

GLP-1 DIET HIGH PROTEIN COOKBOOK FOR TYPE 2 DIABETES

*101 High-Protein, Low-Carb & Sugar-Free Recipes to
Support GLP-1 Medications, Stabilize Blood Sugar,
Protect Muscle, and Lose Weight Safely*

MARISA LANE CN

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COOKBOOK FOR TYPE 2
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Introduction: A Smarter Way to Eat With GLP-1 and Type 2 Diabetes



If you're living with type 2 diabetes and using a GLP-1 medication, you're probably feeling two things at once: hope and confusion.

Hope, because these medications can finally make blood sugar easier to manage, reduce appetite, and support meaningful weight loss. Confusion, because once the prescription is filled, many people are left asking the same question:

What am I actually supposed to eat now?

You may have noticed that the way you used to eat no longer works. Meals that once felt “fine” now cause nausea, fatigue, heartburn, or blood sugar swings. You might feel full after a few bites, skip meals without meaning to, or struggle to get enough protein. Some days food sounds unappealing altogether.

This cookbook was created for that exact moment. It is not about restriction, or eating less just for the sake of it. It's about eating *smarter* so your medication can work with you, not against you.

The Challenge of Managing Blood Sugar While on GLP-1 Medications

GLP-1 medications change how your body responds to food. They slow digestion, reduce appetite, and improve insulin response. While this is powerful, it also means your margin for error is smaller.

Eating the wrong foods, even in small amounts, can lead to:

- Nausea or vomiting
- Bloating and discomfort
- Fatigue or dizziness
- Blood sugar dips or spikes
- Muscle loss from under-eating protein

Many people assume that because they're eating less, blood sugar control will automatically improve. But with GLP-1 medications, *what* you eat often matters more than *how much* you eat.

Highly processed carbs, sugary foods, and low-protein meals can hit harder than before. Skipping meals can backfire. Grazing without structure can stall progress. And relying on old “diabetic diet” advice often leads to frustration.

You are not failing. The rules have changed.

How Food Choices Can Reduce Side Effects, Improve A1C, and Support Weight Loss

The right food choices can make GLP-1 therapy smoother, safer, and far more effective.

When meals are built around adequate protein, gentle fiber, and balanced fats, many people notice:

- Fewer digestive side effects
- More stable blood sugar readings
- Better A1C trends over time
- Preserved muscle while losing weight
- Improved energy and focus
- Less fear around eating

Protein plays a central role. It helps slow glucose absorption, protects lean muscle, and keeps meals satisfying even when portions are smaller. This is especially important on GLP-1 medications, where appetite suppression can unintentionally lead to muscle loss if protein is neglected.

Carbohydrates still have a place, but the type, amount, and timing matter more than ever. Low-carb does not mean no-carb. It means choosing carbs that support blood sugar stability instead of fighting it.

Fat becomes a tool, not a free-for-all. The wrong fats can worsen nausea, while the right ones improve satiety and comfort.

This cookbook is designed to help you make those choices automatically, without tracking, math, or stress.

What Makes This Cookbook Different from Generic Diabetic Cookbooks

Most diabetic cookbooks were not written with GLP-1 medications in mind.

They often:

- Push high-carb “whole grain” meals that spike glucose
- Ignore appetite suppression and early fullness
- Underestimate protein needs during weight loss
- Rely on large portions or frequent snacking
- Fail to address nausea, food aversions, or fatigue

This book takes a different approach.

Every recipe is:

- **High in protein** to protect muscle and stabilize blood sugar
- **Lower in carbs** and free from added sugar
- Designed for **smaller portions** that still nourish
- Gentle on digestion and **GLP-1–friendly**
- Built from simple, accessible ingredients



You’ll notice many recipes include yogurt, eggs, fish, poultry, tofu, cottage cheese, and soft textures. That’s intentional. These foods are often easier to tolerate, quick to prepare, and supportive of blood sugar control.

You’ll also notice flexibility. No rigid meal timing. No “forbidden” foods list. No one-size-fits-all plan.

Instead, you get structure without pressure.

How to Use This Cookbook

This is not a book you need to follow in order.

You can:

- Start with breakfasts if mornings are hardest
- Focus on snacks if nausea limits meal size
- Rotate dinners you enjoy and repeat them often
- Use recipes as templates, not rules

Each recipe is designed to work on its own, but together they create a pattern of eating that supports GLP-1 therapy and diabetes management long term.

A few practical tips as you begin:

- Eat slowly and stop when comfortable, not full
- Prioritize protein first at each meal
- Keep portions modest and return later if needed
- Stay hydrated, especially if appetite is low
- Don't force foods that make you feel unwell

Consistency matters more than variety. Repeating meals is not a failure. It's a strategy.

Important Safety Notes for GLP-1 Users with Diabetes

This cookbook is meant to support your treatment, not replace medical care.

Keep these points in mind:

- Monitor blood sugar regularly, especially when changing how you eat
- Work with your healthcare provider if readings drop or medications need adjustment
- If you use insulin or sulfonylureas, protein-focused eating may lower glucose faster
- Rapid weight loss can change medication needs
- Ongoing nausea, vomiting, or inability to eat should be discussed with your provider

If something doesn't feel right, listen to your body. Progress should feel steady, not punishing.

Living with type 2 diabetes already demands a lot. Adding GLP-1 medication should not make food feel more confusing or stressful. This book exists to bring clarity back to your plate. You don't need extreme rules. You don't need to eat perfectly. You need meals that work with your body as it is today.

High-protein. Low-carb. Sugar-free. Practical. Satisfying. A smarter way to eat, so you can focus on living.

CHAPTER 1: Understanding GLP-1 Medications for Type 2 Diabetes



GLP-1 medications can feel almost life-changing when they work well. Blood sugar improves. Appetite quiets down. Weight starts to move in a safer direction. But they can also feel uncomfortable, confusing, or unpredictable if you don't understand what's happening inside your body.

GLP-1 stands for **glucagon-like peptide-1**. It's a hormone your body already makes, mainly in the gut, in response to eating. Its job is to help control blood sugar after meals. In people with type 2 diabetes, the natural GLP-1 response is often weaker or less effective. GLP-1 receptor agonist medications are designed to mimic and strengthen that signal.

When these medications are active, several things happen at the same time:

- The pancreas releases insulin more effectively when blood sugar rises
- The liver reduces unnecessary glucose release
- Digestion slows down
- The brain receives stronger fullness signals

These effects are coordinated. They are not random side effects. They are the reason GLP-1 medications work.

GLP-1 medications don't force your body to do something unnatural. They amplify a system that already exists but isn't working well.

How GLP-1 Medications Affect Blood Sugar

GLP-1 medications improve blood sugar control in two main ways.

First, they help insulin work when it's actually needed. Insulin release becomes more responsive to rising blood sugar after meals, instead of being constantly elevated. This reduces large post-meal spikes.

Second, they reduce the amount of glucose released by the liver between meals. In type 2 diabetes, the liver often releases too much sugar into the bloodstream, even when you haven't eaten. GLP-1 medications calm that process down.

Because of this dual action, many people see:

- Lower fasting blood sugar
- Smaller spikes after meals
- Improved A1C over time

Importantly, GLP-1 medications are *glucose-dependent*. That means they work harder when blood sugar is high and back off when it's lower. This is one reason they carry a lower risk of hypoglycemia on their own, compared to some older diabetes medications.

How GLP-1 Medications Affect Appetite

One of the most noticeable changes happens in the brain.

GLP-1 medications increase signals related to fullness and reduce signals related to hunger. Food noise quiets. Cravings feel less urgent. Portions naturally get smaller without constant effort.

This is not about willpower. Appetite regulation is hormonal.

Many people experience:

- Feeling full sooner during meals
- Less interest in snacking
- Reduced cravings for sugary or highly processed foods
- Longer time between meals without discomfort



However, appetite suppression can be a double-edged sword. When hunger drops too low, people may eat too little or skip meals entirely. Over time, that can lead to fatigue, muscle loss, and stalled progress.

That's why understanding how these medications work is essential. Eating less is not the same as eating well.

How GLP-1 Medications Affect Digestion

GLP-1 medications slow the rate at which food leaves the stomach. This is called delayed gastric emptying.

Slower digestion helps in several ways:

- Blood sugar rises more gradually after meals
- Fullness lasts longer
- Large glucose spikes are reduced

But this same effect can also cause:

- Nausea
- Bloating
- Early fullness
- Heartburn
- Discomfort after large or fatty meals

This is not a sign that something is wrong. It's a predictable effect of how the medication works.

Because food stays in the stomach longer, **meal size, texture, and composition matter more than before**. Dense, greasy, or very large meals are harder to tolerate. Lighter meals with adequate protein are often better tolerated.

Over time, many people adjust. The digestive system adapts, especially when food choices support it.

How GLP-1 Medications Affect Insulin

GLP-1 medications improve how insulin is released and used, but they do not replace insulin. Instead, they make your existing insulin response more efficient.

Here's what that means in practice:

- Insulin is released when blood sugar rises, not constantly
- Insulin sensitivity often improves
- The body uses glucose more effectively

For people who still produce some insulin, this can significantly reduce insulin resistance. For those using insulin injections, GLP-1 medications may reduce the amount needed over time, under medical supervision.

This improved insulin response is one reason food quality becomes more important. When insulin works better, meals that are balanced tend to produce smoother blood sugar curves, while poorly balanced meals can still overwhelm the system.

GLP-1 medications don't work in isolation. Their effects overlap and reinforce each other.

Area	What Changes
Blood Sugar	Smaller spikes, lower fasting levels
Appetite	Earlier fullness, less hunger
Digestion	Slower stomach emptying
Insulin	More efficient, better timed release

Understanding this combination helps explain why old eating habits may stop working and why new strategies are needed.

Common GLP-1 Medications Explained Simply

GLP-1 receptor agonists are a class of medications used for type 2 diabetes, and in some cases obesity. They all work through the same basic pathway, but they differ in strength, dosing schedule, and how long they last in the body.

Here are the most commonly prescribed ones, explained without medical jargon:

1. **Ozempic:** A once-weekly injection. Strong effect on blood sugar control and appetite reduction. Many people notice early fullness and reduced cravings. Often used at lower doses for diabetes management.
2. **Rybelsus:** The oral version of semaglutide, taken daily. It works similarly to Ozempic but requires careful timing on an empty stomach for proper absorption.
3. **Trulicity:** A once-weekly injection with steady blood sugar benefits. Appetite effects are usually milder compared to semaglutide, but still meaningful.
4. **Victoza:** A daily injection. Shorter-acting than weekly options, which can mean more flexibility for some people but requires consistent daily use.
5. **Bydureon:** A weekly injection that focuses primarily on blood sugar control, with modest appetite effects for many users.
6. **Mounjaro:** A newer medication that targets GLP-1 and an additional hormone involved in insulin response. It often produces strong improvements in A1C and weight but can amplify appetite suppression.

All of these medications are designed to support better glucose control, not replace healthy eating. They create the conditions for improvement, but food choices determine how comfortable and sustainable that improvement becomes.

Why Diet Matters More When Using GLP-1

A common misconception is that GLP-1 medications work no matter what you eat. While they can lower blood sugar even with imperfect eating, the *experience* of using them depends heavily on diet. These medications change digestion, hunger cues, and how your body handles meals. That means food has a stronger impact, both positive and negative.

Here's why diet suddenly matters more:

Appetite Is Lower, But Needs Are Not

GLP-1 medications reduce hunger, sometimes dramatically. This can make it easy to eat too little, especially protein. Over time, under-eating can lead to:

- Muscle loss
- Fatigue
- Slower metabolism
- Poor blood sugar stability

When appetite drops, every bite needs to count. Low-nutrient foods crowd out what your body actually needs.

Digestion Is Slower

Because food stays in the stomach longer, large or heavy meals can cause discomfort. Greasy foods, refined carbs, and oversized portions are more likely to trigger nausea or bloating. Eating in a way that supports digestion becomes essential, not optional.

Blood Sugar Responds Differently

GLP-1 medications improve insulin response, but they don't cancel out the effects of food. Highly processed carbs and sugars can still overwhelm the system, especially when eaten alone or quickly.

Balanced meals lead to smoother blood sugar curves. Poorly balanced meals feel worse than they used to.

Weight Loss Changes Nutrient Needs

As weight decreases, protein needs become more important, not less. Losing weight without protecting muscle can affect strength, balance, and long-term blood sugar control. Diet is what protects muscle while the medication supports fat loss.

Think of GLP-1 medications as creating opportunity. They quiet hunger, slow digestion, and improve insulin signaling. But they don't tell your body *what* to build or *how* to fuel itself.



With GLP-1 Medication	Diet Determines
Less hunger	Nutrient intake
Slower digestion	Comfort vs side effects
Better insulin response	Blood sugar stability
Weight loss potential	Muscle preservation

When food quality is high, GLP-1 therapy feels smoother and more predictable. When food quality is low, side effects increase and results often stall.

Why This Cookbook Focuses on High Protein

One of the biggest risks with GLP-1 medications is unintentional muscle loss. Appetite suppression makes it easy to eat less protein than your body needs, especially if meals are skipped or replaced with snack foods.

Protein helps:

- Maintain muscle during weight loss
- Support stable blood sugar
- Improve satiety with smaller portions
- Reduce cravings between meals

That's why protein-forward meals are the foundation of this book. Not extreme. Not excessive. Just enough, consistently.

Understanding your medication helps you stop blaming yourself when food feels different. Nothing is “wrong” with you. Your body is responding to treatment.

The next step is learning how to eat in a way that supports these changes instead of fighting them. That's where structure, balance, and smart recipe choices come in, and that's exactly what the rest of this book is designed to help you do.

The medication opens the door. Your diet decides what happens next.



CHAPTER 2: The GLP-1–Friendly Diabetes Plate



Once you're on a GLP-1 medication, food stops behaving the way it used to. Smaller meals affect blood sugar more. Skipped meals feel worse. Certain foods suddenly cause discomfort or spikes that didn't happen before. This isn't random. It's your body responding to a new hormonal environment.

How to Build Meals That Stabilize Blood Sugar

Blood sugar stability doesn't come from avoiding food. It comes from **structure**.

A GLP-1–friendly plate follows three basic principles:

1. Blood sugar rises slowly
2. Insulin demand stays manageable
3. Energy lasts between meals

That happens when meals include all four macronutrients in the right roles.

A blood sugar–stable meal:

- Starts with protein
- Includes fiber-rich foods

- Uses fats intentionally
- Keeps carbohydrates controlled and paired

Meals built this way tend to:

- Reduce post-meal glucose spikes
- Lower glucose variability
- Improve A1C trends
- Reduce fatigue and cravings

On GLP-1 medications, digestion is slower and appetite is lower. This makes meal composition more important than ever. When meals are unbalanced, even small portions can cause problems. When meals are balanced, smaller portions work better.

Protein: The Anchor of the GLP-1 Plate

Protein is the most important macronutrient for people with type 2 diabetes using GLP-1 medications.

Why protein matters more now:

- It slows glucose absorption
- It protects lean muscle during weight loss
- It increases satiety even with small portions
- It reduces blood sugar swings

Unlike carbohydrates, protein does not cause a rapid rise in blood sugar. It triggers a slower, more controlled insulin response and helps stabilize glucose after meals.

