



The GLP-1 Cookbook

25 High-Protein, Small-Portion Recipes Built for Appetite Suppression

A resource for GLP-1 patients and the clinics who care for them

Eating Well on GLP-1 Medication

GLP-1 medications (semaglutide, tirzepatide, and related compounds) reduce appetite and slow digestion — which means every bite needs to count. These 25 recipes are built around three priorities that matter most on GLP-1: protein first, small realistic portions, and minimal prep when energy is low.

Every recipe includes full macros per serving and a GLP-1-specific tip. These are the same nutrition principles built into the GritLeanPulse app's adaptive macro engine — designed to protect lean muscle mass during rapid weight loss.

GLP-1 TIP Protein is the #1 priority on GLP-1 — aim for 25-35g per meal even when appetite is low. Muscle loss, not fat loss, is the biggest risk of under-eating protein during rapid weight loss.

01 Greek Yogurt Protein Bowl



⌚ 5 min · 🍴 1 serving

230
CALORIES

24g
PROTEIN

26g
CARBS

4g
FAT

Ingredients

- 3/4 cup plain nonfat Greek yogurt
- 1 tbsp honey
- 2 tbsp low-sugar granola
- 1/4 cup fresh berries
- 1 tsp chia seeds

Instructions

1. Spoon yogurt into a bowl.
2. Top with berries, granola, and chia seeds.
3. Drizzle with honey and serve immediately.

GLP-1 TIP A no-cook breakfast that hits 24g of protein before you've even started your day — ideal for mornings when nausea makes cooking unappealing.

02 Eggs Florentine Bake



🕒 20 min · 🍴 2 servings

280
CALORIES

20g
PROTEIN

22g
CARBS

12g
FAT

Ingredients

- 4 large eggs
- 2 English muffins, split
- 2 cups fresh spinach, sautéed
- 2 tbsp light hollandaise or Greek-yogurt hollandaise
- Salt, pepper to taste

Instructions

1. Toast English muffin halves.
2. Sauté spinach until wilted; season lightly.
3. Poach eggs to your preference.
4. Layer muffin, spinach, poached egg, and a small spoon of hollandaise on each half.

GLP-1 TIP Poached eggs pack complete protein with minimal fat — go light on the hollandaise to keep this a genuine high-protein, moderate-fat plate.

03 Crispy Chicken & Quinoa Bowl



🕒 25 min · 🍴 2 servings

420
CALORIES

38g
PROTEIN

32g
CARBS

16g
FAT

Ingredients

- 2 thin chicken cutlets (8 oz total)
- 1/3 cup panko breadcrumbs
- 1 egg, beaten
- 1 cup cooked quinoa
- 1 cup mixed vegetable salad
- 2 tbsp lemon tahini dressing

Instructions

1. Dip chicken cutlets in egg, then coat in panko breadcrumbs.
2. Pan-fry in a lightly oiled skillet, 3-4 minutes per side, until golden and cooked through.
3. Slice and serve over quinoa with a side salad.
4. Drizzle with lemon tahini dressing.

GLP-1 TIP A full bowl looks like a lot, but portions naturally shrink on GLP-1 — pack half for lunch tomorrow rather than forcing the full serving today.

04 Baked Salmon Fillet



🕒 20 min · 🍴 2 servings

320
CALORIES

34g
PROTEIN

2g
CARBS

20g
FAT

Ingredients

- 2 salmon fillets (5 oz each)
- 1 tbsp olive oil
- 1 lemon, sliced
- Salt, pepper, dill
- Steamed vegetables of choice

Instructions

1. Preheat oven to 400°F.
2. Place salmon on a lined sheet pan, drizzle with olive oil.
3. Season with salt, pepper, and dill. Top with lemon slices.
4. Bake 12-15 minutes until salmon flakes easily. Serve with steamed vegetables.

GLP-1 TIP Omega-3s from salmon support the anti-inflammatory effects many patients notice alongside GLP-1 therapy — a light, nutrient-dense option for low-appetite days.

