

The Smaller Plate

A shopping list for eating well when your appetite is small

When the medication shrinks your appetite, the hard part is not eating less. It is getting enough of what matters onto a smaller plate. A small plate punishes empty calories, because there is no room to spare. The goal shifts from eating less to making every bite count, with protein first, and fiber and minerals close behind. This is a shopping list for exactly that.

When the plate shrinks, every bite has to count. With a normal appetite you can afford foods that are mostly filler. On a GLP-1 you cannot. Stock your kitchen so the easy, default choice is also the right one, and most of the daily decisions take care of themselves.

Build your meals around 25 to 30 grams of protein, then add fiber and color. Check the items you need, and keep the staples on hand for the days when eating anything at all feels like work.

Protein, the priority (front-load these)

- ☐ Eggs (about 6 grams of protein each)
- ☐ Plain Greek yogurt (about 20 grams per cup)
- ☐ Cottage cheese (about 25 grams per cup)
- ☐ Chicken or turkey breast (about 35 grams per 4 ounces)
- ☐ Salmon, tuna, or a white fish (about 30 grams per 4 ounces)
- ☐ Lean beef, bison, or pork loin
- ☐ Tofu, tempeh, or edamame (plant-forward options)
- ☐ Whey or plant protein isolate (about 25 grams per scoop), for low-appetite days

Fiber, for fullness and digestion (add it slowly and drink water as you do)

- ☐ Oats, chia, and ground flax (soluble fiber for satiety)
- ☐ Beans and lentils (fiber plus plant protein)
- ☐ Berries, apples, and citrus (fiber in low volume)
- ☐ Leafy greens and cruciferous vegetables such as broccoli, cabbage, and Brussels sprouts
- ☐ Onions, garlic, leeks, and asparagus (prebiotic fiber that feeds the gut)
- ☐ Nuts and seeds (fiber, minerals, and healthy fat)

Minerals and the quiet depletions

- ☐ Pumpkin seeds and almonds (magnesium and zinc)

- ☐ Avocado and bananas (potassium)
- ☐ Spinach and other dark leafy greens (magnesium, iron, and folate)
- ☐ Oysters or shellfish (zinc and B12), if you eat them
- ☐ Red meat or lentils (iron; pair plant iron with a vitamin C source)

Hydration and electrolytes (especially if you have had nausea or loose stools)

- ☐ Water, kept within reach all day
- ☐ Bone broth or a low-sodium broth
- ☐ An electrolyte source with sodium, potassium, and magnesium, without added sugar

Low-appetite, high-impact staples (for days you can barely eat)

- ☐ A protein shake you actually like
- ☐ Greek yogurt or cottage cheese
- ☐ Hard-boiled eggs
- ☐ Canned tuna or salmon
- ☐ Edamame or a handful of nuts

A smaller plate is not a smaller life. Stocked well, it is the easiest your nutrition has ever been to get right. Pair this list with the recipe pack to turn it into meals.

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