For GLP-1 users, protein also helps prevent under-eating. When appetite is low, protein ensures that meals still meet basic needs.

High-quality protein sources commonly used in this book include:

- Eggs and egg whites
- Fish and seafood
- Poultry
- Lean meats
- Greek yogurt, skyr, cottage cheese
- Tofu and soy-based proteins

Protein should appear in *every* meal, even small ones.

Fiber: Blood Sugar's Quiet Stabilizer

Fiber is a form of carbohydrate, but it behaves very differently in the body.

Fiber:

- Slows digestion
- Reduces glucose absorption speed
- Improves gut health
- Helps regulate appetite

For people on GLP-1 medications, fiber supports smoother digestion and reduces sudden blood sugar rises. However, too much fiber too quickly can worsen bloating or discomfort, especially early in treatment.

That's why this book emphasizes **gentle, soluble fiber** from foods like:

- Non-starchy vegetables
- Chia seeds
- Berries in small amounts
- Nuts and seeds

Fiber works best when paired with protein and fat. Alone, it's helpful. Together, it's powerful.



Fats: Supportive, Not Unlimited

Fats play an important role, but they need to be used carefully with GLP-1 medications.

Healthy fats:

- Slow digestion further
- Improve satiety
- Support nutrient absorption

But large amounts of fat can:

- Trigger nausea
- Worsen reflux
- Increase fullness too quickly

The goal is *moderate fat*, not high fat.

Fats that tend to be better tolerated include:

- Olive oil
- Yogurt-based sauces

- Nuts and seeds in small portions
- Fat naturally present in fish, eggs, and dairy

Fats work best when they support protein and fiber, not when they dominate the meal.

Carbohydrates: Quality And Quantity

Carbohydrates are the macronutrient most likely to destabilize blood sugar, especially with type 2 diabetes.

On GLP-1 medications, carbs are not forbidden, but they must be:

- Limited in amount
- Chosen carefully
- Paired with protein and fat

Refined carbohydrates and sugars raise blood sugar quickly, even in small amounts. Whole-food carbohydrates raise blood sugar more slowly, but portion still matters.

This is where understanding **glycaemic index** and **glycaemic load** becomes essential.

Glycaemic Index vs Glycaemic Load

The **glycaemic index** measures how quickly a food raises blood sugar *compared to pure glucose*. It does **not** account for portion size.

GI answers the question: *“How fast does this food raise blood sugar?”*

- High GI: Rapid rise
- Low GI: Slower rise

Glycaemic load considers both:

- How fast a food raises blood sugar
- How much carbohydrate is in a normal serving

GL answers the more useful question: *“How much will this food actually affect my blood sugar when I eat it?”*

For diabetes management, **glycaemic load matters more than glycaemic index**.

Glycaemic Index vs Glycaemic Load: Food Examples

Food	GI	GL (Typical Serving)	Blood Sugar Impact
White bread	High	High	Sharp spike
Brown rice	Medium	High	Sustained rise
Lentils	Low	Low	Gentle effect
Oatmeal	Medium	Medium	Moderate rise
Banana	Medium	Medium	Portion-dependent

Apple	Low	Low	Mild effect
Watermelon	High	Low	Small impact
White potato	High	High	Strong spike
Sweet potato	Medium	Medium	Moderate
Quinoa	Medium	Medium	Controlled
Chickpeas	Low	Low	Stable
Pasta (white)	Medium	High	Prolonged rise
Greek yogurt (plain)	Low	Low	Minimal impact
Soda	High	High	Rapid spike
Candy	High	High	Sharp spike

A food can have a high GI but low GL if the carbohydrate amount is small. It can also have a moderate GI but high GL if the portion is large.

GLP-1 medications slow digestion and improve insulin response, but they do not eliminate carbohydrate effects.

High glycaemic load meals:

- Overwhelm insulin response
- Cause delayed spikes
- Increase fatigue
- Trigger hunger later

Lower glycaemic load meals:

- Work with slower digestion
- Keep glucose curves smoother
- Improve energy
- Reduce cravings

This is why many people on GLP-1 medications feel better eating fewer carbs overall, even when calories are not restricted.

Portion Control Without Counting Calories

Calorie counting isn't required for good diabetes control. What you need is **repeatable structure**.

A practical starting point that many diabetes educators use is the **Diabetes Plate Method**:

- **½ plate:** non-starchy vegetables
- **¼ plate:** lean protein
- **¼ plate:** carbohydrate foods (starchy veg, fruit, whole grains, milk/yogurt), plus water as the default drink

This method automatically controls portions and balances blood sugar without math. The ADA even frames it as “*no counting, calculating, weighing, or measuring,*” using a simple 9-inch plate.

Because GLP-1 medications slow stomach emptying, big meals can trigger nausea or discomfort. Clinical guidance commonly recommends **smaller amounts of food** and **more frequent meals** if needed, especially when side effects are active.

So, if a full plate feels like too much, shrink the setup:

- Use a **smaller plate or bowl**
- Build a “*mini-plate*” with the same ratios
- Eat slowly and stop at “*comfortable,*” not stuffed

This isn’t dieting. It’s symptom management and blood sugar management at the same time.

Use these simple, repeatable cues:

1. The 3-part build

- Protein first
- Vegetables next
- Carbs last (and smaller than protein/veg)



Why lower-carb? This cookbook focuses on lower-carb meals because, on GLP-1 medications, smaller portions and slower digestion make carb-heavy meals more likely to spike blood sugar and crowd out protein. This isn’t a no-carb plan. Carbs can still fit in small, paired portions if your blood sugar and comfort allow.

2. A “two-pass” meal: If you get full quickly:

- Eat half your meal
- Pause 15–30 minutes
- Finish later if you still feel okay

3. Use consistent containers: Pick one “regular” bowl and one “regular” plate at home. Consistency beats perfection.

4. Don’t drink a lot with meals if it worsens nausea: Some people feel better limiting fluids right around meals when nausea is an issue (sip earlier and later instead). (This is a common clinical tip in patient guidance, especially during dose increases.)

Why “Eating Less” Is Not Enough

GLP-1 medications can reduce hunger so effectively that eating less becomes easy. But “less” doesn’t always mean “better,” especially for type 2 diabetes.

Here’s why.

1. Smaller meals can still spike blood sugar: Even a small portion of the wrong carbohydrate can raise glucose fast. GLP-1 improves insulin response, but it doesn’t cancel carbs. The quality of what you eat still matters for post-meal blood sugar control.

2. Under-eating protein is common and risky: When appetite drops, protein is often the first thing to fall short because it takes effort to chew, cook, and finish. Low protein intake can contribute to muscle loss during weight loss, leaving you weaker and more tired over time. (This is a widely recognized concern in nutrition guidance around GLP-1 therapy.)

3. Very fatty, greasy meals can backfire: GLP-1 slows digestion and gut movement. That helps blood sugar, but it also means **fatty meals sit longer** and can trigger nausea, heartburn, bloating, or vomiting for some people.

So, a “small” fast-food meal can still feel awful, and it can still slow progress.

4. Skipping meals can make side effects and control worse: Nausea can sometimes show up after long gaps without eating, and irregular eating can lead to low energy, cravings later, and more chaotic blood sugar patterns. Many clinical discussions recommend smaller, more frequent meals for tolerability when needed.

The goal is not to eat the least amount possible. The goal is to eat **enough of the right foods** to stabilize blood sugar, support medication tolerability, and protect muscle.

What to Eat (and What to Limit) on a GLP-1 Diabetes Diet

This section is your practical “yes / limit” guide. You’ll notice the priorities line up with three goals:

1. steadier blood sugar
2. fewer GI side effects
3. better nutrition even with smaller portions

What To Prioritize

Protein-forward foods: These help stabilize blood sugar and keep meals satisfying even when portions are small.

Non-starchy vegetables: The ADA Plate Method highlights non-starchy vegetables as the biggest part of the plate because they’re low in carbs and supportive for glucose control.

Gentle fiber and smart carbs: You don’t need zero carbs, but you do want carbs that behave predictably and don’t spike glucose quickly.

Simple, minimally processed foods: They're usually easier to tolerate and easier to portion.

What To Limit (Especially During Dose Changes)

Greasy/fried foods and very high-fat meals: Commonly linked with worse nausea and reflux due to delayed stomach emptying.

Sugary drinks and sweets: They raise blood sugar fast and don't provide the protein your body needs.

Large portions of starchy carbs: Even whole grains can push blood sugar up if the portion is big.

Ultra-processed "trigger foods": Fast food and highly processed meals often combine refined carbs + fat in a way that's rough on GLP-1 digestion and can stall results.

GLP-1 Diabetes Food Guide

Category	Eat More Often	Limit / Be Careful With	Why
Proteins	Eggs, egg whites, chicken, turkey, fish, shrimp, lean beef/pork, tofu, tempeh, Greek yogurt, skyr, cottage cheese	Breaded/fried meats, processed meats (frequent), very fatty cuts	Protein supports stable blood sugar and muscle; heavy fried foods can worsen nausea
Vegetables	Leafy greens, broccoli, cauliflower, zucchini, cucumber, mushrooms, peppers, green beans, asparagus	Large amounts of fried veg, heavy creamy veg dishes	Non-starchy veg are low-carb and plate-friendly
Carbs (choose wisely)	Beans/lentils (if tolerated), small portions of quinoa/oats, berries, small fruit servings, starchy veg in measured portions	White bread, pastries, sugary cereal, large rice/pasta portions, fries	Portion and quality drive glucose response; refined carbs spike faster
Fats	Olive oil (light), avocado (small), nuts/seeds (small), fatty fish (salmon, sardines)	Greasy fast food, heavy cream sauces, deep-fried foods	High-fat meals can worsen GI symptoms on GLP-1
Drinks	Water, unsweetened tea/coffee, sugar-free electrolyte drinks if needed	Soda, juice, sweetened coffee drinks, alcohol (often worsens nausea)	Sugary drinks spike glucose quickly and don't satisfy
"Comfort foods"	Brothy soups with protein, yogurt bowls, soft eggs, simple grilled proteins	Fast food, rich desserts, very spicy or very greasy meals (if they trigger symptoms)	Simple foods are often easier to tolerate with slower digestion

Use this table as a guide, not a strict rulebook. Everyone has individual tolerances on GLP-1 therapy. The best "diet" is the one you can repeat without feeling miserable.

CHAPTER 3: Blood Sugar Stable Breakfasts

Baked Ricotta Breakfast Squares



Preparation time: 10 minutes | **Cooking time:** 25 minutes | **Servings:** 4

Directions:

1. Preheat the oven to 350°F (180°C) and line a small baking dish with parchment paper.
2. Crack the eggs into a bowl and whisk until fully blended.
3. Add the ricotta and stir gently until the mixture becomes smooth and creamy.
4. Stir in the almond milk, vanilla, and nutmeg until evenly combined.
5. Transfer to the baking dish, spread evenly, and bake for 25 minutes until set. Let it cool before slicing.

Ingredients:

- 1 cup (240 g) full-fat ricotta cheese
- 2 large eggs
- 2 tbsp (30 ml) unsweetened almond milk
- 1 tsp (2 g) ground nutmeg
- 1 tsp (5 ml) pure vanilla extract
- Non-stick spray or parchment paper

Serving size: 1 square

Nutrition (per serving):

Calories: 140 | Protein: 11 g | Fat: 9 g | Saturated Fat: 5 g | Total Carbs: 3 g | Sodium: 120 mg | Sugar: 1 g | Fiber: 0 g

Turkey-Wrapped Egg & Cheese Rolls

Ingredients:

- 3 large eggs
- 2 slices low-sodium turkey breast
- 2 tbsp (30 g) shredded reduced-fat mozzarella
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper

Serving size: 1 roll

Nutrition (per serving):

Calories: 210 | Protein: 22 g | Fat: 13 g | Saturated Fat: 5 g | Total Carbs: 2 g | Sodium: 210 mg | Sugar: 0 g | Fiber: 0 g

Directions:

1. Crack the eggs into a bowl and whisk until the yolks and whites are fully combined.
2. Heat olive oil in a non-stick pan over medium heat for 1 minute.
3. Pour in the eggs and cook for 3 to 4 minutes, gently lifting the edges so the eggs set evenly.
4. Sprinkle the cheese and black pepper over the eggs and cook for 1 minute until slightly melted.
5. Lay the turkey slices on top, roll tightly, and cook for 2 to 3 minutes until warmed through. Slice and serve.



Preparation time: 10 minutes | **Cooking time:** 10 minutes | **Servings:** 2

Chicken Breakfast Hash with Zucchini & Peppers



Preparation time: 10 minutes | **Cooking time:** 15 minutes | **Servings:** 1

Directions:

1. Heat olive oil in a pan over medium heat for 1 minute.
2. Add zucchini and bell pepper; cook for 4 minutes.
3. Add chicken, paprika, and black pepper; cook for 4 minutes.
4. Crack in the egg and stir gently for 3 to 4 minutes until set. Serve warm.

Ingredients:

- 120 g (4 oz) cooked chicken breast, diced
- ½ cup (60 g) zucchini, diced
- ½ cup (60 g) bell pepper, diced
- 1 large egg
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) smoked paprika
- ¼ tsp (0.5 g) black pepper

Serving size: 1 bowl

Nutrition (per serving):

Calories: 310 | Protein: 36 g | Fat: 14 g | Saturated Fat: 3 g | Total Carbs: 6 g | Sodium: 135 mg | Sugar: 3 g | Fiber: 2 g

Salmon Ricotta Breakfast Cups

Ingredients:

- ½ cup (120 g) full-fat ricotta cheese
- 2 large eggs
- 90 g (3 oz) cooked salmon, flaked
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) black pepper
- Non-stick spray

Serving size: 1 cup

Nutrition (per serving):

Calories: 185 | Protein: 16 g | Fat: 13 g | Saturated Fat: 4 g | Total Carbs: 2 g | Sodium: 120 mg | Sugar: 0 g | Fiber: 0 g

Directions:

1. Preheat the oven to 350°F (180°C) and grease a muffin tin lightly.
2. Crack eggs into a bowl and whisk until smooth.
3. Stir in ricotta until creamy, then fold in salmon gently.
4. Add olive oil and black pepper and stir until evenly combined.
5. Divide into cups and bake for 20 minutes until set.
6. Let it cool slightly before serving.



Preparation time: 10 minutes | **Cooking time:** 20 minutes | **Servings:** 4

Herbed Cottage Cheese Loaf



Preparation time: 10 minutes | **Cooking time:** 30 minutes | **Servings:** 4

Directions:

1. Preheat the oven to 350°F (180°C) and line a small loaf tin with parchment.
2. Crack eggs into a bowl and whisk until smooth. Add cottage cheese and stir gently until evenly combined.
3. Stir in olive oil, herbs, and black pepper.
4. Pour into the tin and bake for 30 minutes until set. Let it cool slightly before slicing.