05 Turkey Lettuce Wraps



🕒 15 min · 🍴 2 servings (3 wraps each)

210
CALORIES

26g
PROTEIN

9g
CARBS

8g
FAT

Ingredients

- 8 oz ground turkey (93% lean)
- 6 large butter lettuce leaves
- 1/4 cup shredded carrot
- 2 tbsp hoisin sauce
- 1 tbsp rice vinegar
- Green onion, sesame seeds for garnish

Instructions

1. Brown ground turkey in a skillet over medium heat, breaking it up as it cooks.
2. Stir in hoisin sauce and rice vinegar once cooked through.
3. Spoon turkey mixture into lettuce leaves.
4. Top with shredded carrot, green onion, and sesame seeds.

GLP-1 TIP Low-carb and hand-held — a good option when a full plate feels like too much, but you still need real protein.

06 Protein Veggie & Egg Plate



⌚ 10 min · 🍴 1 serving

260
CALORIES

20g
PROTEIN

10g
CARBS

16g
FAT

Ingredients

- 2 hard-boiled eggs, halved
- 2 oz feta or fresh mozzarella
- 1 cup mixed raw vegetables (bell pepper, cucumber, celery, tomato)
- Salt, pepper, olive oil drizzle

Instructions

1. Arrange raw vegetables on a plate.
2. Add halved hard-boiled eggs and cheese.
3. Season with salt, pepper, and a light drizzle of olive oil.

GLP-1 TIP A no-cook, assemble-only plate for days when even light cooking feels like too much — still a real 20g of protein.

07 Lentil & Vegetable Soup



🕒 35 min · 🍴 4 servings

220
CALORIES

14g
PROTEIN

36g
CARBS

2g
FAT

Ingredients

- 1 cup dry green lentils, rinsed
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 4 cups low-sodium vegetable broth
- 1 tsp cumin
- 1 tsp turmeric

Instructions

1. Sauté onion, carrot, and celery in a large pot until softened, about 5 minutes.
2. Add lentils, broth, cumin, and turmeric.
3. Bring to a boil, then simmer 25 minutes until lentils are tender.
4. Season to taste and serve.

GLP-1 TIP Soup is often the easiest thing to get down on injection days — this batch freezes well for exactly those days.

08 Chia Seed Pudding



🕒 5 min + overnight · 🍴 2 servings

190
CALORIES

18g
PROTEIN

15g
CARBS

7g
FAT

Ingredients

- 1/4 cup chia seeds
- 1 cup unsweetened almond milk
- 1 scoop vanilla protein powder
- 1 tbsp maple syrup
- 1/4 cup sliced banana or berries

Instructions

1. Whisk chia seeds, almond milk, protein powder, and maple syrup together.
2. Refrigerate overnight (or at least 4 hours) until thickened.
3. Stir before serving and top with fruit.

GLP-1 TIP Prep 3-4 jars at once — a ready-made high-protein option removes the decision-making burden on low-appetite days.

09 Shrimp & Broccoli Noodle Stir-Fry



🕒 20 min · 🍴 2 servings

280
CALORIES

32g
PROTEIN

10g
CARBS

12g
FAT

Ingredients

- 1 lb large shrimp, peeled and deveined
- 3 cups broccoli florets
- 4 oz thin rice or lo mein noodles, cooked
- 1/2 onion, sliced
- 2 cloves garlic, minced
- 2 tbsp low-sodium soy sauce
- Red pepper flakes, salt, pepper

Instructions

1. Cook noodles according to package directions; drain and set aside.
2. Heat a large skillet or wok over medium-high; sauté garlic and onion 1-2 minutes.
3. Add shrimp and broccoli; cook 4-5 minutes until shrimp is pink and broccoli is tender-crisp.
4. Add noodles and soy sauce; toss everything together for 1-2 minutes and serve.

GLP-1 TIP One pan, one clean-up — on the days when cooking feels like too much effort, this is a 20-minute, 32g-protein solution.

