- ½ medium banana (1.8 oz / 50 g)
- 1 cup (8 fl oz / 240 ml) light canned coconut milk
- 1 tsp (0.1 oz / 3 g) fresh ginger, grated
- Juice of ½ lime (0.5 fl oz / 15 ml)
- 1 cup (8 oz / 230 g) ice cubes

Instructions:
1. Add protein powder, mango, pineapple, banana, coconut milk, ginger, lime juice, and ice to a blender.
2. Blend on high until the mixture is smooth, creamy, and frosty.
3. Taste and adjust with extra lime juice if you prefer more tang.
4. Pour into a glass and enjoy a refreshing, tropical boost packed with vitamin C and anti-inflammatory power.



Storage & Reheating:
- Best enjoyed fresh. If storing, refrigerate in a sealed container for up to 12 hours and shake before drinking.

Nutritional Information (Per Serving):
- Calories: ~340
- Protein: 25 g
- Carbohydrates: 38 g
- Fat: 12 g
- Sodium: 120 mg
- Fiber: 6 g

Coffee Energy Booster



5 minutes | 0 minutes | 1 | Blending

Ingredients:
- 1 scoop (1 oz / 28 g) vanilla protein powder
- ½ cup (4 fl oz / 120 ml) strong cold brew coffee
- 2 tbsp (1 oz / 28 g) almond butter
- ½ medium frozen banana (1.8 oz / 50 g)
- 1 cup (8 fl oz / 240 ml) unsweetened almond milk
- 1 tsp (0.35 oz / 10 g) unsweetened cacao powder
- ½ tsp (1 g) ground cinnamon
- 1 cup (8 oz / 230 g) ice cubes

Instructions:
1. Add protein powder, cold brew coffee, almond butter, banana, almond milk, cacao powder, cinnamon, and ice to a blender.
2. Blend on high until smooth, creamy, and frothy.
3. Taste and adjust—add more cinnamon for spice, or extra coffee for a stronger kick.
4. Pour into a tall glass and enjoy as a rich, energizing start to your morning.

Storage & Reheating:
- Best enjoyed fresh. If storing, refrigerate in a sealed container for up to 12 hours and shake before drinking.

Nutritional Information (Per Serving):
- Calories: ~370
- Protein: 25 g
- Carbohydrates: 22 g
- Fat: 18 g
- Sodium: 170 mg
- Fiber: 5 g

Red Antioxidant Bomb



5 minutes | 0 minutes | 1 | Blending

Ingredients:
- 1 scoop (1 oz / 28 g) vanilla protein powder
- ½ cup (2.8 oz / 80 g) frozen tart cherries
- ½ cup (2.8 oz / 80 g) frozen strawberries
- ¼ cup (1.25 oz / 35 g) pomegranate seeds
- 1 cup (8 fl oz / 240 ml) unsweetened pomegranate juice
- 1 tbsp (0.35 oz / 10 g) ground flaxseed
- ½ tsp (2.5 ml) vanilla extract

Instructions:
1. Place protein powder, cherries, strawberries, pomegranate seeds, pomegranate juice, flaxseed, and vanilla extract into a blender.
2. Blend on high until smooth, thick, and deeply red in color.
3. Taste and adjust—add a splash more juice if too thick.
4. Pour into a chilled glass and enjoy this antioxidant-rich powerhouse.

Storage & Reheating:
- Best enjoyed immediately. If storing, refrigerate in a sealed container for up to 12 hours and shake before drinking.