Ingredients:

- 1 cup (225 g) low-sodium cottage cheese
- 3 large eggs
- 1 tbsp (15 ml) olive oil
- 1 tbsp (3 g) dried mixed herbs
- ¼ tsp (0.5 g) black pepper
- Non-stick spray or parchment paper

Serving size: 1 slice

Nutrition (per serving):

Calories: 165 | Protein: 15 g | Fat: 11 g | Saturated Fat: 3 g | Total Carbs: 3 g | Sodium: 140 mg | Sugar: 1 g | Fiber: 0 g

Mushroom-Folded Egg Whites

Ingredients:

- 1 cup (240 g) liquid egg whites
- ½ cup (35 g) finely chopped mushrooms
- 1 tbsp (5 g) reduced-sodium grated Parmesan
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):

Calories: 140 | Protein: 24 g | Fat: 5 g | Saturated Fat: 2 g | Total Carbs: 3 g | Sodium: 180 mg | Sugar: 1 g | Fiber: 1 g

Directions:

1. Heat olive oil in a non-stick pan over medium heat for 1 minute.
2. Add mushrooms and cook for 3 minutes until soft.
3. Pour in egg whites and cook for 3 to 4 minutes until mostly set.
4. Sprinkle Parmesan and black pepper over the eggs.
5. Fold gently and cook for 1 minute until just firm. Serve warm.



Preparation time: 5 minutes | **Cooking time:** 8 minutes | **Servings:** 1

Spiced Egg-White French Toast Roll Bake



Preparation time: 10 minutes | **Cooking time:** 15 minutes | **Servings:** 2

Directions:

1. Preheat the oven to 350°F (180°C) and lightly oil a small baking dish.
2. Whisk egg whites, yogurt, almond flour, cinnamon, and vanilla until smooth.
3. Pour into the dish and bake for 12 minutes until flexible and set.
4. Loosen the edges, roll gently inside the dish, and bake for 3 more minutes. Slice and serve warm.

Ingredients:

- 1 cup (240 g) liquid egg whites
- ¼ cup (60 g) plain Greek yogurt
- 2 tbsp (14 g) almond flour
- ½ tsp (1 g) ground cinnamon
- ¼ tsp (1 ml) vanilla extract
- 1 tsp (5 ml) olive oil

Serving size: 1 roll slice

Nutrition (per serving):

Calories: 135 | Protein: 18 g | Fat: 5 g | Saturated Fat: 1 g | Total Carbs: 4 g | Sodium: 120 mg | Sugar: 1 g | Fiber: 1 g

Tofu-Egg Breakfast Scramble

Ingredients:

- 2 large eggs
- ½ cup (120 g) firm tofu, crumbled
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) smoked paprika
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):

Calories: 230 | Protein: 26 g | Fat: 15 g | Saturated Fat: 4 g | Total Carbs: 4 g | Sodium: 110 mg | Sugar: 1 g | Fiber: 1 g

Directions:

1. Heat olive oil in a non-stick pan over medium heat for 1 minute.
2. Add tofu and cook for 3 minutes, stirring gently until warmed.
3. Crack eggs into the pan and stir slowly with the tofu.
4. Sprinkle smoked paprika and black pepper over the scramble.
5. Cook for 3 to 4 minutes until softly set, then serve warm.



Preparation time: 5 minutes | **Cooking time:** 8 minutes | **Servings:** 1

Turkey Bacon Egg Lettuce Wraps



Directions:

1. Heat olive oil in a pan over medium heat for 1 minute.
2. Add turkey bacon and cook for 3 to 4 minutes, turning once.
3. Remove bacon, then scramble eggs in the same pan for 3 minutes.
4. Season eggs with paprika and black pepper.
5. Spoon eggs into lettuce leaves, add bacon, fold, and serve.

Ingredients:

- 2 slices low-sodium turkey bacon
- 2 large eggs
- 3 large romaine lettuce leaves
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper
- ½ tsp (1 g) smoked paprika

Serving size: 3 lettuce wraps

Nutrition (per serving):

Calories: 265 | Protein: 24 g | Fat: 17 g | Saturated Fat: 4 g | Total Carbs: 3 g | Sodium: 230 mg | Sugar: 1 g | Fiber: 1 g

Preparation time: 10 minutes | **Cooking time:** 10 minutes | **Servings:** 1

Warm Halloumi & Egg Medley

Ingredients:

- 2 large eggs
- 40 g (1.4 oz) halloumi cheese, sliced
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper
- ½ tsp (1 g) dried oregano

Serving size: 1 plate

Nutrition (per serving):

Calories: 290 | Protein: 23 g | Fat: 22 g | Saturated Fat: 9 g | Total Carbs: 3 g | Sodium: 260 mg | Sugar: 1 g | Fiber: 0 g

Directions:

1. Heat olive oil in a non-stick pan over medium heat for 1 minute.
2. Add halloumi and cook for 2 minutes per side until lightly golden.
3. Crack eggs into the pan beside the cheese.
4. Sprinkle pepper and oregano over the eggs.
5. Cook for 3 to 4 minutes until eggs are set, then serve warm.



Preparation time: 5 minutes | **Cooking time:** 8 minutes | **Servings:** 1

Crustless Tofu Broccoli Quiche Cups



Preparation time: 10 minutes | **Cooking time:** 18 minutes | **Servings:** 3

Directions:

1. Preheat the oven to 350°F (180°C) and lightly oil 3 muffin cups.
2. Whisk eggs and almond milk until smooth.
3. Stir in tofu, broccoli, olive oil, and black pepper.
4. Divide into muffin cups.
5. Bake for 18 minutes until firm. Let them cool slightly before serving.

Ingredients:

- 150 g (5 oz) firm tofu, crumbled
- 3 large eggs
- ½ cup (45 g) finely chopped broccoli
- 2 tbsp (30 ml) unsweetened almond milk
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper

Serving size: 1 quiche cup

Nutrition (per serving):

Calories: 145 | Protein: 14 g | Fat: 9 g | Saturated Fat: 2 g | Total Carbs: 3 g | Sodium: 95 mg | Sugar: 1 g | Fiber: 1 g

Chicken Sausage Cauliflower Grits Bowl

Ingredients:

- 120 g (4 oz) lean ground chicken
- 1½ cups (180 g) cauliflower rice
- 2 tbsp (30 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried sage
- ½ tsp (1 g) smoked paprika
- ¼ tsp (0.5 g) black pepper

Serving size: 1 bowl

Nutrition (per serving):

Calories: 285 | Protein: 32 g | Fat: 13 g | Saturated Fat: 3 g | Total Carbs: 6 g | Sodium: 125 mg | Sugar: 3 g | Fiber: 3 g

Directions:

1. Heat olive oil in a pan over medium heat for 1 minute.
2. Add ground chicken, sage, paprika, and black pepper; cook for 6 to 7 minutes.
3. Add cauliflower rice and cook for 5 minutes until soft.
4. Stir in Greek yogurt for 1 minute until creamy. Serve warm.



Preparation time: 10 minutes | **Cooking time:** 15 minutes | **Servings:** 1

Mexican Breakfast Taco Plate



Preparation time: 10 minutes | **Cooking time:** 10 minutes | **Servings:** 1

Directions:

1. Heat olive oil in a pan over medium heat for 1 minute.
2. Add turkey and cook for 5 minutes, breaking it up until fully cooked.
3. Add bell pepper, cumin, and paprika; cook for 3 minutes.
4. Crack eggs into the pan and stir gently for 3 minutes until set.
5. Spoon onto a plate, top with avocado, and serve warm.

Ingredients:

- 90 g (3 oz) lean ground turkey
- 2 large eggs
- 1/2 cup (60 g) diced bell pepper
- 1/4 avocado, diced
- 1 tsp (5 ml) olive oil
- 1/2 tsp (1 g) ground cumin
- 1/4 tsp (0.5 g) smoked paprika

Serving size: 1 plate

Nutrition (per serving):

Calories: 340 | Protein: 31 g | Fat: 22 g | Saturated Fat: 5 g | Total Carbs: 5 g | Sodium: 130 mg | Sugar: 2 g | Fiber: 3 g

Baked Egg Custard with Feta

Ingredients:

- 3 large eggs
- 2 tbsp (30 g) reduced-sodium feta cheese, crumbled
- 2 tbsp (30 ml) unsweetened almond milk
- 1 tbsp (5 g) fresh dill, chopped
- 1 tsp (5 ml) olive oil

Serving size: 1/2 custard

Nutrition (per serving):

Calories: 195 | Protein: 15 g | Fat: 14 g | Saturated Fat: 5 g | Total Carbs: 2 g | Sodium: 180 mg | Sugar: 1 g | Fiber: 0 g

Directions:

1. Preheat the oven to 350°F (180°C) and lightly grease a small baking dish.
2. Crack eggs into a bowl and whisk until smooth.
3. Stir in almond milk, feta, dill, and olive oil.
4. Pour into the dish and spread evenly.
5. Bake for 25 minutes until just set. Let it cool slightly before serving.



Preparation time: 10 minutes | **Cooking time:** 25 minutes | **Servings:** 2

Nordic Salmon Dill Egg Pancakes



Preparation time: 10 minutes | **Cooking time:** 10 minutes | **Servings:** 2

Directions:

1. Whisk eggs, yogurt, dill, and black pepper until smooth.
2. Fold in salmon gently.
3. Heat olive oil in a pan over medium heat for 1 minute.
4. Spoon small pancakes into the pan and cook for 3 minutes per side.
5. Serve warm once firm and lightly golden.

Ingredients:

- 3 large eggs
- 85 g (3 oz) cooked no-salt-added salmon, flaked
- 2 tbsp (30 g) plain Greek yogurt
- 1 tsp (2 g) fresh dill, chopped
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper

Serving size: 2 small pancakes

Nutrition (per serving):

Calories: 215 | Protein: 21 g | Fat: 13 g | Saturated Fat: 3 g | Total Carbs: 2 g | Sodium: 125 mg | Sugar: 1 g | Fiber: 0 g

Turkey & Spinach Breakfast Ragù

Ingredients:

- 120 g (4 oz) no-salt-added ground turkey
- 1 cup (30 g) fresh spinach
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper
- ½ tsp (1 g) dried oregano

Serving size: 1 plate

Nutrition (per serving):

Calories: 245 | Protein: 30 g | Fat: 11 g | Saturated Fat: 2 g | Total Carbs: 2 g | Sodium: 95 mg | Sugar: 1 g | Fiber: 1 g

Directions:

1. Heat olive oil in a pan over medium heat for 1 minute.
2. Add ground turkey and cook for 6 to 7 minutes, breaking it up until fully cooked.
3. Add spinach and cook for 1 minute until wilted.
4. Sprinkle in oregano and black pepper.
5. Stir well and cook for 1 more minute, then serve warm.



Preparation time: 5 minutes | **Cooking time:** 10 minutes | **Servings:** 1

Feta & Egg Breakfast Baked



Preparation time: 10 minutes | **Cooking time:** 18 minutes | **Servings:** 2

Directions:

1. Preheat the oven to 375°F (190°C) and lightly grease a small baking dish.
2. Crack eggs into a bowl and whisk until smooth.
3. Stir in almond milk, feta, oregano, and black pepper.
4. Pour into the dish and drizzle with olive oil.
5. Bake for 18 minutes until just set. Let it cool slightly before serving.

Ingredients:

- 3 large eggs
- 2 tbsp (30 g) reduced-sodium feta cheese, crumbled
- 2 tbsp (30 ml) unsweetened almond milk
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried oregano
- ¼ tsp (0.5 g) black pepper

Serving size: ½ bake

Nutrition (per serving):

Calories: 190 | Protein: 15 g | Fat: 13 g | Saturated Fat: 5 g | Total Carbs: 2 g | Sodium: 180 mg | Sugar: 1 g | Fiber: 0 g

Blueberry Almond Breakfast Clafoutis Cups

Ingredients:

- 3 large eggs
- ¼ cup (60 g) plain Greek yogurt
- 2 tbsp (14 g) almond flour
- ¼ cup (35 g) fresh blueberries
- ½ tsp (2.5 ml) vanilla extract
- 1 tsp (5 ml) olive oil

Serving size: 1 clafoutis cup

Nutrition (per serving):

Calories: 145 | Protein: 11 g | Fat: 9 g | Saturated Fat: 2 g | Total Carbs: 5 g | Sodium: 90 mg | Sugar: 2 g | Fiber: 1 g

Directions:

1. Preheat the oven to 350°F (180°C) and lightly oil 3 ramekins.
2. Whisk eggs, yogurt, almond flour, and vanilla until smooth.
3. Divide blueberries among the ramekins.
4. Pour batter over the berries.
5. Bake for 18 minutes until set. Let it cool slightly before serving.



Preparation time: 10 minutes | **Cooking time:** 18 minutes | **Servings:** 3

Apple Pie Custard Squares



Preparation time: 10 minutes | **Cooking time:** 20 minutes | **Servings:** 4

Directions:

1. Preheat the oven to 350°F (180°C) and line a small baking dish.
2. Whisk eggs, yogurt, almond flour, cinnamon, and vanilla until smooth.
3. Fold in diced apple gently.
4. Pour into the dish and bake for 20 minutes until set.
5. Let it cool before slicing and serving.

Ingredients:

- 3 large eggs
- ½ cup (120 g) plain Greek yogurt
- ¼ cup (30 g) finely diced apple
- 2 tbsp (14 g) almond flour
- ½ tsp (1 g) ground cinnamon
- ¼ tsp (1 ml) vanilla extract

Serving size: 1 square

Nutrition (per serving):

Calories: 120 | Protein: 11 g | Fat: 6 g | Saturated Fat: 2 g | Total Carbs: 5 g | Sodium: 85 mg | Sugar: 2 g | Fiber: 1 g

Cocoa Almond Protein Waffles

Ingredients:

- 2 large eggs
- ¼ cup (60 g) plain Greek yogurt
- 3 tbsp (21 g) almond flour
- 1 tbsp (7 g) unsweetened cocoa powder
- 1 tsp (5 ml) olive oil
- ¼ tsp (1 ml) vanilla extract

Serving size: 1 waffle

Nutrition (per serving):

Calories: 175 | Protein: 14 g | Fat: 12 g | Saturated Fat: 2 g | Total Carbs: 5 g | Sodium: 90 mg | Sugar: 1 g | Fiber: 2 g

Directions:

1. Preheat a waffle maker for 3 minutes and brush lightly with olive oil.
2. Whisk eggs, yogurt, almond flour, cocoa, and vanilla until smooth.
3. Pour batter into the waffle maker.
4. Cook for 5 minutes until firm.
5. Let it cool for 1 minute before serving.



Preparation time: 10 minutes | **Cooking time:** 8 minutes | **Servings:** 2

CHAPTER 4: High-Protein Low-Carb Lunches

Warm Yogurt-Marinated Chicken Bowl



Preparation time: 10 minutes | **Cooking time:** 15 minutes | **Servings:** 1

Directions:

1. Preheat the oven to 400°F (200°C).
2. Brush chicken, tomatoes, and onion with olive oil, then sprinkle with black pepper.
3. Bake for 14 to 15 minutes until the chicken is fully cooked and the tomatoes soften.
4. Slice the chicken, spoon yogurt over the top, scatter parsley around the plate, and serve warm.

