



Protein Balance for GLP-1s Meal Plan

Welcome to the Protein Balance for GLP-1s Meal Plan

This simple meal plan is specifically designed for members taking GLP-1s with low appetites. This higher-protein meal plan helps preserve muscle tissue and includes easy-to-consume, lower volume meals along with tips and guidance to achieve healthy weight loss and ensure your nutritional needs are met.

- **Eat small, frequent meals**

It's best to avoid skipping meals, so if you can't eat an entire meal in one go, split it into two smaller meals eaten two to three hours apart. For example, save your fruit and nuts from breakfast for a mid-morning snack, or eat half your sandwich for lunch and the second half as a mid-afternoon snack. Try to eat dinner early, giving your body at least two hours to digest the food before going to bed.

- **Don't strive for perfection**

In the first few weeks of starting weight-loss medication, it's OK if you can't reach your daily food group targets shown in your Meal Plan and Food & Exercise Tracker, just try to come as close to the targets as you can.

- **Enjoy easy-to-consume meals**

The meals included in this meal plan are generally smaller in volume so you don't have to battle through big meals, but they still deliver the nutrients required for healthy weight loss. You can expect plenty easy-to-consume meals like smoothies, soups, and stews.

- **Embrace batch cooking**

Each week, you will batch cook a few freezable meals. This helps to reduce the amount of cooking required in the first few weeks when eating feels like a chore. Batch cooking enables you to have healthy meals available to defrost and reheat each week. Stock up on a few small to medium-sized food containers so you can freeze individual portions.

- **Enjoy your vegetable & fruit based snacks**

If you're struggling to eat the snack in your meal plan, it's OK to skip these for the first few weeks. Although, the smoothies, soups, and ice pops provide protein and are a great way to pack in more nutrients while also keeping you hydrated. Once your appetite returns, you can go back to eating unlimited vegetables and fruits as a way to manage your hunger.

Meal Plan

	Breakfast	Lunch	Dinner	Snack
Wed, Apr 17	Vanilla overnight oats with banana & peanut butter	Butternut & lentil soup	Beef bolognese with polenta	Watermelon mint smoothie
Thu, Apr 18	Leftover Vanilla overnight oats with banana & peanut butter	Cheesy chili wrap	Sheet-pan chicken, broccoli & sweet potato	Loaded green smoothie
Fri, Apr 19	Berry smoothie with peanut butter toast	Leftover Butternut & lentil soup	Leftover Beef bolognese with polenta	Yogurt & cucumber
Sat, Apr 20	Leftover Vanilla overnight oats with banana & peanut butter	Salmon & cucumber wrap	Leftover Sheet-pan chicken, broccoli & sweet potato	Leftover Loaded green smoothie
Sun, Apr 21	Leftover Vanilla overnight oats with banana & peanut butter	Leftover Butternut & lentil soup	Leftover Beef bolognese with polenta	Watermelon mint smoothie
Mon, Apr 22	Fried eggs on toast with apple	Cheesy chili wrap	Leftover Sheet-pan chicken, broccoli & sweet potato	Leftover Loaded green smoothie
Tue, Apr 23	Berry smoothie with peanut butter toast	Salmon & cucumber wrap	Leftover Beef bolognese with polenta	Leftover Loaded green smoothie

Prep steps and tips for this week

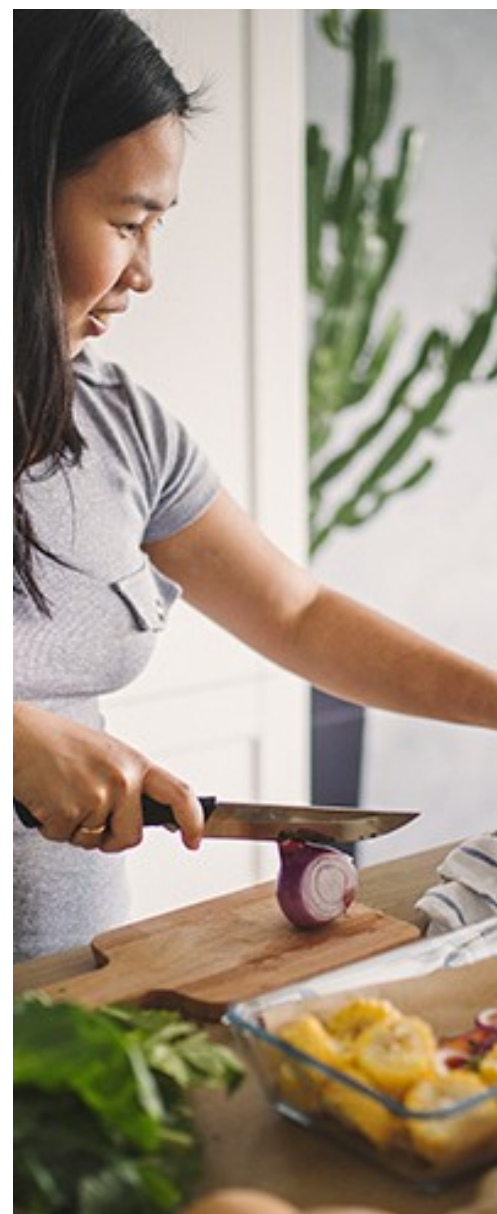
Here's your checklist to help you prepare for Week 1.