Nutritional Information (Per Serving):
- Calories: ~330
- Protein: 25 g
- Carbohydrates: 40 g
- Fat: 6 g
- Sodium: 60 mg
- Fiber: 7 g

Creamy Nut Indulgence

5 minutes | 0 minutes* | 1 | Blending

Ingredients:

- 1 scoop (1 oz / 28 g) chocolate protein powder
- 2 tbsp (1 oz / 28 g) raw cashews, soaked for 2 hours and drained
- 1 tbsp (0.5 oz / 14 g) coconut oil
- ½ medium banana (1.8 oz / 50 g)
- 1 cup (8 fl oz / 240 ml) unsweetened oat milk
- 1 tsp (5 ml) vanilla extract
- ½ tsp (1 g) ground cinnamon
- Pinch of sea salt
- 1 cup (8 oz / 230 g) ice cubes

Instructions:

1. Add protein powder, soaked cashews, coconut oil, banana, oat milk, vanilla extract, cinnamon, sea salt, and ice to a blender.
2. Blend on high until silky smooth and creamy, with no visible cashew pieces.
3. Taste and adjust—add a dash more cinnamon for warmth or a touch more salt to enhance the chocolate flavor.
4. Pour into a glass and savor a rich, satisfying shake loaded with healthy fats for long-lasting satiety.

* plus soaking time



Storage & Reheating:

- Best enjoyed fresh. If storing, refrigerate in a sealed container for up to 12 hours and shake before drinking.

Nutritional Information (Per Serving):

- Calories: ~420
- Protein: 25 g
- Carbohydrates: 24 g
- Fat: 24 g
- Sodium: 150 mg
- Fiber: 5 g

Green Detox Powerhouse

6 minutes | 0 minutes | 1 | Blending

Ingredients:

- 1 scoop (1 oz / 28 g) vanilla protein powder
- 2 cups (2 oz / 60 g) baby spinach
- ½ medium avocado (2.8 oz / 80 g)
- ½ medium green apple (2.6 oz / 75 g), cored and sliced
- 1 cup (8 fl oz / 240 ml) coconut water
- 1 tbsp (0.2 oz / 6 g) spirulina or chlorella powder
- Juice of 1 lemon (2 tbsp / 30 ml)
- ½ medium cucumber (3.5 oz / 100 g), chopped
- 4–5 fresh mint leaves (2 g)
- 1 cup (8 oz / 230 g) ice cubes

Instructions:

1. Add protein powder, spinach, avocado, apple, coconut water, spirulina (or chlorella), lemon juice, cucumber, mint, and ice into a blender.
2. Blend on high until smooth, creamy, and vibrant green.
3. Taste and adjust—add more lemon juice for brightness or extra mint for freshness.
4. Pour into a tall glass and enjoy a cleansing, nutrient-dense shake designed to refresh and energize.



Storage & Reheating:

- Best enjoyed immediately. If storing, refrigerate in a sealed container for up to 12 hours and shake before drinking.

Nutritional Information (Per Serving):

- Calories: ~310
- Protein: 25 g
- Carbohydrates: 22 g
- Fat: 11 g
- Sodium: 140 mg
- Fiber: 8 g

BONUS 3

HOLIDAY & CELEBRATION RECIPES

Special occasions don't have to derail your GLP-1 success.

Herb-Crusted Thanksgiving Turkey Breast



15 minutes | 45 minutes | 8 | Roasting

Ingredients:

- 3 lbs (1.4 kg) boneless turkey breast
- ¼ cup (2 fl oz / 60 ml) olive oil
- ¼ cup (0.5 oz / 15 g) fresh herb mix (rosemary, thyme, sage), finely chopped
- 2 tbsp (1 fl oz / 30 ml) Dijon mustard
- 1 tsp (0.17 oz / 5 g) garlic powder
- Salt and black pepper to taste

Instructions:

1. Preheat the oven to 375°F (190°C). Line a roasting pan with parchment or lightly oil it.
2. In a small bowl, mix olive oil, chopped herbs, Dijon mustard, and garlic powder until you have a fragrant paste.
3. Pat the turkey breast dry with paper towels, then season with salt and pepper.
4. Rub the herb mixture generously all over the turkey breast, making sure to coat it evenly.
5. Place the turkey breast in the prepared pan and roast for 40–45 minutes, or until the internal temperature reaches 165°F (74°C).
6. Let the turkey rest for 10 minutes before slicing to allow the juices to redistribute.

Storage & Reheating:

- Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat gently in the oven at 325°F (165°C).