Ingredients:

- 170 g (6 oz) skinless chicken breast
- ¼ cup (60 g) plain Greek yogurt
- ½ cup (75 g) cherry tomatoes, halved
- ¼ small red onion, sliced
- 1 tsp (5 ml) olive oil
- 1 tbsp (4 g) fresh parsley, chopped
- ¼ tsp (0.5 g) black pepper

Serving size: 1 bowl

Nutrition (per serving):

Calories: 320 | Protein: 39 g | Fat: 13 g | Saturated Fat: 3 g | Total Carbs: 6 g | Sodium: 135 mg | Sugar: 3 g | Fiber: 2 g

Seared Fish with Tomato-Olive Sauce

Ingredients:

- 160 g (5.5 oz) white fish fillet
- ½ cup (120 g) chopped fresh tomatoes
- 1 tbsp (15 g) chopped low-sodium olives
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried oregano
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):

Calories: 285 | Protein: 34 g | Fat: 11 g | Saturated Fat: 2 g | Total Carbs: 5 g | Sodium: 170 mg | Sugar: 3 g | Fiber: 1 g

Directions:

1. Heat olive oil in a pan over medium heat for 1 minute.
2. Add fish and cook for 4 to 5 minutes per side until it flakes easily. Remove fish and lower heat slightly.
3. Add tomatoes, olives, oregano, and black pepper to the pan.
4. Cook for 2 minutes, spoon sauce over fish, and serve warm.



Preparation time: 10 minutes | **Cooking time:** 12 minutes | **Servings:** 1

Turkey Cheeseburger Stack with Pickle Yogurt



Preparation time: 10 minutes | **Cooking time:** 10 minutes | **Servings:** 1

Directions:

1. Shape turkey into one patty and sprinkle with black pepper.
2. Heat olive oil in a pan over medium heat for 1 minute.
3. Cook patty for 4 to 5 minutes per side until done.
4. Top with cheese and warm for 1 minute.
5. Stir yogurt with pickle, then stack patty, sauce, and lettuce. Serve warm.

Ingredients:

- 150 g (5 oz) lean ground turkey
- 1 slice reduced-sodium cheddar cheese
- 3 large romaine lettuce leaves
- 2 tbsp (30 g) plain Greek yogurt
- 1 tbsp (10 g) finely chopped low-sodium pickle
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper

Serving size: 1 lettuce stack

Nutrition (per serving):

Calories: 355 | Protein: 38 g | Fat: 21 g | Saturated Fat: 7 g | Total Carbs: 4 g | Sodium: 230 mg | Sugar: 2 g | Fiber: 1 g

Beef Steak Bites with Tomato Relish

Ingredients:

- 170 g (6 oz) lean beef steak, cubed
- ½ cup (120 g) finely chopped fresh tomatoes
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried oregano
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):

Calories: 345 | Protein: 36 g | Fat: 20 g | Saturated Fat: 7 g | Total Carbs: 4 g | Sodium: 125 mg | Sugar: 3 g | Fiber: 1 g

Directions:

1. Heat olive oil in a pan over medium heat for 1 minute.
2. Add beef and cook for 6 to 7 minutes, turning until browned and cooked through.
3. In a bowl, combine tomatoes, oregano, and black pepper.
4. Remove beef from heat and spoon tomato mixture over the top.
5. Let it rest for 1 minute, then serve warm.



Preparation time: 10 minutes | **Cooking time:** 10 minutes | **Servings:** 1

Greek Chicken Souvlaki Salad Plates



Preparation time: 10 minutes | **Cooking time:** 12 minutes | **Servings:** 1

Directions:

1. Heat olive oil in a pan over medium heat for 1 minute.
2. Add chicken and cook for 6 to 7 minutes, turning until fully cooked.
3. Sprinkle oregano and black pepper over the chicken.
4. Add lettuce and cucumber to a plate.
5. Top with chicken and spoon Greek yogurt over it. Serve immediately.

Ingredients:

- 170 g (6 oz) chicken breast, cubed
- 2 cups (60 g) chopped romaine lettuce
- ¼ cup (40 g) diced cucumber
- 2 tbsp (30 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried oregano
- ¼ tsp (0.5 g) black pepper

Serving size: 1 salad plate

Nutrition (per serving):

Calories: 315 | Protein: 40 g | Fat: 11 g | Saturated Fat: 3 g | Total Carbs: 5 g | Sodium: 135 mg | Sugar: 2 g | Fiber: 2 g

Mackerel with Crushed Cucumber Cream

Ingredients:

- 150 g (5 oz) fresh mackerel fillet
- ½ cup (60 g) chopped cucumber
- ¼ cup (60 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- 1 tsp (2 g) fresh dill, chopped

Serving size: 1 plate

Nutrition (per serving):

Calories: 395 | Protein: 32 g | Fat: 27 g | Saturated Fat: 6 g | Total Carbs: 3 g | Sodium: 135 mg | Sugar: 2 g | Fiber: 1 g

Directions:

1. Heat olive oil in a pan over medium heat for 1 minute.
2. Add mackerel and cook for 4 to 5 minutes per side until flaky.
3. Crush cucumber lightly with a fork and stir into yogurt with dill.
4. Remove fish from heat.
5. Spoon cucumber cream over mackerel and serve warm.



Preparation time: 10 minutes | **Cooking time:** 10 minutes | **Servings:** 1

Tuna Melt Stuffed Rainbow Peppers



Preparation time: 10 minutes | **Cooking time:** 12 minutes | **Servings:** 2

Directions:

1. Preheat the oven to 400°F (200°C) and place pepper halves on a lined tray.
2. Stir tuna, Greek yogurt, and black pepper until creamy.
3. Spoon tuna into the peppers and top with mozzarella.
4. Drizzle with olive oil and bake for 12 minutes until warm and melted. Serve hot.

Ingredients:

- 2 small bell peppers, halved and seeded
- 2 cans (170 g / 6 oz) no-salt-added tuna, drained
- ¼ cup (60 g) plain Greek yogurt
- ¼ cup (30 g) reduced-sodium mozzarella, shredded
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper

Serving size: 2 stuffed pepper halves

Nutrition (per serving):

Calories: 260 | Protein: 36 g | Fat: 9 g | Saturated Fat: 3 g | Total Carbs: 6 g | Sodium: 160 mg | Sugar: 3 g | Fiber: 2 g

Roasted Turkey with Cauliflower Mash

Ingredients:

- 170 g (6 oz) turkey breast
- 1½ cups (180 g) cauliflower florets
- 1 tbsp (15 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) lemon zest
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):

Calories: 315 | Protein: 40 g | Fat: 10 g | Saturated Fat: 2 g | Total Carbs: 6 g | Sodium: 130 mg | Sugar: 2 g | Fiber: 2 g

Directions:

1. Preheat the oven to 400°F (200°C) and line a baking tray.
2. Place turkey on the tray, drizzle with olive oil, and sprinkle with black pepper.
3. Roast for 18 to 20 minutes until fully cooked.
4. Steam cauliflower for 10 minutes until soft, then mash with yogurt and lemon zest.
5. Serve turkey sliced over the warm cauliflower mash.



Preparation time: 10 minutes | **Cooking time:** 20 minutes | **Servings:** 1

Seared Tofu with Sesame Vegetables



Directions:

1. Heat sesame oil in a pan over medium heat for 1 minute.
2. Add tofu and cook for 5 to 6 minutes, turning until lightly golden.
3. Add zucchini and cook for 4 minutes until tender.
4. Sprinkle sesame seeds and black pepper over the pan.
5. Stir gently and cook for 1 more minute, then serve warm.

Ingredients:

- 200 g (7 oz) firm tofu, cubed
- 1 cup (100 g) sliced zucchini
- 1 tsp (5 ml) sesame oil
- 1 tsp (5 g) sesame seeds
- ¼ tsp (0.5 g) black pepper

Serving size: 1 bowl

Nutrition (per serving):

Calories: 285 | Protein: 28 g | Fat: 18 g | Saturated Fat: 3 g | Total Carbs: 6 g | Sodium: 120 mg | Sugar: 2 g | Fiber: 2 g

Preparation time: 10 minutes | **Cooking time:** 12 minutes | **Servings:** 1

Italian Turkey Meatball Carrot Noodle Lunch

Ingredients:

- 300 g (10.5 oz) lean ground turkey
- 1 cup (80 g) carrot noodles
- 1 cup (120 g) zucchini noodles
- ½ cup (120 g) chopped fresh tomatoes
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried Italian herbs
- ¼ tsp (0.5 g) black pepper

Directions:

1. Shape turkey into small meatballs and sprinkle with Italian herbs and black pepper.
2. Heat olive oil in a pan over medium heat for 1 minute.
3. Cook meatballs for 8 to 9 minutes, turning until done.
4. Add tomatoes, carrot noodles, and zucchini noodles.
5. Cook for 4 minutes until tender, then serve warm.



Serving size: 1 bowl

Nutrition (per serving):

Calories: 315 | Protein: 36 g | Fat: 13 g | Saturated Fat: 3 g | Total Carbs: 8 g | Sodium: 135 mg | Sugar: 4 g | Fiber: 3 g

Preparation time: 10 minutes | **Cooking time:** 15 minutes | **Servings:** 2

Salmon Niçoise Protein Salad



Preparation time: 10 minutes | **Cooking time:** 15 minutes | **Servings:** 1

Directions:

1. Boil the egg for 8 minutes, then cool, peel, and halve it.
2. Steam green beans for 4 minutes until tender-crisp.
3. Sear salmon in a pan for 3 to 4 minutes per side until flaky.
4. Arrange lettuce, beans, egg, and salmon on a plate.
5. Whisk olive oil, lemon juice, and black pepper, then drizzle over the salad.

Ingredients:

- 150 g (5 oz) salmon fillet
- 1 large egg
- 2 cups (60 g) romaine lettuce, chopped
- ½ cup (60 g) green beans, trimmed
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 ml) lemon juice
- ¼ tsp (0.5 g) black pepper

Serving size: 1 salad plate

Nutrition (per serving):

Calories: 395 | Protein: 38 g | Fat: 24 g | Saturated Fat: 5 g | Total Carbs: 6 g | Sodium: 145 mg | Sugar: 2 g | Fiber: 3 g

Creamy Cod & Spinach Lunch Skillet

Ingredients:

- 160 g (5.5 oz) cod fillet, cut into chunks
- 1 cup (30 g) fresh spinach
- ¼ cup (60 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):

Calories: 295 | Protein: 36 g | Fat: 11 g | Saturated Fat: 3 g | Total Carbs: 4 g | Sodium: 135 mg | Sugar: 2 g | Fiber: 1 g

Directions:

1. Heat olive oil in a skillet over medium heat for 1 minute.
2. Add cod and cook for 4 to 5 minutes, turning gently until flaky.
3. Lower heat and add spinach, cooking for 1 minute until wilted.
4. Stir in yogurt and black pepper.
5. Warm gently for 1 to 2 minutes and serve immediately.



Preparation time: 10 minutes | **Cooking time:** 15 minutes | **Servings:** 1

Tofu Fajita Stuffed Portobello Mushrooms



Preparation time: 10 minutes | **Cooking time:** 18 minutes | **Servings:** 2

Directions:

1. Preheat the oven to 400°F (200°C) and place mushrooms on a lined tray.
2. Heat olive oil in a pan for 1 minute, then cook tofu and bell pepper for 5 minutes.
3. Stir in cumin, paprika, and black pepper.
4. Spoon the filling into mushrooms.
5. Bake for 12 minutes until mushrooms are tender. Serve warm.

Ingredients:

- 2 large portobello mushrooms, stems removed
- 200 g (7 oz) firm tofu, crumbled
- ½ cup (60 g) bell pepper, diced
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) ground cumin
- ½ tsp (1 g) smoked paprika
- ¼ tsp (0.5 g) black pepper

Serving size: 1 stuffed mushroom

Nutrition (per serving):

Calories: 190 | Protein: 17 g | Fat: 11 g | Saturated Fat: 2 g | Total Carbs: 6 g | Sodium: 110 mg | Sugar: 3 g | Fiber: 3 g

Beef & Tender Greens Skillet

Ingredients:

- 150 g (5 oz) lean beef strips
- 1½ cups (45 g) tender greens (spinach or chard)
- 1 tsp (5 ml) olive oil
- 1 small garlic clove, minced
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):

Calories: 335 | Protein: 34 g | Fat: 18 g | Saturated Fat: 6 g | Total Carbs: 4 g | Sodium: 120 mg | Sugar: 1 g | Fiber: 1 g

Directions:

1. Heat olive oil in a skillet over medium heat for 1 minute.
2. Add garlic and warm for 30 seconds until fragrant.
3. Add beef and cook for 5 to 6 minutes, turning until browned.
4. Add greens and cook for 2 to 3 minutes until wilted.
5. Sprinkle with black pepper, stir gently, and serve warm.



Preparation time: 10 minutes | **Cooking time:** 12 minutes | **Servings:** 1

Salmon with Olive-Lemon Yogurt Drizzle



Preparation time: 10 minutes | **Cooking time:** 15 minutes | **Servings:** 1

Directions:

1. Preheat the oven to 400°F (200°C) and line a baking tray.
2. Place salmon on the tray and drizzle with olive oil.
3. Bake for 14 to 15 minutes until the fish flakes easily.
4. Stir yogurt, olives, and lemon zest in a small bowl.
5. Spoon the drizzle over salmon and serve warm.

Ingredients:

- 150 g (5 oz) salmon fillet
- ¼ cup (60 g) plain Greek yogurt
- 1 tbsp (15 g) finely chopped low-sodium olives
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) lemon zest

Serving size: 1 plate

Nutrition (per serving):
Calories: 365 | Protein: 35 g | Fat: 22 g | Saturated Fat: 5 g | Total Carbs: 3 g | Sodium: 165 mg | Sugar: 2 g | Fiber: 0 g

Turkey & Mushroom Lunch Ragout

Ingredients:

- 150 g (5 oz) ground turkey
- 1 cup (70 g) sliced mushrooms
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried thyme
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):
Calories: 295 | Protein: 34 g | Fat: 14 g | Saturated Fat: 3 g | Total Carbs: 4 g | Sodium: 120 mg | Sugar: 2 g | Fiber: 1 g

Directions:

1. Heat olive oil in a pan over medium heat for 1 minute.
2. Add ground turkey and cook for 6 to 7 minutes, breaking it up until cooked through.
3. Add mushrooms and cook for 4 minutes until soft.
4. Sprinkle thyme and black pepper over the pan.
5. Stir well and cook for 1 more minute, then serve warm.



Preparation time: 10 minutes | **Cooking time:** 12 minutes | **Servings:** 1

Shrimp & Zucchini Protein Skillet



Directions:

1. Heat olive oil in a skillet over medium heat for 1 minute.
2. Add shrimp and cook for 2 to 3 minutes per side until pink and opaque.
3. Add zucchini and cook for 3 minutes until tender.
4. Sprinkle lemon zest and black pepper over the pan.
5. Toss gently and serve immediately.