10 Zucchini Noodles with Marinara



🕒 25 min · 🍴 2 servings

310
CALORIES

30g
PROTEIN

16g
CARBS

14g
FAT

Ingredients

- 3 medium zucchini, spiralized
- 8 oz lean ground turkey (93%)
- 1 cup marinara sauce
- 1/4 cup grated parmesan
- Italian seasoning, garlic powder

Instructions

1. Brown ground turkey in a skillet with garlic powder and Italian seasoning.
2. Stir in marinara sauce and simmer 5 minutes.
3. Add zucchini noodles and toss for 2-3 minutes until just tender.
4. Top with parmesan and serve.

GLP-1 TIP A comfort-food classic without the heavy pasta portion — zucchini noodles keep this light enough to finish even on a reduced-appetite day.

11 Overnight Protein Oats



🕒 5 min + overnight · 🍴 1 serving

380
CALORIES

28g
PROTEIN

42g
CARBS

12g
FAT

Ingredients

- 1/2 cup rolled oats
- 1 scoop protein powder
- 3/4 cup milk of choice
- 1 tbsp peanut butter
- 1/2 banana, sliced

Instructions

1. Combine oats, protein powder, and milk in a jar. Stir well.
2. Refrigerate overnight.
3. Top with peanut butter and banana before eating.

GLP-1 TIP A grab-and-go breakfast that requires zero morning effort — ideal for injection-day mornings when energy is low.

12 Pesto Chicken with Grilled Zucchini



🕒 20 min · 🍴 2 servings

340 CALORIES	36g PROTEIN	6g CARBS	18g FAT
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Ingredients

- 2 chicken breasts (5 oz each)
- 2 tbsp basil pesto
- 2 medium zucchini, sliced
- 1 tbsp olive oil
- Salt, pepper

Instructions

1. Preheat grill or grill pan to medium-high.
2. Season chicken and zucchini with olive oil, salt, and pepper.
3. Grill chicken 6-7 minutes per side until cooked through.
4. Grill zucchini slices 2-3 minutes per side.
5. Top chicken with a spoonful of pesto and serve with zucchini.

GLP-1 TIP Pesto adds real flavor without needing a heavy sauce — a simple way to make a lean protein feel like a real meal.

13 Tuna & Veggie Salad Bowl



🕒 10 min · 🍴 2 servings

180
CALORIES

28g
PROTEIN

4g
CARBS

5g
FAT

Ingredients

- 2 cans (5 oz each) tuna in water, drained
- 4 cups mixed greens
- 1 carrot, shredded
- 1/2 cup cherry tomatoes, halved
- 1/2 cup corn kernels
- 2 tbsp olive oil and vinegar dressing

Instructions

1. Divide mixed greens between two plates or bowls.
2. Top with tuna, shredded carrot, cherry tomatoes, and corn.
3. Drizzle with dressing, season with salt and pepper, and serve.

GLP-1 TIP Tuna is one of the most protein-dense, lowest-effort options available — good for a day when cooking anything feels impossible.

14 Protein Smoothie Bowl



🕒 5 min · 🍴 1 serving

260
CALORIES

26g
PROTEIN

30g
CARBS

4g
FAT

Ingredients

- 1 scoop protein powder
- 1/2 frozen banana
- 1/2 cup frozen berries
- 1/2 cup milk of choice
- Toppings: granola, coconut flakes, sliced fruit

Instructions

1. Blend protein powder, banana, berries, and milk until thick.
2. Pour into a bowl.
3. Top with granola, coconut, and fresh fruit.

GLP-1 TIP Thicker than a drinkable smoothie, so it feels like an actual meal rather than "just a drink" — helpful for taking in real volume when appetite is low.

15 Steak with Broccoli & Garlic Rice



🕒 25 min · 🍴 2 servings

420
CALORIES

35g
PROTEIN

30g
CARBS

16g
FAT

Ingredients

- 8 oz lean sirloin steak
- 1 cup cooked white or brown rice
- 2 cups broccoli florets, steamed
- 2 cloves garlic, minced
- 1 tbsp olive oil

Instructions

1. Season steak with salt and pepper; sear in a hot pan 3-4 minutes per side to desired doneness.
2. Rest steak 5 minutes, then slice.
3. Sauté garlic in olive oil briefly, then toss with cooked rice.
4. Serve sliced steak over garlic rice with steamed broccoli.