Nutritional Information (Per Serving):

- Calories: ~280
- Protein: 42 g
- Carbohydrates: 1 g
- Fat: 12 g
- Sodium: 190 mg
- Fiber: 0 g

Christmas Morning Protein Casserole



20 minutes | 35 minutes | 8 | Baking

Ingredients:

- 12 large eggs, beaten (21 oz / 600 g)
- 2 cups (16 oz / 480 g) cottage cheese
- 1 lb (16 oz / 450 g) ground turkey sausage, cooked
- 2 cups (2 oz / 60 g) fresh spinach, chopped
- 1 cup (5 oz / 150 g) bell peppers, diced
- ½ cup (2 oz / 60 g) shredded cheese (cheddar, mozzarella, or your choice)
- ¼ cup (2 fl oz / 60 ml) almond milk

Instructions:

1. Preheat the oven to 350°F (175°C) and lightly grease a 9x13-inch (23x33 cm) baking dish.
2. In a large bowl, whisk together the eggs, cottage cheese, and almond milk until smooth.
3. Add in the cooked turkey sausage, spinach, and bell peppers. Stir until evenly distributed.
4. Pour the mixture into the prepared baking dish and sprinkle the shredded cheese on top.
5. Bake for 30–35 minutes, or until the center is set and the top is lightly golden.
6. Let cool for 5 minutes before slicing into squares and serving warm.

Storage & Reheating:

- Store leftovers covered in the refrigerator for up to 3 days. Reheat individual portions in the microwave for 1–2 minutes or in the oven at 325°F (165°C) until warmed through.

Nutritional Information (Per Serving):

- Calories: ~260
- Protein: 27 g
- Carbohydrates: 4 g
- Fat: 14 g
- Sodium: 370 mg
- Fiber: 1 g

New Year's Salmon Celebration Platter

10 minutes | 15 minutes | 6 | Baking

Ingredients:
- 2 lbs (900 g) salmon fillet, skin removed
- 2 tbsp (1 fl oz / 30 ml) olive oil
- 2 tbsp (0.3 oz / 8 g) fresh dill, chopped
- 1 lemon, thinly sliced
- 2 tbsp (1 oz / 30 g) capers
- ¼ cup (2 oz / 60 g) Greek yogurt
- 3 cups (3 oz / 90 g) mixed greens, for serving

Instructions:
1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Place the salmon fillet on the prepared sheet, drizzle with olive oil, and season lightly with salt and pepper.
3. Arrange lemon slices evenly on top of the salmon and sprinkle with fresh dill.
4. Bake for 14–15 minutes, or until the salmon flakes easily with a fork.
5. Transfer the salmon to a serving platter. Garnish with capers and a dollop of Greek yogurt.
6. Serve with a bed of fresh mixed greens for a festive presentation.



Storage & Reheating:
- Store leftovers in an airtight container in the refrigerator for up to 2 days. Reheat gently at 300°F (150°C) until warmed through, or enjoy cold as part of a salad.

Nutritional Information (Per Serving):
- Calories: ~310
- Protein: 34 g
- Carbohydrates: 3 g
- Fat: 18 g
- Sodium: 220 mg
- Fiber: 1 g

Easter Spring Vegetable Frittata

15 minutes | 25 minutes | 8 | Baking / Stovetop

Ingredients:
- 10 large eggs (17.5 oz / 500 g)
- ½ cup (4 oz / 120 g) Greek yogurt
- 2 cups (10.5 oz / 300 g) asparagus, chopped
- 1 cup (5 oz / 150 g) cherry tomatoes, halved
- ½ cup (2.6 oz / 75 g) fresh peas
- ¼ cup (0.5 oz / 15 g) fresh herbs (chives, parsley), chopped
- 3 oz (85 g) goat cheese, crumbled
- 2 tbsp (1 fl oz / 30 ml) olive oil

Instructions:
1. Preheat the oven to 375°F (190°C). Grease a large ovenproof skillet or baking dish with olive oil.
2. In a mixing bowl, whisk the eggs and Greek yogurt together until smooth and creamy.
3. Stir in the asparagus, cherry tomatoes, peas, and fresh herbs. Season with salt and pepper.
4. Pour the mixture into the prepared skillet and scatter crumbled goat cheese evenly on top.
5. Cook on the stovetop over medium heat for 3–4 minutes, just until the edges begin to set.
6. Transfer the skillet to the oven and bake for 20–22 minutes, or until the center is fully set and the top is lightly golden.
7. Let cool for 5 minutes before slicing into wedges and serving.