Ingredients:

- 170 g (6 oz) raw shrimp, peeled
- 1 cup (120 g) sliced zucchini
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) lemon zest
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):

Calories: 260 | Protein: 36 g | Fat: 7 g | Saturated Fat: 1 g | Total Carbs: 4 g | Sodium: 135 mg | Sugar: 2 g | Fiber: 1 g

Preparation time: 10 minutes | **Cooking time:** 8 minutes | **Servings:** 1

Mediterranean Tuna & Egg Smash Plate

Ingredients:

- 1 can (85 g / 3 oz) no-salt-added tuna, drained
- 2 large eggs
- 2 tbsp (30 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) lemon zest
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):

Calories: 285 | Protein: 34 g | Fat: 13 g | Saturated Fat: 3 g | Total Carbs: 3 g | Sodium: 130 mg | Sugar: 1 g | Fiber: 0 g

Directions:

1. Bring a small pan of water to a gentle boil and cook the eggs for 8 minutes.
2. Cool the eggs briefly, peel, and chop finely.
3. Add tuna to a bowl and mash gently with a fork.
4. Stir in eggs, yogurt, olive oil, lemon zest, and black pepper until combined. Serve immediately on a plate.



Preparation time: 10 minutes | **Cooking time:** 8 minutes | **Servings:** 1

Lemon-Herb Chicken with Cucumber Yogurt



Preparation time: 10 minutes | **Cooking time:** 15 minutes | **Servings:** 1

Directions:

1. Heat olive oil in a pan over medium heat for 1 minute.
2. Add chicken and cook for 6 to 7 minutes per side until fully cooked.
3. Stir yogurt, cucumber, lemon zest, and herbs in a bowl until smooth.
4. Remove chicken from heat and rest for 1 minute.
5. Spoon cucumber yogurt over chicken and serve warm.

Ingredients:

- 170 g (6 oz) chicken breast
- ½ cup (60 g) chopped cucumber
- ¼ cup (60 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried mixed herbs
- ½ tsp (1 g) lemon zest

Serving size: 1 plate

Nutrition (per serving):

Calories: 320 | Protein: 38 g | Fat: 12 g | Saturated Fat: 3 g | Total Carbs: 4 g | Sodium: 135 mg | Sugar: 2 g | Fiber: 1 g

Greek Tofu Alfredo Zoodles

Ingredients:

- 200 g (7 oz) firm tofu, crumbled
- 1½ cups (180 g) zucchini noodles
- ¼ cup (60 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper

Serving size: 1 bowl

Nutrition (per serving):

Calories: 285 | Protein: 28 g | Fat: 16 g | Saturated Fat: 3 g | Total Carbs: 6 g | Sodium: 125 mg | Sugar: 2 g | Fiber: 2 g

Directions:

1. Heat olive oil in a pan over medium heat for 1 minute.
2. Add tofu and cook for 4 to 5 minutes, stirring until warmed and lightly golden.
3. Add zucchini noodles and cook for 3 minutes until just tender.
4. Lower heat and stir in yogurt and black pepper.
5. Warm gently for 1 to 2 minutes and serve immediately.



Preparation time: 10 minutes | **Cooking time:** 10 minutes | **Servings:** 1

CHAPTER 5: Protein-Forward Dinners

Lemony Salmon with Creamed Zucchini



Directions:

1. Preheat the oven to 400°F (200°C) and line a baking tray.
2. Place salmon on the tray, drizzle with olive oil, and sprinkle with lemon zest and pepper.
3. Roast for 15 to 18 minutes until the salmon flakes easily.
4. Meanwhile, sauté zucchini in a pan over medium heat for 4 minutes until soft.
5. Lower heat, stir in yogurt, warm gently for 1 minute, and serve with salmon.

Ingredients:

- 150 g (5 oz) salmon fillet
- 1 medium zucchini, sliced
- 3 tbsp (45 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) lemon zest
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):

Calories: 360 | Protein: 36 g | Fat: 21 g | Saturated Fat: 5 g | Total Carbs: 5 g | Sodium: 140 mg | Sugar: 2 g | Fiber: 1 g

Preparation time: 10 minutes | **Cooking time:** 18 minutes | **Servings:** 1

Braised Chicken with Garlic Yogurt Sauce

Ingredients:

- 170 g (6 oz) skinless chicken thigh
- ½ cup (120 ml) water
- ¼ cup (60 g) plain Greek yogurt
- 1 small garlic clove, minced
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):

Calories: 340 | Protein: 38 g | Fat: 17 g | Saturated Fat: 4 g | Total Carbs: 3 g | Sodium: 135 mg | Sugar: 2 g | Fiber: 0 g

Directions:

1. Heat olive oil in a pan over medium heat for 1 minute.
2. Add chicken and cook for 4 minutes, turning to lightly brown.
3. Pour in water, reduce heat to low, cover, and simmer for 15 minutes until tender.
4. Stir yogurt and garlic in a bowl until smooth.
5. Spoon sauce over chicken, warm gently for 1 minute, and serve.



Preparation time: 10 minutes | **Cooking time:** 20 minutes | **Servings:** 1

Beef & Eggplant Skillet with Herb Oil



Preparation time: 10 minutes | **Cooking time:** 15 minutes | **Servings:** 1

Directions:

1. Heat olive oil in a skillet over medium heat for 1 minute.
2. Add beef and cook for 5 to 6 minutes, turning until browned.
3. Add eggplant and cook for 6 minutes, stirring until soft. Drizzle lemon juice over the pan.
4. Sprinkle herbs and black pepper, stir well, and cook for 1 minute before serving.

Ingredients:

- 150 g (5 oz) lean beef strips
- 1 cup (100 g) diced eggplant
- 1 tsp (5 ml) olive oil
- 1 tsp (5 ml) fresh lemon juice
- ½ tsp (1 g) dried mixed herbs
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):

Calories: 335 | Protein: 34 g | Fat: 19 g | Saturated Fat: 6 g | Total Carbs: 6 g | Sodium: 120 mg | Sugar: 3 g | Fiber: 3 g

Thai Basil Beef Cabbage Skillet

Ingredients:

- 150 g (5 oz) lean ground beef
- 1 cup (70 g) shredded cabbage
- ½ cup (75 g) cherry tomatoes, halved
- 1 tsp (5 ml) olive oil
- 1 tbsp (4 g) fresh basil, chopped
- ½ tsp (1 g) garlic powder
- ¼ tsp (0.5 g) black pepper

Serving size: 1 bowl

Nutrition (per serving):

Calories: 335 | Protein: 32 g | Fat: 19 g | Saturated Fat: 6 g | Total Carbs: 7 g | Sodium: 125 mg | Sugar: 4 g | Fiber: 3 g

Directions:

1. Heat olive oil in a skillet over medium heat for 1 minute.
2. Add beef and cook for 5 minutes, breaking it up until browned.
3. Add cabbage, tomatoes, garlic powder, and black pepper.
4. Cook for 5 minutes until cabbage softens.
5. Stir in basil and cook for 1 minute, then serve warm.



Preparation time: 10 minutes | **Cooking time:** 12 minutes | **Servings:** 1

Turkey & Spinach Cream Bake



Preparation time: 10 minutes | **Cooking time:** 20 minutes | **Servings:** 2

Directions:

1. Preheat the oven to 375°F (190°C) and lightly grease a baking dish.
2. Heat olive oil in a pan over medium heat for 1 minute. Add turkey and cook for 7 to 8 minutes, breaking it up until cooked through.
3. Stir in spinach until wilted, then remove from heat.
4. Mix in yogurt, oregano, and pepper, transfer to the dish, and bake for 12 minutes until set.

Ingredients:

- 300 g (10.5 oz) lean ground turkey
- 2 cups (60 g) fresh spinach
- ½ cup (120 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried oregano
- ¼ tsp (0.5 g) black pepper

Serving size: ½ bake

Nutrition (per serving):

Calories: 290 | Protein: 36 g | Fat: 11 g | Saturated Fat: 3 g | Total Carbs: 4 g | Sodium: 140 mg | Sugar: 2 g | Fiber: 1 g

Shrimp with Coconut-Lime Protein Cream

Ingredients:

- 180 g (6.5 oz) raw shrimp, peeled
- ¼ cup (60 ml) unsweetened light coconut milk
- 2 tbsp (30 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) lime zest
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):

Calories: 310 | Protein: 34 g | Fat: 15 g | Saturated Fat: 7 g | Total Carbs: 3 g | Sodium: 135 mg | Sugar: 1 g | Fiber: 0 g

Directions:

1. Heat olive oil in a pan over medium heat for 1 minute.
2. Add shrimp and cook for 2 to 3 minutes per side until pink and opaque.
3. Lower heat and stir in coconut milk, yogurt, lime zest, and pepper.
4. Simmer gently for 2 minutes until lightly thickened.
5. Spoon sauce over shrimp and serve warm.



Preparation time: 10 minutes | **Cooking time:** 10 minutes | **Servings:** 1

Lamb Patties with Wilted Greens



Preparation time: 10 minutes | **Cooking time:** 15 minutes | **Servings:** 1

Directions:

1. Shape the lamb into two small patties and sprinkle with oregano and black pepper.
2. Heat olive oil in a pan over medium heat for 1 minute.
3. Add patties and cook for 6 to 7 minutes per side until fully cooked. Remove patties and add greens to the same pan.
4. Cook the greens for 2 minutes until wilted, then serve with the lamb.

Ingredients:

- 170 g (6 oz) lean ground lamb
- 2 cups (60 g) fresh spinach or mixed greens
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried oregano
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):
Calories: 395 | Protein: 34 g | Fat: 28 g | Saturated Fat: 11 g | Total Carbs: 3 g | Sodium: 130 mg | Sugar: 1 g | Fiber: 1 g

Mushroom-Loaded Beef Skillet

Ingredients:

- 170 g (6 oz) lean beef strips
- 1½ cups (105 g) sliced mushrooms
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried thyme
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):
Calories: 330 | Protein: 35 g | Fat: 18 g | Saturated Fat: 6 g | Total Carbs: 5 g | Sodium: 120 mg | Sugar: 2 g | Fiber: 2 g

Directions:

1. Heat olive oil in a skillet over medium heat for 1 minute.
2. Add beef and cook for 5 to 6 minutes, turning until browned.
3. Add mushrooms and cook for 4 to 5 minutes until softened.
4. Sprinkle thyme and black pepper over the skillet.
5. Stir gently and cook for 1 more minute, then serve hot.



Preparation time: 10 minutes | **Cooking time:** 12 minutes | **Servings:** 1

Pork Tenderloin with Creamed Greens



Directions:

1. Heat olive oil in a pan over medium heat for 1 minute.
2. Add pork and cook for 7 to 8 minutes per side until fully cooked. Remove pork and set aside to rest.
3. Add spinach to the pan and cook for 2 minutes until wilted.
4. Lower heat, stir in yogurt, thyme, and pepper, then serve with sliced pork.

Ingredients:

- 170 g (6 oz) pork tenderloin
- 2 cups (60 g) fresh spinach
- ¼ cup (60 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried thyme
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):
Calories: 330 | Protein: 38 g |
Fat: 14 g | Saturated Fat: 4 g |
Total Carbs: 4 g | Sodium: 130 mg | Sugar: 2 g | Fiber: 1 g

Preparation time: 10 minutes | **Cooking time:** 18 minutes | **Servings:** 1

Sardines Baked with Eggs & Herbs

Ingredients:

- 1 can (85 g / 3 oz) no-salt-added sardines in water, drained
- 2 large eggs
- 1 tbsp (15 ml) plain Greek yogurt
- ½ tsp (1 g) dried mixed herbs
- ¼ tsp (0.5 g) black pepper

Directions:

1. Preheat the oven to 375°F (190°C) and lightly grease a small baking dish. Spread sardines evenly in the dish.
2. Whisk eggs with yogurt, herbs, and black pepper until smooth.
3. Pour the mixture over the sardines.
4. Bake for 18 minutes until set, then serve warm.



Serving size: 1 bake

Nutrition (per serving):
Calories: 295 | Protein: 32 g |
Fat: 18 g | Saturated Fat: 5 g |
Total Carbs: 2 g | Sodium: 150 mg | Sugar: 1 g | Fiber: 0 g

Preparation time: 5 minutes | **Cooking time:** 18 minutes | **Servings:** 1

Middle-Eastern Spiced Chicken Plate



Preparation time: 10 minutes | **Cooking time:** 18 minutes | **Servings:** 1

Directions:

1. Heat olive oil in a pan over medium heat for 1 minute, then season chicken with cumin, paprika, and black pepper.
2. Cook chicken for 7 to 8 minutes per side until fully cooked, then rest it for 1 minute.
3. Warm red cabbage and bell pepper in the same pan for 2 minutes.
4. Slice chicken and serve with warm vegetables and cucumber.

Ingredients:

- 170 g (6 oz) chicken breast
- 1/2 cup (45 g) shredded red cabbage
- 1/2 cup (60 g) diced cucumber
- 1/4 cup (35 g) diced red bell pepper
- 1 tsp (5 ml) olive oil
- 1/2 tsp (1 g) ground cumin
- 1/2 tsp (1 g) ground paprika
- 1/4 tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):

Calories: 320 | Protein: 37 g | Fat: 11 g | Saturated Fat: 2 g | Total Carbs: 7 g | Sodium: 130 mg | Sugar: 3 g | Fiber: 3 g

Philly Cheesesteak Pepper Skillet

Ingredients:

- 150 g (5 oz) lean beef strips
- 1/2 cup (60 g) sliced bell peppers
- 1/4 cup (30 g) thinly sliced onion
- 1 slice reduced-sodium provolone cheese
- 1 tsp (5 ml) olive oil
- 1/4 tsp (0.5 g) garlic powder
- 1/4 tsp (0.5 g) black pepper

Serving size: 1 skillet plate

Nutrition (per serving):

Calories: 360 | Protein: 36 g | Fat: 22 g | Saturated Fat: 8 g | Total Carbs: 6 g | Sodium: 190 mg | Sugar: 3 g | Fiber: 2 g

Directions:

1. Heat olive oil in a skillet over medium heat for 1 minute.
2. Add onion and cook for 5 minutes until soft and naturally sweet.
3. Add beef, peppers, garlic powder, and black pepper; cook for 6 to 7 minutes.
4. Top with provolone, cover for 1 minute to melt, and serve hot.



Preparation time: 10 minutes | **Cooking time:** 15 minutes | **Servings:** 1

Turkey Meat Bake with Ricotta Swirl



Preparation time: 10 minutes | **Cooking time:** 20 minutes | **Servings:** 2

Directions:

1. Preheat the oven to 375°F (190°C) and lightly grease a small baking dish.
2. Heat olive oil in a pan over medium heat for 1 minute.
3. Add turkey and cook for 6 to 7 minutes until no longer pink.
4. Stir in spinach, herbs, and black pepper.
5. Transfer to the dish, swirl ricotta over the top, and bake for 20 minutes until set.

