

EVIDENCE-BASED GLP-1 NUTRITION

The GLP-1 Recipe Collection

A free taste of the collection — a handful of recipes from the full 50-recipe book, in the same format.

FREE SAMPLE · 8 RECIPES

WELCOME

Food that works as hard as you do

On a GLP-1 medication you eat less — so what you eat has to deliver. Every recipe here is built on three evidence-based principles:

1. Protein first. Aim for roughly 25–30 g per meal and 1.2–1.6 g per kg of body weight per day to help protect muscle while you lose weight.^[1]

2. Keep it gentle. Smaller portions, easy on fried and very rich foods — both help with the nausea common early on.^[2]

3. Make it easy. Simple, supermarket ingredients and minimal steps — the best plan is the one you'll actually follow.

HOW TO READ EACH RECIPE

Every recipe shows protein, calories, carbs, fat, fibre, and time up front, plus tags so you can scan for what fits:

VEG

VEGAN

GF

DF

ONE-PAN

NO-COOK

MEAL-PREP

QUICK

THIS IS A FREE SAMPLE

This free sample includes 8 recipes. The full collection has 50 recipes plus a 14-day meal plan.

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A top-down view of a white bowl filled with a vibrant acai bowl. The bowl is held by a hand, and a gold spoon is visible in the foreground. The acai is a light green color, topped with a variety of fresh fruits including blueberries, strawberries, and green grapes. Slices of banana are arranged in a row on the right side. Crispy granola is scattered throughout the bowl. The background is a wooden surface.

THE GLP-1 RECIPE COLLECTION

Breakfasts

2 high-protein recipes

BREAKFAST

High-Protein Greek Yogurt Bowl

A 30 g-protein bowl with zero cooking — perfect for low-appetite mornings.

VEG

GF

NO-COOK

QUICK

31 g

PROTEIN

330

CALORIES

30 g

CARBS

9 g

FAT

7 g

FIBRE

5 min

TIME

Ingredients

- 200 g (¾ cup) non-fat Greek yogurt
- 1 scoop (25 g) vanilla protein powder
- 80 g (½ cup) mixed berries
- 1 tbsp chia seeds
- 1 tbsp (10 g) chopped almonds

Method

1. Stir the protein powder into the yogurt until smooth.
2. Top with the berries, chia seeds, and almonds.
3. Serve straight away.

WHY IT WORKS ON GLP-1

Front-loads ~30 g protein with fibre from berries and chia — satisfying in a small portion.

Savory Cottage Cheese & Egg Scramble

Fluffy eggs blended with cottage cheese for extra protein and creaminess.

VEG

GF

ONE-PAN

QUICK

31 g

PROTEIN

290

CALORIES

6 g

CARBS

16 g

FAT

1 g

FIBRE

12 min

TIME

Ingredients

- 2 large eggs
- 100 g (½ cup) low-fat cottage cheese
- 1 handful (30 g) spinach
- 1 tsp (5 ml) olive oil
- Salt and pepper, to taste

Method

1. Heat the oil in a non-stick pan over medium heat.
2. Whisk the eggs, pour in, and stir gently.
3. When almost set, fold through the cottage cheese and spinach.
4. Season and serve warm.

WHY IT WORKS ON GLP-1

Cottage cheese adds slow-digesting casein protein with very few carbs.

A top-down view of a blue ceramic bowl filled with a variety of ingredients. The bowl contains cooked quinoa, chickpeas, roasted pumpkin cubes, a slice of avocado, a dollop of white cheese, fresh spinach leaves, a slice of tomato, and a lemon wedge. The ingredients are arranged in a visually appealing, slightly overlapping manner.

THE GLP-1 RECIPE COLLECTION

Lunches

2 high-protein recipes

LUNCH

Tuna & Chickpea Protein Salad

No-cook, fibre-rich, ready in minutes — perfect for work.

GF

DF

NO-COOK

28 g

PROTEIN

300

CALORIES

26 g

CARBS

8 g

FAT

8 g

FIBRE

8 min

TIME

Ingredients

- 1 tin (145 g) tuna in water, drained
- 1 tin (400 g) chickpeas, drained
- ½ red onion, finely chopped
- 1 tbsp (15 ml) olive oil; juice of ½ lemon
- Handful of parsley, chopped

Method

1. Combine chickpeas, tuna, and onion in a bowl.
2. Dress with olive oil and lemon juice.
3. Fold through the parsley and serve.

WHY IT WORKS ON GLP-1

Protein and fibre together keep you full far longer than a sandwich.

LUNCH

Chicken & White Bean Soup

Comforting and easy to portion on low-appetite days.