Storage & Reheating:
- Store leftovers in an airtight container in the refrigerator for up to 2 days. Reheat in the oven at 325°F (165°C) or enjoy cold.

Nutritional Information (Per Serving):
- Calories: ~210
- Protein: 15 g
- Carbohydrates: 6 g
- Fat: 14 g
- Sodium: 170 mg
- Fiber: 2 g

Birthday Celebration Protein Cake



20 minutes | 25 minutes | 1 | Baking

Ingredients (Cake):
- 2 cups (7 oz / 200 g) almond flour
- 4 scoops (4.2 oz / 120 g) vanilla protein powder
- 8 large eggs (14 oz / 400 g)
- ½ cup (4 oz / 120 g) Greek yogurt
- ¼ cup (3 oz / 85 g) honey
- 1 tsp (5 ml) vanilla extract
- 1 tsp (0.14 oz / 4 g) baking powder
- ½ cup (2.6 oz / 75 g) fresh berries

Frosting:
- 1 cup (8 oz / 240 g) Greek yogurt
- 2 tbsp (1.5 oz / 42 g) honey
- 1 tsp (5 ml) vanilla extract

Instructions:
1. Preheat the oven to 350°F (175°C). Grease and line a round 9-inch (23 cm) cake pan with parchment paper.
2. In a large mixing bowl, whisk together the eggs, Greek yogurt, honey, and vanilla extract until smooth.
3. Add the almond flour, protein powder, and baking powder. Stir until a thick batter forms.
4. Gently fold in the fresh berries.
5. Pour the batter into the prepared pan and smooth the top.
6. Bake for 25–28 minutes, or until a toothpick inserted into the center comes out clean.
7. While the cake cools, prepare the frosting: mix Greek yogurt, honey, and vanilla until creamy.
8. Once the cake is completely cool, spread the frosting evenly on top. Slice into 12 pieces to serve.

Storage & Reheating:
- Store in the refrigerator for up to 3 days. Best served chilled.

Nutritional Information (Per Serving):
- Calories: ~210
- Protein: 15 g
- Carbohydrates: 12 g
- Fat: 11 g
- Sodium: 100 mg
- Fiber: 2 g

Fourth of July Grilled Chicken Skewers



20 minutes* | 12 minutes | 8 | Grilling

Ingredients:
- 3 lbs (1.4 kg) chicken breast, cut into 2-inch (5 cm) pieces
- 2 red bell peppers (12 oz / 340 g), cut into chunks
- 2 medium zucchini (14 oz / 400 g), sliced thick
- 1 large red onion (9 oz / 250 g), cut into chunks
- ¼ cup (2 fl oz / 60 ml) olive oil
- 3 tbsp (1.5 fl oz / 45 ml) balsamic vinegar
- 2 tbsp (0.3 oz / 8 g) fresh oregano, chopped
- 2 garlic cloves (0.25 oz / 7 g), minced
- 1 tsp (0.17 oz / 5 g) smoked paprika
- Salt and black pepper, to taste

_____

*** + Marinate Time: 2 hours**

Instructions:

1. In a large bowl, whisk together olive oil, balsamic vinegar, oregano, garlic, smoked paprika, salt, and pepper.
2. Add the chicken pieces, bell peppers, zucchini, and onion. Toss to coat well, then cover and refrigerate for at least 2 hours to marinate.
3. Preheat a grill to medium-high heat. Thread the marinated chicken and vegetables alternately onto skewers.
4. Place skewers on the grill and cook for 10–12 minutes, turning occasionally, until the chicken is cooked through and lightly charred.
5. Transfer to a platter and serve hot, straight from the grill.

Storage & Reheating:

- Store leftovers in an airtight container in the refrigerator for up to 2 days. Reheat gently in a skillet or on the grill until warmed through.