1. **Swap meals to suit your preferences.** If you don't like a particular meal, go to your [Meal Plan](#) and click the "Swap" button to select a different recipe.
2. **Shop for all the ingredients.** Review the [Grocery List](#) at the end of this PDF or on the website. Adjust the list to cater for your family and needs. Check off items you already have.
3. **Make high-protein milk.** Boost the protein of your milk by adding non-fat dry milk powder at a ratio of 1 oz milk powder to every 1 cup milk. Use this high-protein milk throughout the week.
4. **Prepare Vanilla overnight oats with banana & peanut butter*.** Divide the overnight oats mixture between four separate containers with lids (or eight containers if your appetite is low and you're splitting breakfast into two smaller meals.) Store in the fridge.
5. **Freeze a banana.** Peel a banana, cut it in half, and freeze the two halves ahead of time for the Berry smoothie with peanut butter toast*.
6. **Prepare Loaded green smoothie*.** Pour into four containers and place in the fridge for up to 24 hours or in the freezer for up to 3 months.
7. **Butternut & lentil soup*.** Makes 4 servings. You'll eat three servings this week and freeze one serving for Week 2.
8. **Beef bolognese with polenta*.** Makes 6 servings. You'll eat four servings this week and freeze two servings for Week 6.
9. **Sheet-pan chicken, broccoli & sweet potato*.** Makes 3 servings. You will eat all three servings across three dinners this week.
10. **Freeze leftover ingredients.** Store any leftover ingredients like bread, wraps or cheese in the freezer to use in future weeks.

Extra tips:

1. **Add your own flavor.** Fresh and dried herbs and spices, along with aromatics like garlic, ginger and chili are all free foods, so feel free to add these or use what you have in your pantry to boost flavor.
2. **Protein powder.** Look for an option that contains at least 15 grams of protein per serving, and has a short ingredients list and limited added sugars — ideally 100% whey, soy, or pea protein.

*Refers to recipes in the meal plan as specified. Your meal plan may differ if you have swapped meals.



Breakfast meals

Vanilla overnight oats with banana & peanut butter

Vanilla overnight oats with banana & peanut butter, makes 4 servings

Old fashioned (rolled) oats, 1 cup(s) (2.8oz)

1% milk, 1 cup(s) (8.3fl oz)

Non-fat dry milk, instant, with added vitamin A and D, 1 oz,
(dissolved into the milk) (1oz)

Non-fat plain Greek yogurt, 4 cup(s) (2lb)

Vanilla extract, 1 tsp(s) (0.1oz)

Banana, 2 large, sliced (9.6oz)

Peanut butter, reduced sugar & salt, 2 tbsp(s) (1.1oz)

Method

Add the oats, milk, dry milk, 1 cup of yogurt and vanilla into a bowl. Stir until well combined. Divide the oats mixture between four separate jars or containers with lids. Store in the fridge overnight.

Each morning, grab one serving and top with $\frac{3}{4}$ cup of yogurt, half a banana and $\frac{1}{2}$ tablespoon of peanut butter. Enjoy!

Each serving of 'Vanilla overnight oats with banana & peanut butter' provides: 1.0 Fruit, 1.1 Carbohydrates, 1.7 Protein/Dairy, 1.1 Fats, 374 calories, 32.8g protein.



Lunch meals

Butternut & lentil soup

Butternut & lentil soup, makes 4 servings

Extra virgin olive oil, 4 tsp(s) (0.6oz)

Leek, 1 leek(s), finely chopped (4.4oz)

Ginger, 1 tsp(s), finely grated (0.1oz)

Curry powder, 1 tbsp(s) (0.2oz)

Butternut squash, raw, 35 oz, peeled, seeded, chopped (2.2lb)

Carrots, 2 medium, peeled and chopped (4.3oz)

Lentils, dry, 1 cup(s) (6.8oz)

Vegetable liquid stock, 4 cup(s) (1qt)

Method

Heat the oil in a large saucepan over medium heat. Add the leek, ginger and curry powder, cook stirring for 3 to 4 minutes or until leek is soft. Add the butternut squash, carrot and lentils, stir to coat in the curry mixture.