GF

DF

MEAL-PREP

30 g

PROTEIN

280

CALORIES

24 g

CARBS

6 g

FAT

7 g

FIBRE

30 min

TIME

Ingredients

- 300 g (10 oz) cooked chicken, shredded
- 1 tin (400 g) white beans, drained
- 1 litre (4 cups) low-salt chicken stock
- 1 onion + 2 carrots, diced
- 1 tsp (5 ml) olive oil

Method

1. Soften the onion and carrot in the oil for 5 minutes.
2. Add stock and beans; simmer 10 minutes.
3. Stir in the chicken, warm through, season, and serve.

WHY IT WORKS ON GLP-1

Brothy and gentle — easy to eat in small amounts while still protein-rich.



THE GLP-1 RECIPE COLLECTION

Dinners

2 high-protein recipes

DINNER

Lemon-Herb Baked Salmon with Greens

Omega-3-rich and light — a protein-forward dinner.

GF

DF

34 g

PROTEIN

360

CALORIES

6 g

CARBS

22 g

FAT

2 g

FIBRE

25 min

TIME

Ingredients

- 2 salmon fillets (~130 g / 4½ oz each)
- 1 lemon, sliced
- 1 tbsp (15 ml) olive oil; 1 tsp dried herbs
- 200 g (4 cups) spinach or kale

Method

1. Heat oven to 200 °C (400 °F).
2. Place salmon on a tray, drizzle with half the oil, top with lemon and herbs.
3. Bake 12–15 minutes; wilt the greens in the rest of the oil and serve.

WHY IT WORKS ON GLP-1

Omega-3s plus 34 g protein in a meal that's light on the stomach.

DINNER

Tofu & Edamame Stir-Fry

A plant-based, high-protein dinner that comes together fast.

VEGAN

DF

24 g

PROTEIN

330

CALORIES

20 g

CARBS

17 g

FAT

6 g

FIBRE

20 min

TIME

Ingredients

- 200 g (7 oz) firm tofu, cubed
- 150 g (1 cup) shelled edamame
- 1 tbsp (15 ml) low-salt soy sauce
- 1 tsp sesame oil; 200 g stir-fry veg; ginger

Method

1. Pan-fry the tofu in the sesame oil until golden.
2. Add the veg, edamame, and ginger; stir-fry 4–5 minutes.
3. Add the soy sauce, toss, and serve.

WHY IT WORKS ON GLP-1

Tofu and edamame stack plant protein with fibre and minimal effort.



THE GLP-1 RECIPE COLLECTION

Snacks & Smoothies

2 high-protein recipes

SNACK

Berry Protein Smoothie

An easy liquid-protein option for low-appetite or post-workout.

VEG

GF

NO-COOK

QUICK

26 g

PROTEIN

250

CALORIES

28 g

CARBS

4 g

FAT

5 g

FIBRE

5 min

TIME

Ingredients

- 150 g ($\frac{2}{3}$ cup) Greek yogurt
- 1 scoop (25 g) protein powder
- 100 g ($\frac{3}{4}$ cup) mixed berries
- 200 ml ($\frac{3}{4}$ cup) milk or soy milk; ice

Method

1. Add everything to a blender.
2. Blend until smooth.
3. Pour and serve.

WHY IT WORKS ON GLP-1

Drinkable protein for days when chewing feels like too much.

SNACK

Green Protein Smoothie

Spinach you can't taste, plus 25 g protein.

VEG

GF

NO-COOK

QUICK

25 g

PROTEIN

240

CALORIES

24 g

CARBS

5 g

FAT

5 g

FIBRE

5 min

TIME

Ingredients

- 1 scoop (25 g) protein powder
- 1 handful spinach
- ½ banana
- 200 ml (¾ cup) milk; ice

Method

1. Blend everything until smooth.
2. Add water if too thick.
3. Serve cold.

WHY IT WORKS ON GLP-1

Sneaks in greens and protein without much volume.

WANT ALL 50?

The complete collection

50 high-protein recipes for every meal, plus a full 14-day plan with daily protein totals. Get it at mounjaro-nutrition.vercel.app/ebooks

References & disclaimer

1. Effects of dietary protein intake on body composition changes after weight loss: systematic review and meta-analysis. [pmc.ncbi.nlm.nih.gov/articles/PMC4892287](https://pubmed.ncbi.nlm.nih.gov/articles/PMC4892287)
2. Clinical Recommendations to Manage Gastrointestinal Adverse Events in Patients Treated with GLP-1 Receptor Agonists: A Multidisciplinary Expert Consensus. [ncbi.nlm.nih.gov/pmc/articles/PMC9821052](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC9821052)

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