Ingredients:

- 300 g (10.5 oz) lean ground turkey
- ½ cup (120 g) ricotta cheese
- 1 cup (30 g) fresh spinach, chopped
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried Italian herbs
- ¼ tsp (0.5 g) black pepper

Serving size: ½ bake

Nutrition (per serving):

Calories: 295 | Protein: 35 g | Fat: 14 g | Saturated Fat: 5 g | Total Carbs: 3 g | Sodium: 135 mg | Sugar: 1 g | Fiber: 1 g

Shrimp & Spinach Protein Stew

Ingredients:

- 180 g (6.5 oz) raw shrimp, peeled
- 2 cups (60 g) fresh spinach
- ¼ cup (60 ml) unsweetened almond milk
- 1 tbsp (15 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper

Serving size: 1 bowl

Nutrition (per serving):

Calories: 260 | Protein: 34 g | Fat: 7 g | Saturated Fat: 2 g | Total Carbs: 3 g | Sodium: 130 mg | Sugar: 1 g | Fiber: 1 g

Directions:

1. Heat olive oil in a saucepan over medium heat for 1 minute.
2. Add shrimp and cook for 2 to 3 minutes per side until pink.
3. Lower heat and add almond milk and yogurt, stirring gently.
4. Add spinach and cook for 2 minutes until wilted.
5. Sprinkle with black pepper, simmer for 2 minutes, and serve warm.



Preparation time: 10 minutes | **Cooking time:** 12 minutes | **Servings:** 1

Cod with Creamy Leek Reduction



Preparation time: 10 minutes | **Cooking time:** 15 minutes | **Servings:** 1

Directions:

1. Heat olive oil in a pan over medium heat for 1 minute.
2. Add leek and cook for 5 minutes, stirring until very soft.
3. Lower heat and stir in yogurt to form a creamy sauce.
4. Add cod to the pan and cover.
5. Cook for 7 to 8 minutes until the fish flakes easily, then serve warm.

Ingredients:

- 160 g (5.5 oz) cod fillet
- ½ cup (45 g) thinly sliced leek (light green part only)
- ¼ cup (60 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):

Calories: 255 | Protein: 36 g | Fat: 7 g | Saturated Fat: 2 g | Total Carbs: 5 g | Sodium: 120 mg | Sugar: 2 g | Fiber: 1 g

Lamb & Vegetable Oven Skillet

Ingredients:

- 170 g (6 oz) lean lamb cubes
- 1 cup (120 g) sliced zucchini
- ½ cup (60 g) sliced red bell pepper
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried oregano
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):

Calories: 395 | Protein: 34 g | Fat: 26 g | Saturated Fat: 9 g | Total Carbs: 6 g | Sodium: 135 mg | Sugar: 3 g | Fiber: 2 g

Directions:

1. Preheat the oven to 400°F (200°C).
2. Add lamb, zucchini, and bell pepper to an oven-safe skillet.
3. Drizzle with olive oil and sprinkle with oregano and black pepper. Toss gently to coat.
4. Bake for 20 minutes until lamb is cooked through and vegetables are tender.



Preparation time: 10 minutes | **Cooking time:** 20 minutes | **Servings:** 1

Chicken Alfredo Spaghetti Squash Boats



Preparation time: 10 minutes | **Cooking time:** 20 minutes | **Servings:** 2

Directions:

1. Place squash cut-side down in a microwave-safe dish with 2 tbsp (30 ml) water.
2. Microwave for 10 to 12 minutes until tender, then scrape strands with a fork.
3. Stir chicken, yogurt, Parmesan, garlic powder, and black pepper into the squash.
4. Drizzle with olive oil and microwave for 2 more minutes. Serve warm.

Ingredients:

- 1 small spaghetti squash, halved and seeded
- 200 g (7 oz) cooked chicken breast, shredded
- ¼ cup (60 g) plain Greek yogurt
- 2 tbsp (10 g) reduced-sodium Parmesan
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) garlic powder
- ¼ tsp (0.5 g) black pepper

Serving size: ½ stuffed squash boat

Nutrition (per serving):

Calories: 285 | Protein: 34 g | Fat: 10 g | Saturated Fat: 3 g | Total Carbs: 9 g | Sodium: 155 mg | Sugar: 3 g | Fiber: 3 g

Eggplant-Layered Beef Bake

Ingredients:

- 300 g (10.5 oz) lean ground beef
- 1½ cups (150 g) thinly sliced eggplant
- ¼ cup (60 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried Italian herbs
- ¼ tsp (0.5 g) black pepper

Serving size: ½ bake

Nutrition (per serving):

Calories: 340 | Protein: 35 g | Fat: 20 g | Saturated Fat: 7 g | Total Carbs: 5 g | Sodium: 135 mg | Sugar: 2 g | Fiber: 2 g

Directions:

1. Preheat the oven to 375°F (190°C) and lightly grease a small baking dish.
2. Heat olive oil in a pan over medium heat for 1 minute.
3. Add beef and cook for 6 to 7 minutes until browned.
4. Layer eggplant and beef in the dish, then spoon yogurt over the top.
5. Sprinkle herbs and pepper over the bake and cook for 20 minutes until tender.



Preparation time: 10 minutes | **Cooking time:** 20 minutes | **Servings:** 2

Pesto Crab Zucchini Roll-Ups



Preparation time: 12 minutes | **Cooking time:** 8 minutes | **Servings:** 2

Directions:

1. Preheat the oven to 375°F (190°C) and line a small tray.
2. Stir crab, yogurt, basil, lemon juice, and black pepper until creamy.
3. Spoon filling onto zucchini strips, roll tightly, and place seam-side down.
4. Brush with olive oil and bake for 8 minutes. Serve warm.

Ingredients:

- 160 g (5.5 oz) cooked no-salt-added crab meat
- 1 large zucchini, sliced lengthwise into thin strips
- ¼ cup (60 g) plain Greek yogurt
- 1 tbsp (4 g) fresh basil, chopped
- 1 tsp (5 ml) olive oil
- 1 tsp (5 ml) lemon juice
- ¼ tsp (0.5 g) black pepper

Serving size: 3 roll-ups

Nutrition (per serving):

Calories: 190 | Protein: 24 g | Fat: 8 g | Saturated Fat: 2 g | Total Carbs: 5 g | Sodium: 145 mg | Sugar: 2 g | Fiber: 1 g

Zucchini Lasagna with Meat Sauce

Ingredients:

- 300 g (10.5 oz) lean ground beef
- 1½ cups (150 g) thinly sliced zucchini
- ½ cup (120 g) chopped fresh tomatoes
- ¼ cup (60 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried Italian herbs

Serving size: ½ lasagna

Nutrition (per serving):

Calories: 345 | Protein: 34 g | Fat: 20 g | Saturated Fat: 7 g | Total Carbs: 6 g | Sodium: 140 mg | Sugar: 3 g | Fiber: 2 g

Directions:

1. Preheat the oven to 375°F (190°C) and lightly grease a small baking dish.
2. Heat olive oil in a pan over medium heat for 1 minute.
3. Add beef and cook for 6 to 7 minutes until browned.
4. Stir in tomatoes and herbs and cook for 3 minutes.
5. Layer zucchini and meat in the dish, spoon yogurt on top, and bake for 20 minutes until tender.



Preparation time: 10 minutes | **Cooking time:** 20 minutes | **Servings:** 2

CHAPTER 6: High-Protein Snacks & Small Bites

Radish Butter Bites with Cottage Herb Dip



Preparation time: 10 minutes | **Cooking time:** 0 minutes | **Servings:** 2

Directions:

1. Spread a thin layer of softened butter over each radish round.
2. Stir cottage cheese with chives, garlic powder, and black pepper until creamy.
3. Arrange radish bites on a plate.
4. Spoon the cottage cheese dip beside them and serve chilled or at room temperature.

Ingredients:

- 8 medium radishes, sliced into thick rounds
- 1 tbsp (14 g) unsalted butter, softened
- ½ cup (110 g) low-sodium cottage cheese
- 1 tbsp (5 g) fresh chives, chopped
- ½ tsp (1 g) garlic powder
- ¼ tsp (0.5 g) black pepper

Serving size: 4 radish bites with dip

Nutrition (per serving):

Calories: 145 | Protein: 12 g | Fat: 9 g | Saturated Fat: 5 g | Total Carbs: 4 g | Sodium: 120 mg | Sugar: 2 g | Fiber: 1 g

Roasted Chili-Lime Edamame-Nuts Crunch

Ingredients:

- 1 cup (155 g) shelled unsalted edamame, thawed
- 2 tbsp (18 g) raw almonds, chopped
- 1 tsp (5 ml) olive oil
- 1 tsp (5 ml) lime juice
- ½ tsp (1 g) chili powder
- ¼ tsp (0.5 g) garlic powder
- ¼ tsp (0.5 g) black pepper

Serving size: ⅓ batch

Nutrition (per serving):

Calories: 150 | Protein: 11 g | Fat: 10 g | Saturated Fat: 1 g | Total Carbs: 6 g | Sodium: 15 mg | Sugar: 1 g | Fiber: 3 g

Directions:

1. Preheat the oven to 400°F (200°C) and line a small tray.
2. Pat edamame dry with paper towel.
3. Toss edamame with almonds, olive oil, lime juice, chili powder, garlic powder, and black pepper.
4. Roast for 18 minutes until lightly crisp. Let it cool before serving.



Preparation time: 5 minutes | **Cooking time:** 18 minutes | **Servings:** 3

Tomato Basil Mozzarella Bites



Preparation time: 10 minutes | **Cooking time:** 0 minutes | **Servings:** 2

Directions:

1. Spoon cottage cheese onto a small plate as a creamy base.
2. Arrange tomatoes and mozzarella pearls over the cottage cheese.
3. Sprinkle basil and black pepper evenly on top.
4. Drizzle with olive oil.
5. Serve chilled as a fresh protein snack.

Ingredients:

- 1 cup (150 g) cherry tomatoes, halved
- 120 g (4 oz) reduced-sodium mozzarella pearls
- 2 tbsp (30 g) plain cottage cheese
- 1 tbsp (4 g) fresh basil, chopped
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper

Serving size: ½ plate

Nutrition (per serving):

Calories: 185 | Protein: 16 g | Fat: 12 g | Saturated Fat: 6 g | Total Carbs: 5 g | Sodium: 150 mg | Sugar: 3 g | Fiber: 1 g

Crispy Parmesan Green Bean Fries

Ingredients:

- 2 cups (200 g) green beans, trimmed
- 1 large egg white
- ¼ cup (25 g) reduced-sodium Parmesan, finely grated
- 1 tbsp (7 g) almond flour
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) garlic powder
- ¼ tsp (0.5 g) black pepper

Serving size: 1 small plate

Nutrition (per serving):

Calories: 155 | Protein: 12 g | Fat: 9 g | Saturated Fat: 3 g | Total Carbs: 7 g | Sodium: 160 mg | Sugar: 2 g | Fiber: 3 g

Directions:

1. Preheat the oven to 425°F (220°C) and line a baking tray.
2. Brush green beans with egg white until lightly coated.
3. Sprinkle Parmesan, almond flour, garlic powder, and black pepper over the beans.
4. Drizzle with olive oil and bake for 15 minutes until crisp. Serve warm.



Preparation time: 10 minutes | **Cooking time:** 15 minutes | **Servings:** 2

Egg Salad Protein Lettuce Cups



Directions:

1. Bring a small pot of water to a gentle boil and cook eggs for 8 minutes.
2. Cool eggs briefly, peel, and chop finely.
3. Stir eggs with yogurt, olive oil, and black pepper until creamy.
4. Spoon the mixture evenly into lettuce leaves.
5. Serve immediately as handheld cups.

Ingredients:

- 2 large eggs
- 2 tbsp (30 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper
- 3 large romaine or butter-lettuce leaves

Serving size: 3 lettuce cups

Nutrition (per serving):

Calories: 215 | Protein: 18 g | Fat: 14 g | Saturated Fat: 4 g | Total Carbs: 3 g | Sodium: 135 mg | Sugar: 1 g | Fiber: 1 g

Preparation time: 10 minutes | **Cooking time:** 8 minutes | **Servings:** 1

Crispy Tofu Herb Cubes

Ingredients:

- 170 g (6 oz) firm tofu, cubed
- 1 tsp (5 ml) sesame oil
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried mixed herbs
- ¼ tsp (0.5 g) black pepper

Serving size: 1 bowl

Nutrition (per serving):

Calories: 230 | Protein: 22 g | Fat: 15 g | Saturated Fat: 3 g | Total Carbs: 4 g | Sodium: 120 mg | Sugar: 1 g | Fiber: 1 g

Directions:

1. Heat olive oil and sesame oil in a pan over medium heat for 1 minute.
2. Add tofu cubes and cook for 6 to 7 minutes, turning gently until lightly golden.
3. Sprinkle herbs and black pepper over the tofu.
4. Cook for 2 more minutes to coat evenly. Serve warm or cooled as a snack.



Preparation time: 5 minutes | **Cooking time:** 10 minutes | **Servings:** 1

Salmon & Yogurt Celery Boats



Preparation time: 5 minutes | **Cooking time:** 0 minutes | **Servings:** 1

Directions:

1. Add salmon to a bowl and break into small flakes.
2. Stir in Greek yogurt and olive oil until creamy.
3. Sprinkle with black pepper and mix gently.
4. Spoon the mixture evenly into the celery boats.
5. Serve immediately or chill briefly before eating.

Ingredients:

- 85 g (3 oz) cooked or canned no-salt-added salmon, flaked
- 2 tbsp (30 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper
- 2 large celery stalks, cut into boats

Serving size: 2 celery boats

Nutrition (per serving):

Calories: 195 | Protein: 22 g | Fat: 11 g | Saturated Fat: 2 g | Total Carbs: 2 g | Sodium: 130 mg | Sugar: 1 g | Fiber: 1 g

Cheese & Nuts Savory Snack Plate

Ingredients:

- 40 g (1.4 oz) hard cheese, sliced
- 1 tbsp (12 g) raw almonds or walnuts
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) smoked paprika
- ¼ tsp (0.5 g) black pepper

Serving size: 1 small plate

Nutrition (per serving):

Calories: 240 | Protein: 14 g | Fat: 19 g | Saturated Fat: 7 g | Total Carbs: 4 g | Sodium: 135 mg | Sugar: 1 g | Fiber: 1 g

Directions:

1. Arrange cheese slices on a small plate.
2. Add nuts alongside the cheese.
3. Drizzle olive oil lightly over the cheese.
4. Sprinkle smoked paprika and black pepper evenly.
5. Serve slowly and mindfully as a savory snack.



Preparation time: 5 minutes | **Cooking time:** 0 minutes | **Servings:** 1

Chunky Chicken Broth Cups



Preparation time: 5 minutes | **Cooking time:** 10 minutes | **Servings:** 1

Directions:

1. Pour chicken broth into a small saucepan and heat over medium heat for 3 minutes.
2. Add shredded chicken and stir gently.
3. Warm for 4 to 5 minutes until the chicken is heated through.
4. Stir in olive oil, black pepper, and parsley.
5. Remove from heat and serve warm in a small cup.

