

GLP-1-Friendly Recipes

A starter pack built around protein, fiber, and micronutrient density for smaller appetites

On a GLP-1, the problem is rarely eating too much. It is getting enough of what matters into a smaller appetite. Left to default, small meals tend to become low-protein, low-nutrient meals, which is exactly how lean mass and micronutrient status quietly erode. These starter recipes are built the other way. Each main meal is designed to clear the per-meal protein threshold that protects muscle, roughly 25 to 30 grams, while carrying the fiber and minerals that fall first when you eat less. They are simple on purpose.

Every meal has to do more work now. With less food going in, there is no room for filler. Protein comes first on the plate and first in the day, because GLP-1 appetite suppression deepens by the afternoon. Fiber and color come next. These recipes are built around that order.

Protein targets here assume the per-meal threshold of 25 to 30 grams. For your full daily target, use the Protein Target worksheet. For stocking the kitchen, use the Smaller Plate shopping list. Protein and fiber values are approximate and vary with brands and portions.

Savory Breakfast Bowl

Per serving: about 33 grams of protein and 3 grams of fiber

A front-loaded, protein-dense start that clears the threshold before the day's appetite drops.

Ingredients

- ☐ 3 eggs
- ☐ 1/2 cup cottage cheese
- ☐ 1 cup spinach
- ☐ 1/2 cup cherry tomatoes, halved
- ☐ 1 tablespoon pumpkin seeds
- ☐ Salt, pepper, and olive oil

Method

- 1 Warm a little olive oil in a pan over medium heat and wilt the spinach and tomatoes for a minute.
- 2 Whisk the eggs, pour them in, and scramble softly.
- 3 Fold in the cottage cheese off the heat so it stays creamy.
- 4 Top with the pumpkin seeds, salt, and pepper.

Protein Overnight Oats

Per serving: about 38 grams of protein and 12 grams of fiber

Made the night before, so a high-protein, high-fiber breakfast is ready on the mornings appetite is lowest.

Ingredients

- ☐ 1/2 cup rolled oats
- ☐ 1 scoop whey or plant protein isolate
- ☐ 1 tablespoon chia seeds
- ☐ 1 tablespoon ground flax
- ☐ 3/4 cup milk or fortified soy milk
- ☐ 1/2 cup berries

Method

- 1 Stir the oats, protein powder, chia, and flax together in a jar.
- 2 Add the milk, stir well, and top with the berries.
- 3 Cover and refrigerate overnight.
- 4 Stir and eat cold, or warm it briefly if you prefer.

Salmon, Lentils, and Greens

Per serving: about 40 grams of protein and 10 grams of fiber

Protein plus omega-3s, iron, and folate on one plate, with lentils carrying both fiber and extra protein.

Ingredients

- ☐ 4 ounces salmon
- ☐ 1/2 cup cooked lentils
- ☐ 2 cups kale or chard, chopped
- ☐ 1 clove garlic, sliced
- ☐ Olive oil, lemon, salt, and pepper

Method

- 1 Season the salmon and roast or pan-sear it until just cooked through.
- 2 Saute the garlic in olive oil, then add the greens and cook until wilted.
- 3 Warm the lentils and fold them into the greens.
- 4 Plate the greens and lentils, set the salmon on top, and finish with lemon.

Chicken, White Beans, and Roasted Vegetables

Per serving: about 46 grams of protein and 9 grams of fiber

A simple high-protein main with beans for fiber and potassium, and peppers for the vitamin C that helps you absorb plant iron.

Ingredients

- ☐ 4 ounces chicken breast
- ☐ 1/2 cup white beans, drained and rinsed
- ☐ 1 cup broccoli florets
- ☐ 1 bell pepper, sliced
- ☐ Olive oil, salt, and pepper

Method

- 1 Toss the broccoli and pepper in olive oil and roast at high heat until tender and browned.
- 2 Season and cook the chicken until done, then slice it.
- 3 Warm the beans and combine everything in a bowl.
- 4 Season to taste and add a squeeze of lemon if you like.

Low-Appetite Protein Smoothie

Per serving: about 40 grams of protein and 4 grams of fiber

For the days when chewing a full meal feels like too much, this delivers a full protein dose in a small, easy volume.

Ingredients

- ☐ 1 scoop whey or plant protein isolate
- ☐ 3/4 cup plain Greek yogurt
- ☐ 1 tablespoon ground flax

- ☐ 1/2 banana
- ☐ 1 cup spinach
- ☐ 3/4 cup milk or water, plus ice

Method

- 1 Add everything to a blender.
- 2 Blend until smooth, adding liquid until the texture is easy to drink.

Cottage Cheese and Seed Bowl

Per serving: about 30 grams of protein and 3 grams of fiber

A no-cook mini-meal that hits the protein threshold, with magnesium and zinc from the seeds.

Ingredients

- ☐ 1 cup cottage cheese
- ☐ 1 tablespoon pumpkin seeds
- ☐ 1 tablespoon hemp seeds
- ☐ 1/3 cup berries

Method

- 1 Spoon the cottage cheese into a bowl.
- 2 Top with the seeds and berries.

Start with breakfast. It is the meal that sets the day on a GLP-1, and the one most people skip when appetite is low. Get protein in early, and the rest of the day gets easier.

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These recipes are educational and support, not replace, the care you receive from your prescriber. Nutrition values are approximate.