

The GLP-1 High-Protein Cookbook

Every Bite Counts

Protein-first recipes in portions small enough to actually finish.

46 protein-first recipes

A4 printable edition

Why every bite counts

When your appetite is small, the question stops being how much you eat and becomes what you eat. Every bite has to carry more.

GLP-1 medications change how hunger and fullness feel. Many people find they can only manage a few bites before feeling satisfied, and some foods suddenly don't appeal at all. That makes it easy to fall short on protein, the nutrient that protects muscle and keeps you strong.

This book is built around one idea: lead with protein and keep portions compact. Most recipes deliver 20 to 35 grams of protein in a serving you can realistically finish, with fiber, color, and flavor alongside.

You'll also find a chapter of gentle soups and soft foods for the days when eating feels like work, and a bonus chapter of desserts that pull their weight.

Cook a little, eat well, and let every bite count.

Recipes	Average protein, main meals	Freezer-friendly	Ready in 15 minutes
46	27 g	13	18

A note on medical care

This book is for general education and is not medical advice. If you have diabetes, kidney disease, food allergies, a history of disordered eating, or persistent nausea or vomiting, talk to your care team about what's right for you.

Start with one small plate

Choose one recipe that sounds genuinely appealing. Make a single serving, eat the protein first, and save the rest if fullness arrives early.

One recipe is enough

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Eating well on a smaller appetite

A few simple habits make a small appetite work for you rather than against you.

1. **Protein first.**
   Eat the protein on your plate before anything else, so you get it in even if you fill up quickly.

2. **Small and regular.**
   Three small meals and one or two snacks are often easier than three large meals. Long gaps can lead to feeling unwell or overly hungry later.

3. **Choose protein-dense foods.**
   Foods like fish, egg whites, Greek yogurt, and cottage cheese give you more protein in fewer bites. See the chart on the next page.

4. **Sip fluids through the day.**
   Water, broth, and herbal teas count. Drinking a little at a time is often easier than large glasses at meals.

5. **Build fiber gradually.**
   Fiber helps with fullness and digestion, but a sudden jump can cause bloating. Recipes with more than 8 g per serving are flagged.

6. **Stop at satisfied.**
   Pause halfway through each meal. There's no need to finish the plate. Leftovers make tomorrow's lunch.

On queasy days

Cool or room-temperature foods, mild flavors, and lower-fat meals are often easier. Ginger or peppermint tea can help. Look for the Gentle day tag throughout the book.

When to call your care team

If you can't keep fluids down, have severe or ongoing vomiting, or feel dizzy or unusually weak, contact your provider promptly.

Breakfasts

Turkey and Sweet Potato Hash

A hearty skillet breakfast that also works for lunch or dinner.

Make-ahead · Freezer-friendly



Protein per serving	Calories	Fiber	Serves	Time
21 g	260	4 g	4	30 min

Ingredients

14 oz (400 g)
93% lean ground turkey

1 medium (300 g)
sweet potato, cut in small cubes

1 small (100 g)
onion, diced

1 large (150 g)
bell pepper, diced

2 packed cups (60 g)
baby spinach

2 tsp (10 g)
olive oil

1 tsp each
smoked paprika, garlic powder, salt

Method

1. Microwave the sweet potato cubes, covered, for 4 minutes to soften.
2. Heat the oil in a large skillet over medium-high. Add the sweet potato and onion and cook 6 minutes, until browned.
3. Push to the side, add the turkey and spices, and cook, breaking it up, until no pink remains, 6 to 8 minutes.
4. Stir in the pepper and spinach and cook 2 minutes more.

Notes

Smaller appetite?

Top a half portion with a fried egg for a smaller but equally protein-rich plate.

Freeze

Freeze in single portions up to 2 months. Reheat in a skillet or microwave.

Soups and soft foods

Chicken Congee

A soothing rice porridge simmered in bone broth.

Freezer-friendly · Gentle day · Make-ahead



Protein per serving	Calories	Fiber	Serves	Time
31 g	240	0 g	4	35 min

Ingredients

- **1 1/2 cups (300 g)** cooked white rice
- **4 cups (1 L)** chicken bone broth
- **2 cups (250 g)** cooked chicken breast, shredded
- **1 tbsp** fresh ginger, sliced
- **to taste** scallions, soy sauce, sesame seeds

Method

1. Bring the rice, broth, and ginger to a simmer.
2. Cook, stirring often, 20 to 25 minutes, until thick and creamy. Add water if it gets too thick.
3. Stir in the chicken and heat through. Remove the ginger and top as you like.

Notes

Gentle day?

Keep toppings minimal. A small bowl of plain congee is very easy on the stomach.

Freeze

Freeze in portions. Add a splash of water when reheating.