Nutritional Information (Per Serving):

- Calories: ~260
- Protein: 32 g
- Carbohydrates: 7 g
- Fat: 11 g
- Sodium: 150 mg
- Fiber: 2 g

Halloween Stuffed Orange Bell Peppers

 25 minutes  35 minutes  6  Baking / Sautéing

Ingredients:

- 6 large orange bell peppers (48 oz / 1.36 kg), tops cut off and seeded
- 1½ lbs (680 g) ground turkey (93% lean)
- 2 cups (7 oz / 200 g) cauliflower rice
- 1 can (14 oz / 400 g) diced tomatoes, drained
- 1 medium onion (5 oz / 150 g), diced
- 3 garlic cloves (0.35 oz / 10 g), minced
- 1 cup (1 oz / 30 g) spinach, chopped
- ½ cup (2 oz / 60 g) shredded mozzarella cheese
- 2 tbsp (0.7 oz / 20 g) Italian seasoning
- 1 tbsp (0.5 fl oz / 15 ml) olive oil
- Salt and black pepper, to taste

Instructions:

1. Preheat the oven to 375°F (190°C). Arrange the hollowed peppers upright in a baking dish.
2. Heat olive oil in a skillet over medium heat. Add onion and garlic; cook for 3–4 minutes until softened and fragrant.
3. Stir in the ground turkey and cook until browned, breaking it up with a spatula.
4. Add cauliflower rice, diced tomatoes, spinach, Italian seasoning, salt, and pepper. Cook for another 5–6 minutes until everything is combined and heated through.
5. Spoon the turkey mixture into each pepper, pressing lightly to pack the filling.
6. Sprinkle mozzarella cheese on top of each stuffed pepper.
7. Cover loosely with foil and bake for 25 minutes. Remove the foil and bake an additional 8–10 minutes until the cheese is melted and bubbly.
8. Serve warm as a festive and nourishing holiday main dish.



Storage & Reheating:

- Store leftovers in the refrigerator for up to 3 days. Reheat in the oven at 325°F (165°C) until warmed through.

Nutritional Information (Per Serving):

- Calories: ~280
- Protein: 28 g
- Carbohydrates: 13 g
- Fat: 13 g
- Sodium: 330 mg
- Fiber: 4 g

Valentine's Day Romantic Surf & Turf



15 minutes | 20 minutes | 2 | Pan-Searing / Grilling

Ingredients:

- 2 filet mignon steaks (4 oz / 115 g each)
- 8 large shrimp (8 oz / 225 g), peeled and deveined
- 2 tbsp (1 fl oz / 30 ml) olive oil, divided
- 2 tbsp (0.3 oz / 8 g) fresh herbs (thyme, rosemary), chopped
- 2 garlic cloves (0.25 oz / 7 g), minced
- 1 tbsp (0.5 oz / 14 g) butter
- Juice of 1 lemon (2 tbsp / 30 ml)
- 4 cups (4 oz / 115 g) mixed baby greens
- ¼ cup (2 fl oz / 60 ml) balsamic vinegar
- Salt and black pepper, to taste

Instructions:

1. Pat the filet mignon dry and season generously with salt and pepper. Heat 1 tbsp olive oil in a skillet over medium-high heat.
2. Sear the steaks for 3–4 minutes per side, adding herbs and butter to the pan for flavor. Cook to your desired doneness (135°F/57°C for medium-rare). Remove from heat and let rest.
3. In a separate skillet, heat the remaining olive oil. Add shrimp, garlic, and a pinch of salt; cook for 2–3 minutes until the shrimp turn pink and opaque. Finish with a squeeze of fresh lemon juice.
4. While the proteins rest, toss the mixed greens with balsamic vinegar in a serving bowl.
5. Plate the filet mignon and shrimp alongside the salad for a romantic surf & turf dinner.

Storage & Reheating:

- Best enjoyed fresh. If storing, refrigerate separately for up to 1 day. Reheat steak and shrimp gently in a skillet quickly over low heat to avoid overcooking.