GLP-1 TIP Red meat is an efficient way to hit a high protein target in a smaller portion — useful when appetite only allows for a few bites.

16 Chicken Caesar Salad



🕒 15 min · 🍴 2 servings

310
CALORIES

34g
PROTEIN

8g
CARBS

14g
FAT

Ingredients

- 8 oz grilled chicken breast, sliced
- 4 cups romaine lettuce, chopped
- 2 tbsp light Caesar dressing
- 2 tbsp shaved parmesan
- 1/4 cup croutons (optional)

Instructions

1. Toss romaine with Caesar dressing.
2. Top with sliced grilled chicken and shaved parmesan.
3. Add croutons if desired and serve immediately.

GLP-1 TIP Skip or reduce the croutons to keep this carb-light while still landing over 30g of protein per serving.

17 Black Bean & Corn Salad



🕒 10 min · 🍴 4 servings

180
CALORIES

9g
PROTEIN

28g
CARBS

5g
FAT

Ingredients

- 1 can black beans, drained and rinsed
- 1 cup corn kernels (fresh, frozen, or canned)
- 1/2 red bell pepper, diced
- 1/4 cup cilantro, chopped
- 2 tbsp lime juice
- 1 tbsp olive oil

Instructions

1. Combine beans, corn, bell pepper, and cilantro in a bowl.
2. Whisk lime juice and olive oil together, then toss with the salad.
3. Season with salt and pepper; chill before serving.

GLP-1 TIP A fiber-rich side that travels well — make a big batch and portion it out across several days.

18 Baked Cod with Lentils



🕒 25 min · 🍴 2 servings

310
CALORIES

32g
PROTEIN

24g
CARBS

8g
FAT

Ingredients

- 2 cod fillets (5 oz each)
- 1 cup cooked lentils
- 1 tbsp olive oil
- 1 lemon, sliced
- Fresh herbs (parsley or dill)
- Salt, pepper

Instructions

1. Preheat oven to 400°F.
2. Season cod with salt, pepper, and olive oil; top with lemon slices.
3. Bake 12-15 minutes until fish flakes easily.
4. Serve over warm cooked lentils, garnished with fresh herbs.

GLP-1 TIP Cod is very mild and easy to tolerate even when other proteins feel unappealing — lentils add fiber and round out the plate.

19 Turkey Chili



🕒 35 min · 🍴 4 servings

280
CALORIES

28g
PROTEIN

22g
CARBS

8g
FAT

Ingredients

- 1 lb ground turkey (93% lean)
- 1 can kidney beans, drained
- 1 can diced tomatoes
- 1/2 onion, diced
- 1 tbsp chili powder
- 1 tsp cumin

Instructions

1. Brown ground turkey with onion in a large pot until cooked through.
2. Add beans, tomatoes, chili powder, and cumin.
3. Simmer 20-25 minutes, stirring occasionally.
4. Season to taste and serve.

GLP-1 TIP Chili freezes and reheats beautifully — a good make-ahead option for weeks when cooking feels harder than usual.

20 Cauliflower Fried Rice with Turkey Sausage



🕒 20 min · 🍴 2 servings

260
CALORIES

30g
PROTEIN

12g
CARBS

10g
FAT

Ingredients

- 8 oz smoked turkey sausage, sliced
- 3 cups riced cauliflower
- 2 eggs, beaten
- 1/2 cup frozen peas and carrots
- 1 cup chopped kale
- 2 tbsp low-sodium soy sauce
- 1 tbsp sesame oil

Instructions

1. Scramble eggs in a large skillet; set aside.
2. Brown sliced turkey sausage in the same skillet; set aside.
3. Add cauliflower rice, peas/carrots, and kale; cook 5-6 minutes.
4. Return eggs and sausage to the pan, add soy sauce and sesame oil, and toss together.

GLP-1 TIP A lower-carb take on fried rice that still delivers real volume on the plate — useful when you want to feel full without a large carb load.