Ingredients:

- 1 cup (240 ml) no-salt-added chicken broth
- 90 g (3 oz) cooked chicken breast, finely shredded
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper
- ½ tsp (1 g) dried parsley

Serving size: 1 cup

Nutrition (per serving):
Calories: 165 | Protein: 26 g | Fat: 6 g | Saturated Fat: 1 g | Total Carbs: 1 g | Sodium: 120 mg | Sugar: 0 g | Fiber: 0 g

Halloumi Protein Oregano Bites

Ingredients:

- 85 g (3 oz) halloumi cheese, cut into cubes
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried oregano
- ¼ tsp (0.5 g) black pepper

Serving size: 1 small plate

Nutrition (per serving):
Calories: 255 | Protein: 20 g | Fat: 18 g | Saturated Fat: 8 g | Total Carbs: 2 g | Sodium: 145 mg | Sugar: 0 g | Fiber: 0 g

Directions:

1. Heat a non-stick pan over medium heat for 1 minute.
2. Add olive oil and swirl to coat the pan.
3. Add halloumi cubes in a single layer.
4. Cook for 2 to 3 minutes per side until golden.
5. Sprinkle oregano and black pepper over the bites and serve warm.



Preparation time: 5 minutes | **Cooking time:** 8 minutes | **Servings:** 1

Chicken Tenders with Garlic Yogurt



Directions:

1. Preheat the oven to 400°F (200°C) and line a small tray.
2. Place chicken tenders on the tray and brush lightly with olive oil.
3. Bake for 15 minutes until cooked through and lightly golden.
4. Stir yogurt with garlic powder and black pepper until smooth.
5. Serve warm chicken with the garlic yogurt sauce on the side.

Ingredients:

- 170 g (6 oz) chicken breast tenders
- ¼ cup (60 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) garlic powder
- ¼ tsp (0.5 g) black pepper

Serving size: 1 plate

Nutrition (per serving):
 Calories: 260 | Protein: 36 g |
 Fat: 8 g | Saturated Fat: 2 g |
 Total Carbs: 2 g | Sodium: 130 mg | Sugar: 1 g | Fiber: 0 g

Preparation time: 10 minutes | **Cooking time:** 15 minutes | **Servings:** 1

Smoked Trout Cucumber Boats

Ingredients:

- 85 g (3 oz) smoked trout, flaked
- 2 tbsp (30 g) reduced-fat cream cheese
- 1 tsp (5 ml) olive oil
- ½ medium cucumber, halved and seeded
- ¼ tsp (0.5 g) black pepper

Serving size: 2 cucumber boats

Nutrition (per serving):
 Calories: 235 | Protein: 20 g |
 Fat: 16 g | Saturated Fat: 5 g |
 Total Carbs: 3 g | Sodium: 140 mg | Sugar: 1 g | Fiber: 1 g

Directions:

1. Scoop the seeds from the cucumber halves to form boats.
2. Stir trout with cream cheese and olive oil until creamy.
3. Sprinkle in black pepper and mix gently.
4. Spoon the mixture evenly into the cucumber boats.
5. Serve immediately or chill briefly before eating.



Preparation time: 5 minutes | **Cooking time:** 0 minutes | **Servings:** 1

Soft Cheese Gelatin Cups



Preparation time: 10 minutes | **Cooking time:** 5 minutes | **Servings:** 2

Directions:

1. Heat water in a small pan over medium heat for 2 minutes until hot, not boiling.
2. Sprinkle gelatin over the water and stir until fully dissolved.
3. Remove from heat and stir in cottage cheese and Greek yogurt until smooth.
4. Add black pepper and mix evenly.
5. Pour into small cups and refrigerate for 20 minutes until softly set.

Ingredients:

- ¾ cup (170 g) low-sodium cottage cheese
- ½ cup (120 ml) water
- 1 tbsp (10 g) unflavored gelatin powder
- 1 tbsp (15 g) plain Greek yogurt
- ¼ tsp (0.5 g) black pepper

Serving size: 1 gelatin cup

Nutrition (per serving):

Calories: 140 | Protein: 18 g | Fat: 5 g | Saturated Fat: 2 g | Total Carbs: 2 g | Sodium: 120 mg | Sugar: 1 g | Fiber: 0 g

Cheese & Seed Protein Clusters

Ingredients:

- ½ cup (60 g) grated hard cheese
- 1 tbsp (10 g) pumpkin seeds
- 1 tbsp (10 g) sunflower seeds
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) smoked paprika

Serving size: 3 clusters

Nutrition (per serving):

Calories: 185 | Protein: 12 g | Fat: 14 g | Saturated Fat: 6 g | Total Carbs: 2 g | Sodium: 135 mg | Sugar: 0 g | Fiber: 1 g

Directions:

1. Preheat the oven to 375°F (190°C) and line a small tray.
2. Mix cheese, seeds, olive oil, and smoked paprika in a bowl.
3. Spoon small mounds onto the tray, spacing them apart.
4. Bake for 8 to 10 minutes until melted and lightly golden.
5. Let it cool for 5 minutes to firm up before serving.



Preparation time: 5 minutes | **Cooking time:** 10 minutes | **Servings:** 2

Almond-Rich Protein Bites



Preparation time: 10 minutes | **Cooking time:** 10 minutes | **Servings:** 2

Directions:

1. Preheat the oven to 350°F (180°C) and line a small tray.
2. Stir almonds, yogurt, egg, olive oil, and cinnamon until thick.
3. Spoon small rounds onto the tray.
4. Bake for 10 minutes until just set.
5. Let it cool for 5 minutes before serving.

Ingredients:

- ½ cup (60 g) finely ground almonds
- ¼ cup (60 g) plain Greek yogurt
- 1 large egg
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) ground cinnamon

Serving size: 2 bites

Nutrition (per serving):

Calories: 165 | Protein: 10 g | Fat: 12 g | Saturated Fat: 2 g | Total Carbs: 3 g | Sodium: 95 mg | Sugar: 1 g | Fiber: 2 g

Smoked Fish Sushi Rolls

Ingredients:

- 85 g (3 oz) low-sodium smoked salmon or trout
- 2 tbsp (30 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ½ medium cucumber, thinly sliced lengthwise
- ¼ tsp (0.5 g) black pepper

Serving size: 6 rolls

Nutrition (per serving):

Calories: 195 | Protein: 22 g | Fat: 11 g | Saturated Fat: 2 g | Total Carbs: 2 g | Sodium: 140 mg | Sugar: 1 g | Fiber: 1 g

Directions:

1. Lay cucumber slices flat on a board.
2. Stir smoked fish with yogurt, olive oil, and black pepper.
3. Spoon a thin line of filling onto each cucumber slice.
4. Roll gently into tight spirals.
5. Serve immediately or chill briefly before eating.



Preparation time: 10 minutes | **Cooking time:** 0 minutes | **Servings:** 1

Roasted Garlic Broccoli-Tofu Bites



Preparation time: 10 minutes | **Cooking time:** 18 minutes | **Servings:** 2

Directions:

1. Preheat the oven to 425°F (220°C) and line a baking tray.
2. Pat tofu dry, then cut it into small cubes.
3. Add tofu and broccoli to the tray, drizzle with olive oil, and sprinkle with garlic powder, paprika, and black pepper.
4. Roast for 18 minutes until lightly crisp. Serve warm.

Ingredients:

- 200 g (7 oz) firm tofu, pressed and cubed
- 1 cup (90 g) small broccoli florets
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) garlic powder
- ½ tsp (1 g) smoked paprika
- ¼ tsp (0.5 g) black pepper

Serving size: 1 small plate

Nutrition (per serving):

Calories: 190 | Protein: 18 g | Fat: 12 g | Saturated Fat: 2 g | Total Carbs: 6 g | Sodium: 70 mg | Sugar: 2 g | Fiber: 3 g

Crispy Brussels Sprout Cheese Chips

Ingredients:

- 1½ cups (135 g) Brussels sprouts, thinly sliced
- ¼ cup (25 g) reduced-sodium Parmesan, finely grated
- 1 large egg white
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) garlic powder
- ¼ tsp (0.5 g) black pepper

Serving size: 1 small plate

Nutrition (per serving):

Calories: 145 | Protein: 11 g | Fat: 9 g | Saturated Fat: 3 g | Total Carbs: 6 g | Sodium: 150 mg | Sugar: 2 g | Fiber: 3 g

Directions:

1. Preheat the oven to 425°F (220°C) and line a baking tray.
2. Pat sliced Brussels sprouts dry with paper towel.
3. Brush with egg white, then sprinkle with Parmesan, garlic powder, and black pepper.
4. Drizzle with olive oil and bake for 15 minutes until crisp at the edges. Serve warm.



Preparation time: 10 minutes | **Cooking time:** 15 minutes | **Servings:** 2

Chicken Liver Protein Pâté



Preparation time: 10 minutes | **Cooking time:** 10 minutes | **Servings:** 2

Directions:

1. Heat olive oil in a pan over medium heat for 1 minute.
2. Add chicken livers and cook for 4 to 5 minutes per side until cooked through.
3. Transfer livers to a bowl and let cool for 2 minutes.
4. Stir in Greek yogurt and black pepper until smooth and spreadable.
5. Serve chilled or warm with cucumber slices.

Ingredients:

- 250 g (8.8 oz) chicken livers, trimmed
- 2 tbsp (30 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper
- ½ medium cucumber, sliced

Serving size: ½ pâté with cucumber

Nutrition (per serving):
Calories: 185 | Protein: 22 g | Fat: 9 g | Saturated Fat: 3 g | Total Carbs: 3 g | Sodium: 135 mg | Sugar: 1 g | Fiber: 1 g

Baked Eggplant Feta Rounds

Ingredients:

- 1 medium eggplant, sliced into rounds
- ¼ cup (60 g) reduced-sodium feta cheese
- 2 tbsp (30 g) plain Greek yogurt
- 1 tsp (5 ml) olive oil
- ¼ tsp (0.5 g) black pepper

Serving size: 3 rounds

Nutrition (per serving):
Calories: 165 | Protein: 10 g | Fat: 11 g | Saturated Fat: 4 g | Total Carbs: 5 g | Sodium: 140 mg | Sugar: 2 g | Fiber: 2 g

Directions:

1. Preheat the oven to 400°F (200°C).
2. Arrange eggplant slices on a lined tray and brush lightly with olive oil.
3. Bake for 18 minutes until tender and lightly browned.
4. Stir feta and Greek yogurt until whipped and creamy.
5. Spoon the mixture over warm eggplant rounds and serve.



Preparation time: 10 minutes | **Cooking time:** 18 minutes | **Servings:** 2

CHAPTER 7: Diabetic-Safe Sugar-Free Desserts

No-Bake Almond Cheesecake Cups



Preparation time: 10 minutes | **Cooking time:** 0 minutes | **Servings:** 2

Directions:

1. Add cream cheese to a bowl and stir until smooth.
2. Mix in Greek yogurt until creamy and lump-free.
3. Stir in ground almonds and vanilla extract.
4. Drizzle in olive oil and mix until fully combined.
5. Spoon into small cups and chill for 10 minutes before serving.

Ingredients:

- ½ cup (120 g) full-fat cream cheese
- ¼ cup (60 g) plain Greek yogurt
- 2 tbsp (30 g) finely ground almonds
- ½ tsp (2 ml) pure vanilla extract
- 1 tsp (5 ml) olive oil

Serving size: 1 cup

Nutrition (per serving):

Calories: 245 | Protein: 11 g | Fat: 21 g | Saturated Fat: 9 g | Total Carbs: 3 g | Sodium: 135 mg | Sugar: 1 g | Fiber: 1 g

Chocolate Protein Fudge Squares

Ingredients:

- ½ cup (120 g) plain Greek yogurt
- 1 large egg
- 2 tbsp (12 g) unsweetened cocoa powder
- 1 tbsp (12 g) almond flour
- 1 tsp (5 ml) olive oil

Serving size: 1 square

Nutrition (per serving):

Calories: 95 | Protein: 7 g | Fat: 5 g | Saturated Fat: 1 g | Total Carbs: 3 g | Sodium: 70 mg | Sugar: 1 g | Fiber: 1 g

Directions:

1. Preheat the oven to 350°F (180°C) and line a small baking dish.
2. Whisk Greek yogurt and egg until smooth.
3. Stir in cocoa powder and almond flour until fully blended.
4. Drizzle in olive oil and mix evenly.
5. Pour into the dish and bake for 10 minutes until softly set. Cool before slicing.



Preparation time: 10 minutes | **Cooking time:** 10 minutes | **Servings:** 4

Sweet-Spiced Egg Drop Dessert Soup



Preparation time: 5 minutes | **Cooking time:** 8 minutes | **Servings:** 1

Directions:

1. Heat water in a small saucepan over medium heat for 5 minutes until steaming.
2. Whisk eggs with Greek yogurt, cinnamon, and vanilla until smooth.
3. Lower heat and slowly pour the mixture into the pan while stirring gently.
4. Cook for 2 to 3 minutes until soft ribbons form.
5. Remove from heat and serve warm.

Ingredients:

- 1 cup (240 ml) water
- 2 large eggs
- 2 tbsp (30 g) plain Greek yogurt
- ½ tsp (1 g) ground cinnamon
- ¼ tsp (1 ml) pure vanilla extract

Serving size: 1 bowl

Nutrition (per serving):

Calories: 160 | Protein: 14 g | Fat: 7 g | Saturated Fat: 2 g | Total Carbs: 2 g | Sodium: 120 mg | Sugar: 1 g | Fiber: 0 g

Chilled Skyr Cinnamon-Vanilla Drink

Ingredients:

- ¾ cup (170 g) plain skyr
- ¼ cup (60 ml) cold water
- ½ tsp (1 g) ground cinnamon
- ¼ tsp (1 ml) pure vanilla extract
- 1 tsp (5 ml) olive oil

Serving size: 1 glass

Nutrition (per serving):

Calories: 190 | Protein: 18 g | Fat: 9 g | Saturated Fat: 2 g | Total Carbs: 3 g | Sodium: 125 mg | Sugar: 2 g | Fiber: 0 g

Directions:

1. Add skyr and water to a bowl and whisk until smooth and drinkable.
2. Stir in cinnamon and vanilla until evenly blended.
3. Drizzle in olive oil and mix well. Chill for 5 minutes if desired.
4. Serve cold as a protein-rich dessert drink.



Preparation time: 5 minutes | **Cooking time:** 0 minutes | **Servings:** 1

Soft Chocolate Bake Cups



Preparation time: 5 minutes | **Cooking time:** 12 minutes | **Servings:** 2

Directions:

1. Heat the oven to 350°F (180°C).
2. Whisk eggs and Greek yogurt until smooth.
3. Stir in cocoa powder, olive oil, and vanilla until fully blended.
4. Divide into lightly greased ramekins.
5. Bake for 12 minutes until just set in the center.