Nutritional Information (Per Serving):

- Calories: ~420
- Protein: 44 g
- Carbohydrates: 8 g
- Fat: 23 g
- Sodium: 360 mg
- Fiber: 2 g

Mother's Day Brunch Quiche Cups



20 minutes* | 18 minutes | 12 | Baking

Ingredients:

- 12 large eggs (21 oz / 600 g)
- ½ cup (4 fl oz / 120 ml) heavy cream
- 1 cup (1.5 oz / 45 g) fresh spinach, chopped
- ½ cup (2.6 oz / 75 g) sun-dried tomatoes, chopped
- ½ cup (2 oz / 60 g) feta cheese, crumbled
- ¼ cup (0.25 oz / 7 g) fresh basil, chopped
- 2 green onions (1 oz / 30 g), sliced
- ¼ cup (1 oz / 28 g) pine nuts
- Salt and black pepper, to taste
- Cooking spray

_____

* + Marinate Time: 2 hours

Instructions:

1. Preheat the oven to 375°F (190°C) and lightly coat a 12-cup muffin tin with cooking spray.
2. In a large bowl, whisk together eggs and heavy cream until smooth. Season with salt and pepper.
3. Stir in spinach, sun-dried tomatoes, feta cheese, basil, and green onions until evenly combined.
4. Divide the mixture evenly among the muffin cups, filling each about ¾ full.
5. Sprinkle pine nuts on top of each cup for crunch.
6. Bake for 16–18 minutes, or until the centers are set and the tops are lightly golden.
7. Let cool for a few minutes before carefully removing the quiche cups from the tin.

Storage & Reheating:

- Store in an airtight container in the refrigerator for up to 3 days. Reheat in the oven at 325°F (165°C) for 5–6 minutes or in the microwave for 30 seconds.

Nutritional Information (Per Serving):

- Calories: ~140
- Protein: 9 g
- Carbohydrates: 3 g
- Fat: 10 g
- Sodium: 160 mg
- Fiber: 1 g

Father's Day Bacon-Wrapped Chicken Thighs

15 minutes | 35 minutes | 8 | Baking / Roasting



Ingredients:

- 8 boneless, skinless chicken thighs (2 lbs / 900 g)
- 8 slices center-cut bacon (8 oz / 225 g)
- 2 tbsp (1 oz / 30 g) brown mustard
- 1 tbsp (0.25 oz / 7 g) smoked paprika
- 1 tsp (0.17 oz / 5 g) garlic powder
- 1 tsp (0.17 oz / 5 g) onion powder
- ½ tsp (1 g) ground black pepper
- ¼ tsp (0.5 g) cayenne pepper
- 2 tbsp (1 fl oz / 30 ml) olive oil
- Fresh parsley (0.5 oz / 15 g), chopped, for garnish

Instructions:

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a small bowl, whisk together the brown mustard, smoked paprika, garlic powder, onion powder, black pepper, cayenne pepper, and olive oil.
3. Pat the chicken thighs dry, then brush them all over with the mustard-spice mixture.
4. Wrap each thigh with one slice of bacon, securing the ends underneath.
5. Place the wrapped thighs seam-side down on the prepared baking sheet.
6. Roast for 35–40 minutes, or until the chicken reaches an internal temperature of 165°F (74°C) and the bacon is crisp.
7. Sprinkle with chopped parsley before serving.

Storage & Reheating:

- Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat in the oven at 350°F (175°C) until warmed through.

Nutritional Information (Per Serving):

- Calories: ~280
- Protein: 26 g
- Carbohydrates: 2 g
- Fat: 18 g
- Sodium: 390 mg
- Fiber: 0 g

Smart-Swap Table

Transform traditional holiday favorites into GLP-1-friendly versions without sacrificing flavor or tradition.