21 Ricotta & Strawberry Toast



🕒 5 min · 🍴 1 serving

210
CALORIES

12g
PROTEIN

26g
CARBS

7g
FAT

Ingredients

- 1 slice whole grain bread, toasted
- 1/4 cup part-skim ricotta
- 1/4 cup sliced strawberries
- 1 tsp honey
- Fresh mint (optional)

Instructions

1. Spread ricotta over toasted bread.
2. Top with sliced strawberries.
3. Drizzle with honey and garnish with mint.

GLP-1 TIP Ricotta brings more protein than most spreads people default to — an easy upgrade to a familiar breakfast.

22 Greek Salad with Grilled Chicken



🕒 15 min · 🍴 2 servings

340
CALORIES

36g
PROTEIN

10g
CARBS

18g
FAT

Ingredients

- 8 oz grilled chicken breast, sliced
- 2 cups chopped romaine or mixed greens
- 1/2 cup cherry tomatoes, halved
- 1/2 cucumber, sliced
- 1/4 cup feta cheese
- 8 kalamata olives
- 2 tbsp olive oil and red wine vinegar dressing

Instructions

1. Combine greens, tomatoes, cucumber, feta, and olives in a bowl.
2. Top with sliced grilled chicken.
3. Drizzle with dressing and serve.

GLP-1 TIP A classic Mediterranean-style plate — the combination of lean protein and healthy fats from olives and feta keeps this satisfying in a small volume.

23 Poached Egg & Avocado Toast



🕒 10 min · 🍴 1 serving

280
CALORIES

14g
PROTEIN

22g
CARBS

16g
FAT

Ingredients

- 1 slice whole grain bread, toasted
- 1/2 avocado, mashed
- 1 poached egg
- Red pepper flakes, salt, pepper
- Lemon juice

Instructions

1. Mash avocado with a squeeze of lemon juice, salt, and pepper.
2. Spread over toasted bread.
3. Top with a poached egg and a pinch of red pepper flakes.

GLP-1 TIP Healthy fats from avocado plus a poached egg make this filling in a small portion — a reliable go-to on lower-appetite mornings.

24 Turkey Meatballs



🕒 30 min · 🍴 4 servings (4 meatballs each)

240 CALORIES	26g PROTEIN	8g CARBS	11g FAT
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Ingredients

- 1 lb ground turkey (93% lean)
- 1/4 cup breadcrumbs
- 1 egg
- 2 tbsp grated parmesan
- 1 tsp Italian seasoning
- 1 cup marinara sauce for serving

Instructions

1. Preheat oven to 400°F.
2. Mix ground turkey, breadcrumbs, egg, parmesan, and seasoning in a bowl.
3. Form into 16 meatballs and place on a lined baking sheet.
4. Bake 18-20 minutes until cooked through. Serve warm with marinara sauce.

GLP-1 TIP Make a double batch and freeze half — a ready-made protein source for days when starting from scratch feels like too much.

25 Protein Pancakes with Berries



🕒 15 min · 🍴 2 servings (6 small pancakes)

320
CALORIES

26g
PROTEIN

34g
CARBS

8g
FAT

Ingredients

- 1 cup oat flour
- 1 scoop protein powder
- 2 eggs
- 3/4 cup milk of choice
- 1 tsp baking powder
- 1/2 cup mixed berries

Instructions

1. Whisk oat flour, protein powder, eggs, milk, and baking powder into a batter.
2. Cook small pancakes on a lightly greased griddle over medium heat, 2-3 minutes per side.
3. Top with fresh berries and serve.

GLP-1 TIP A weekend-morning option that still hits real protein numbers — skip the syrup and let the berries provide the sweetness.

A Note From GritLeanPulse

GritLeanPulse is a comprehensive health tracking app built specifically for the realities of GLP-1 treatment — adaptive calorie and macro targets that adjust automatically to your changing weight and appetite, automatic plateau and weight-regain detection, and a Clinic Connect program that lets your care team stay directly involved in your progress.

For clinics: partnering with GritLeanPulse gives your patients a structured, medically-informed tracking tool between visits — and gives you a direct messaging channel and shareable progress reports, without building any of it yourself.

[**gritleanpulse.com/clinics**](https://gritleanpulse.com/clinics)

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