Add the stock and 1 cup of water. Increase heat to high, cover and bring to the boil. Reduce heat to medium. Boil gently, covered, stirring occasionally for 10 minutes or until the butternut is tender. Remove from the heat, stand covered for 10 minutes.

Carefully use a stick blender to blend until smooth. Divide the soup between serving bowls. Serve.

TIP: If you're cooking for 1, cool and freeze in single servings or place in the fridge for up to 4 days.

Each serving of 'Butternut & lentil soup' provides: 0.9 Vegetables, 1.6 Carbohydrates, 1.5 Protein/Dairy, 0.9 Fats, 363 calories, 17.4g protein.



Dinner meals

Beef bolognese with polenta

Beef bolognese with polenta, makes 6 servings

Extra virgin olive oil, 4 tsp(s) (0.6oz)

Ground beef, extra lean, 1 lb(s) (1lb)

Garlic, minced, 2 tbsp(s) (0.6oz)

White onion, chopped, 2 cup(s) (11.3oz)

Tomatoes, canned, diced, no salt added, 2 x 14½ oz can(s)
(1.8lb)

Black pepper, 4 dash(es)

Cornmeal, whole-grain, 1 cup(s) (4.3oz)

Unsalted butter, 1 tbsp(s) (½oz)

Method

Divide into six equal servings. Enjoy one serving for dinner. Store three servings in airtight containers in the fridge for later in the week. Store two remaining servings in the freezer for a future week.

Beef bolognese with polenta instructions

Heat the oil in a large saucepan over medium-high heat.

Add the beef and cook, stirring occasionally, for 4 to 5 minutes until browned. Add garlic and onion stirring for 1 minute until fragrant.

Add the tomatoes and season with black pepper. Bring to a boil and then reduce the heat and simmer until thick, for about 5 minutes.

In a medium saucepan, bring 4 cups of water to a boil. Slowly whisk in the cornmeal to ensure no clumping. Reduce heat, cover and simmer, stirring occasionally until thickened, about 10 to 15 minutes. Remove from heat, stir in the butter.

Divide the polenta into six equal servings and top each serving with bolognese. Serve.

Each serving of 'Beef bolognese with polenta' provides: 2.2 Vegetables, 1.1 Carbohydrates, 0.9 Protein/Dairy, 1.0 Fats, 276 calories, 20.2g protein.



Snack meals

Yogurt & cucumber

Non-fat Greek yogurt, any flavor, 1 x 5.3 oz container(s) (5.3oz)

Cucumber, 1 small, cut into sticks (5.6oz)

Method

Enjoy the tub of yogurt and cucumber sticks as snacks during the day.

Makes 1 serving. Each serving provides: 0.9 Vegetables, 1.1 Protein/Dairy, 140 calories, 13.6g protein.



Grocery List

Fruits & Vegetables

- Apple, 1 small (5.3oz)
- Avocado 2.1oz
- Baby spinach 0.8oz
- Banana, 3 large (14.4oz)
- Broccoli florets 15oz
- Butternut squash, raw 2.2lb
- Carrots, 6 medium (12.9oz)
- Celery, raw 2.8oz
- Cucumber, 6 small (2.1lb)
- Fresh mint 0.8oz
- Garlic, minced 0.6oz
- Ginger 0.1oz
- Leek 4.4oz
- Lemon, 2 medium (5.9oz)
- Pear, 2 large (1lb)
- Raspberries 8.7oz
- Sweet potato, 9 oz (9oz)
- Tomato, 1 large, whole (6.4oz)
- Watermelon 1.3lb
- White onion, chopped 11.3oz

Pantry Items

- Black pepper

- Canned salmon 6oz
- Cornmeal, whole-grain 4.3oz
- Curry powder 0.2oz
- Extra virgin olive oil 2.1oz
- Lentils, dry 6.8oz
- Light mayo 1.6oz
- Non-fat dry milk, instant, with added vitamin A and D 3oz
- Nutritional yeast 0.1oz
- Old fashioned (rolled) oats 2.8oz
- Peanut butter, reduced sugar & salt 1.6oz
- Sea salt
- Sriracha 0.2oz
- Sweet chili sauce, low-sodium 1.7oz
- Tomatoes, canned, diced, no salt added, 2 x 14.5 oz can(s) (1.8lb)
- Vanilla extract 0.4oz
- Vegetable liquid stock 1qt

Bread & Bakery

- Whole-grain bread, 3 slice(s) (3.4oz)
- Whole-wheat tortilla, 4 tortilla(s) (5.8oz)