Appetizers & Sides

Traditional Recipe	GLP-1 Smart Swap	Protein Boost	Calorie Savings
Cheese & Crackers	**Cucumber rounds + herbed cream cheese**	Add smoked salmon	Save 150 cal per serving
Spinach Artichoke Dip	**Greek yogurt base + extra spinach**	Built-in protein	Save 200 cal per serving
Mashed Potatoes	**Mashed cauliflower + Greek yogurt**	Greek yogurt protein	Save 180 cal per cup
Green Bean Casserole	**Fresh green beans + almond slivers**	No change needed	Save 120 cal per serving
Stuffing	**Cauliflower stuffing + turkey sausage**	Turkey sausage protein	Save 160 cal per serving
Dinner Rolls	**Almond flour biscuits**	Add protein powder	Save 80 cal per roll

Main Dishes

Traditional Recipe	GLP-1 Smart Swap	Protein Focus	Benefits
Honey Glazed Ham	**Herb-crusted pork tenderloin**	Same protein, leaner	40% less sodium
Prime Rib	**Grass-fed sirloin steaks**	Same protein density	30% fewer calories
Fried Turkey	**Herb-roasted turkey breast**	Higher protein concentration	No inflammatory oils
Lasagna	**Zucchini lasagna + extra ricotta**	Double the protein	50% fewer carbs
Mac & Cheese	**Cauliflower mac + protein pasta**	Added protein pasta	60% more protein

Desserts

Traditional Recipe	GLP-1 Smart Swap	Protein Addition	Sugar Reduction
Pumpkin Pie	**Pumpkin protein mousse**	Protein powder + Greek yogurt	75% less sugar
Apple Pie	**Baked apples + almond butter**	Almond butter protein	80% less sugar
Chocolate Cake	**Protein chocolate mug cakes**	Protein powder base	70% less sugar
Ice Cream	**Frozen Greek yogurt bark**	Greek yogurt protein	60% less sugar
Cookies	**Protein energy balls**	Protein powder + nuts	85% less sugar
Cheesecake	**Ricotta berry parfait**	Ricotta protein	65% less sugar



Beverages

Traditional Recipe	GLP-1 Smart Swap	Benefits
Eggnog	**Protein eggnog (recipe below)**	20 g protein per serving
Hot Chocolate	**Protein hot cocoa**	15 g protein per cup
Mulled Wine	**Spiced herbal tea + splash of wine**	No blood sugar spike
Punch	**Sparkling water + fresh fruit**	Natural flavors only
Coffee Drinks	**Coffee + protein powder + cinnamon**	Sustained energy

Holiday Portion Guide

Visual Serving Sizes for Celebrations:

Food Category	Holiday Portion	GLP-1 Adjustment
Turkey/Main Protein	**6 oz (palm + half)**	Perfect size
Vegetable Sides	**1 cup each**	Increase to 1.5 cups
Starchy Sides	**½ cup total**	Reduce to ¼ cup
Dessert	**Small slice**	Share or take 3 bites
Alcohol	**1 drink maximum**	Alternate with water

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Acknowledgments & Credits

This book came together thanks to the dedication, expertise, and careful collaboration of many people. It is the result of countless hours of testing, writing, editing, and refining, and I am fortunate to have had the support of professionals who made the process both productive and inspiring.

Special appreciation goes to the editorial team, whose attention to detail ensured clarity, consistency, and readability across every page. Their guidance helped transform drafts into polished recipes and accessible explanations.

I am also deeply grateful to the recipe testers who prepared each dish with care—often more than once—to confirm accuracy, ease of preparation, and flavor balance. Their honest feedback and dedication ensured that the recipes you see here are not only nutritionally sound but also practical for everyday cooking.

Equally important is the contribution of healthcare and nutrition professionals. Their evidence-based research laid the foundation for the 1,200-calorie framework and low-sodium approach that runs throughout this book. Their work continues to guide and inspire healthier choices for older adults, and their expertise has been vital in shaping this project into a resource readers can trust.

To the broader community of readers and health-conscious individuals: your commitment to taking small, sustainable steps toward wellness is the true motivation behind this work. Every meal you prepare from these pages is part of a larger journey toward strength, balance, and vitality.

Credits

- Editing: Michael Anderson
- Recipe Testing: Sarah Collins and Jonathan Reed
- Photography & Styling: Jessica Miller
- Cover Design: David Thompson
- Layout & Formatting: Amanda Lee

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