Ingredients:

- 2 large eggs
- ¼ cup (60 g) plain Greek yogurt
- 1 tbsp (8 g) unsweetened cocoa powder
- 1 tbsp (15 ml) olive oil
- ¼ tsp (1 ml) pure vanilla extract

Serving size: 1 bake cup

Nutrition (per serving):

Calories: 165 | Protein: 12 g | Fat: 11 g | Saturated Fat: 3 g | Total Carbs: 3 g | Sodium: 115 mg | Sugar: 1 g | Fiber: 1 g

Baked Lemon-Almond Bars

Ingredients:

- 2 large eggs
- ½ cup (120 g) plain skyr
- ¼ cup (24 g) almond flour
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (15 ml) olive oil

Serving size: 1 bar

Nutrition (per serving):

Calories: 170 | Protein: 13 g | Fat: 11 g | Saturated Fat: 2 g | Total Carbs: 4 g | Sodium: 95 mg | Sugar: 1 g | Fiber: 1 g

Directions:

1. Heat the oven to 350°F (180°C).
2. Whisk eggs and skyr until smooth.
3. Stir in almond flour, lemon juice, and olive oil until thick.
4. Spread evenly in a lined small baking dish.
5. Bake for 15 minutes, then let it cool before slicing.



Preparation time: 7 minutes | **Cooking time:** 15 minutes | **Servings:** 4

Almond-Cocoa Protein Truffle Bites



Preparation time: 10 minutes | **Cooking time:** 0 minutes | **Servings:** 6

Directions:

1. Stir almond butter and Greek yogurt until smooth and thick.
2. Add cocoa powder, protein isolate, and vanilla, then mix until fully combined.
3. Roll the mixture into six small bites using clean hands.
4. Chill for 10 minutes to firm before serving.

Ingredients:

- ½ cup (120 g) unsweetened almond butter
- ¼ cup (60 g) plain Greek yogurt
- 2 tbsp (10 g) unsweetened cocoa powder
- 1 tbsp (10 g) unflavored whey protein isolate
- 1 tsp (5 ml) pure vanilla extract

Serving size: 1 truffle bite

Nutrition (per serving):

Calories: 95 | Protein: 6 g | Fat: 7 g | Saturated Fat: 1 g | Total Carbs: 2 g | Sodium: 35 mg | Sugar: 1 g | Fiber: 1 g

Vanilla Bean Protein Ice Cream

Ingredients:

- 1 cup (240 g) plain skyr
- ½ cup (120 ml) coconut cream
- 2 tbsp (20 g) unflavored whey protein isolate
- 1 tsp (5 ml) pure vanilla extract
- 1 tsp (2 g) vanilla bean powder

Serving size: ½ cup

Nutrition (per serving):

Calories: 140 | Protein: 13 g | Fat: 8 g | Saturated Fat: 4 g | Total Carbs: 3 g | Sodium: 60 mg | Sugar: 2 g | Fiber: 0 g

Directions:

1. Whisk skyr and coconut cream until smooth and slightly thick.
2. Stir in protein isolate, vanilla extract, and vanilla bean powder until fully dissolved.
3. Transfer to a freezer-safe container and smooth the top.
4. Freeze for 25 minutes, then scoop and serve.



Preparation time: 8 minutes | **Cooking time:** 0 minutes | **Servings:** 4

Espresso Protein Custard Jars



Preparation time: 5 minutes | **Cooking time:** 15 minutes | **Servings:** 2

Directions:

1. Preheat the oven to 325°F (160°C).
2. Whisk almond milk, egg, protein isolate, espresso, and vanilla until smooth.
3. Pour into two small oven-safe jars.
4. Bake for 15 minutes until softly set.
5. Let it cool slightly before serving.

Ingredients:

- 1 cup (240 ml) unsweetened almond milk
- 1 large egg
- 2 tbsp (20 g) unflavored whey protein isolate
- 1 tsp (5 ml) brewed espresso or strong coffee
- 1/2 tsp (1 g) vanilla powder

Serving size: 1 jar

Nutrition (per serving):

Calories: 110 | Protein: 14g | Fat: 3g | Saturated Fat: 1g | Total Carbs: 3g | Sodium: 65mg | Sugar: 1g | Fiber: 0g

Soft Baked Ricotta Protein Pudding

Ingredients:

- 3/4 cup (180 g) part-skim ricotta
- 1 large egg
- 2 tbsp (20 g) unflavored whey protein isolate
- 1 tsp (5 ml) pure vanilla extract
- 1/4 tsp (0.5 g) cinnamon

Serving size: 1/2 pudding

Nutrition (per serving):

Calories: 145 | Protein: 16 g | Fat: 8 g | Saturated Fat: 4 g | Total Carbs: 3 g | Sodium: 85 mg | Sugar: 1 g | Fiber: 0 g

Directions:

1. Preheat the oven to 350°F (180°C).
2. Whisk ricotta and egg until smooth and creamy.
3. Stir in protein isolate, vanilla, and cinnamon until fully combined.
4. Transfer to a small baking dish and bake for 20 minutes until softly set.



Preparation time: 5 minutes | **Cooking time:** 20 minutes | **Servings:** 2

Berry-Ripple Protein Mousse



Preparation time: 10 minutes | **Cooking time:** 0 minutes | **Servings:** 2

Directions:

1. Mash the raspberries with lemon juice until lightly saucy.
2. Whisk yogurt, protein isolate, and vanilla until smooth and thick.
3. Spoon the yogurt mixture into two bowls.
4. Gently swirl the berry mixture through the mousse and chill for 5 minutes before serving.

Ingredients:

- ¾ cup (180 g) plain nonfat Greek yogurt
- 2 tbsp (20 g) unflavored whey protein isolate
- ¼ cup (35 g) fresh raspberries
- 1 tsp (5 ml) lemon juice
- ½ tsp (1 g) vanilla extract

Serving size: 1 ramekin

Nutrition (per serving):

Calories: 145 | Protein: 14 g | Fat: 8 g | Saturated Fat: 6 g | Total Carbs: 3 g | Sodium: 70 mg | Sugar: 1g | Fiber: 0g

Warm Coconut Protein Custard

Ingredients:

- ¾ cup (180 ml) unsweetened light coconut milk
- 1 large egg
- 2 tbsp (20 g) unflavored whey protein isolate
- ½ tsp (1 g) cinnamon
- ½ tsp (2.5 ml) vanilla extract

Serving size: 1 ramekin

Nutrition (per serving):

Calories: 145 | Protein: 14 g | Fat: 8 g | Saturated Fat: 6 g | Total Carbs: 3 g | Sodium: 70 mg | Sugar: 1 g | Fiber: 0 g

Directions:

1. Preheat the oven to 325°F (160°C).
2. Whisk coconut milk and egg until smooth. Stir in protein isolate, cinnamon, and vanilla until fully dissolved.
3. Pour into two oven-safe ramekins and bake for 20 minutes until gently set.
4. Let it cool slightly before eating.



Preparation time: 5 minutes | **Cooking time:** 20 minutes | **Servings:** 2

Almond Milk Protein Panna Cotta



Preparation time: 5 minutes | **Cooking time:** 10 minutes | **Servings:** 2

Directions:

1. Sprinkle gelatin over water and let it bloom for 2 minutes.
2. Warm almond milk in a saucepan over low heat for 5 minutes without boiling.
3. Whisk in the bloomed gelatin until fully dissolved.
4. Remove from heat and whisk in protein isolate and vanilla until smooth.
5. Pour into ramekins and chill for 15 minutes until softly set.

Ingredients:

- 1 cup (240 ml) unsweetened almond milk
- 2 tbsp (20 g) unflavored whey protein isolate
- 1 tsp (3 g) powdered gelatin
- 1/2 tsp (2.5 ml) vanilla extract
- 1 tbsp (15 ml) water

Serving size: 1 ramekin

Nutrition (per serving):

Calories: 95 | Protein: 14 g | Fat: 2 g | Saturated Fat: 0 g | Total Carbs: 2 g | Sodium: 55 mg | Sugar: 0 g | Fiber: 0 g

Cinnamon Cream Protein Flan

Ingredients:

- 3/4 cup (180 ml) plain nonfat Greek yogurt
- 1 large egg
- 2 tbsp (20 g) unflavored whey protein isolate
- 1/2 tsp (1 g) ground cinnamon
- 1/2 tsp (2.5 ml) vanilla extract

Serving size: 1 ramekin

Nutrition (per serving):

Calories: 130 | Protein: 18 g | Fat: 2 g | Saturated Fat: 1 g | Total Carbs: 3 g | Sodium: 70 mg | Sugar: 1 g | Fiber: 0 g

Directions:

1. Preheat the oven to 325°F (160°C).
2. Whisk yogurt and egg until completely smooth.
3. Stir in protein isolate, cinnamon, and vanilla until fully combined.
4. Pour into two oven-safe ramekins.
5. Bake for 25 minutes until set but slightly wobbly in the center. Let it cool before serving.



Preparation time: 5 minutes | **Cooking time:** 25 minutes | **Servings:** 2

Chocolate-Swirl Protein Soufflé



Preparation time: 5 minutes | **Cooking time:** 18 minutes | **Servings:** 2

Directions:

1. Preheat the oven to 350°F (180°C).
2. Whisk yogurt, protein isolate, and vanilla until smooth.
3. In a separate bowl, beat egg whites until soft and airy.
4. Fold egg whites into the yogurt mixture gently.
5. Swirl cocoa powder lightly through, pour into ramekins, and bake for 18 minutes until puffed.
6. Let it cool briefly before serving.

Ingredients:

- ¾ cup (180 g) plain nonfat Greek yogurt
- 2 large egg whites
- 2 tbsp (20 g) unflavored whey protein isolate
- 1 tbsp (7 g) unsweetened cocoa powder
- ½ tsp (2.5 ml) vanilla extract

Serving size: 1 ramekin

Nutrition (per serving):
Calories: 120 | Protein: 17 g | Fat: 1 g | Saturated Fat: 0 g | Total Carbs: 4 g | Sodium: 65 mg | Sugar: 1g | Fiber: 1g

Lemon Ricotta Protein Clouds

Ingredients:

- ¾ cup (180 g) part-skim ricotta cheese
- 2 large egg whites
- 2 tbsp (20 g) unflavored whey protein isolate
- 1 tsp (5 ml) lemon zest
- ½ tsp (2.5 ml) vanilla extract

Serving size: 1 ramekin

Nutrition (per serving):
Calories: 135 | Protein: 18 g | Fat: 4 g | Saturated Fat: 2 g | Total Carbs: 3 g | Sodium: 80 mg | Sugar: 1 g | Fiber: 0 g

Directions:

1. Preheat the oven to 350°F (180°C).
2. Whisk ricotta, protein isolate, lemon zest, and vanilla until smooth.
3. Beat egg whites until soft peaks form.
4. Gently fold egg whites into the ricotta mixture.
5. Spoon into ramekins and bake for 20 minutes until lightly set and cloud-like.
6. Let it cool slightly before eating.



Preparation time: 5 minutes | **Cooking time:** 20 minutes | **Servings:** 2

Cinnamon Cream Crêpe Rolls



Preparation time: 5 minutes | **Cooking time:** 8 minutes | **Servings:** 2

Directions:

1. Whisk eggs, ¼ cup yogurt, whey protein, almond flour, and cinnamon until smooth.
2. Stir remaining yogurt with vanilla for the filling.
3. Oil a nonstick pan, cook half the batter for 2 minutes per side, then repeat.
4. Spread with yogurt cream, roll gently, and serve warm.

Ingredients:

- 2 large eggs
- ¼ cup (60 g) plain nonfat Greek yogurt
- 2 tbsp (20 g) unflavored whey protein isolate
- 1 tbsp (7 g) almond flour
- ½ tsp (1 g) ground cinnamon
- 1 tsp (5 ml) olive oil
- ¼ cup (60 g) plain nonfat Greek yogurt, for filling
- ½ tsp (2 ml) vanilla extract

Serving size: 1 rolled crêpe

Nutrition (per serving):

Calories: 175 | Protein: 21 g | Fat: 8 g | Saturated Fat: 1.5 g | Total Carbs: 5 g | Sodium: 90 mg | Sugar: 2 g | Fiber: 1 g

Twice-Baked Chocolate Biscotti

Ingredients:

- 1 cup (100 g) almond flour
- 2 tbsp (20 g) unflavored whey protein isolate
- 1 large egg
- 1 tbsp (7 g) unsweetened cocoa powder
- ½ tsp (2.5 ml) vanilla extract

Serving size: 1 biscotti

Nutrition (per serving):

Calories: 85 | Protein: 6 g | Fat: 5 g | Saturated Fat: 0.5 g | Total Carbs: 2 g | Sodium: 40 mg | Sugar: 0 g | Fiber: 1 g

Directions:

1. Preheat the oven to 350°F (180°C).
2. Stir all ingredients into a thick dough.
3. Shape into a narrow log on a lined tray.
4. Bake for 15 minutes, then cool for 5 minutes.
5. Slice, lay flat, and bake 10 minutes more until crisp.



Preparation time: 5 minutes | **Cooking time:** 25 minutes | **Servings:** 6

Protein Sheet-Pan Sponge Cake



Preparation time: 5 minutes | **Cooking time:** 20 minutes | **Servings:** 6

Directions:

1. Preheat the oven to 350°F (180°C) and lightly oil a sheet pan.
2. Separate the eggs and beat the whites until soft and airy.
3. Whisk yolks, yogurt, protein isolate, and vanilla until smooth. Fold egg whites gently into the batter.
4. Spread evenly and bake for 20 minutes until lightly set. Let it cool before slicing.

Ingredients:

- 4 large eggs
- ¾ cup (180 g) plain nonfat Greek yogurt
- 3 tbsp (30 g) unflavored whey protein isolate
- 1 tsp (5 ml) vanilla extract
- 1 tsp (5 ml) olive oil

Serving size: 1 slice

Nutrition (per serving):

Calories: 95 | Protein: 14 g | Fat: 2 g | Saturated Fat: 0.5 g | Total Carbs: 2 g | Sodium: 65 mg | Sugar: 1 g | Fiber: 0 g

Almond-Vanilla Meringue Cookies

Ingredients:

- 3 large egg whites
- 2 tbsp (20 g) unflavored whey protein isolate
- ½ tsp (2.5 ml) vanilla extract
- ¼ tsp (1 ml) almond extract
- 1 tsp (5 ml) lemon juice

Serving size: 1 cookie

Nutrition (per serving):

Calories: 25 | Protein: 4 g | Fat: 0 g | Saturated Fat: 0 g | Total Carbs: 1 g | Sodium: 15 mg | Sugar: 0 g | Fiber: 0 g

Directions:

1. Preheat the oven to 250°F (120°C) and line a baking tray.
2. Beat egg whites with lemon juice until stiff peaks form.
3. Gently fold in protein isolate, vanilla, and almond extract.
4. Spoon small mounds onto the tray.
5. Bake for 25 minutes until dry and crisp. Let them cool fully before eating.



Preparation time: 5 minutes | **Cooking time:** 25 minutes | **Servings:** 12 cookies

Protein Swiss-Roll Style Cake



Preparation time: 5 minutes | **Cooking time:** 18 minutes | **Servings:** 6

Directions:

1. Preheat the oven to 350°F (180°C) and lightly oil a shallow baking tray.
2. Separate the eggs and beat the whites until soft peaks form.
3. Whisk yolks, yogurt, protein isolate, and vanilla until smooth. Gently fold in the egg whites.
4. Spread thinly and bake for 18 minutes. Roll warm using baking paper, then cool fully.

Ingredients:

- 2 large eggs
- ½ cup (120 g) plain nonfat Greek yogurt
- 2 tbsp (20 g) unflavored whey protein isolate
- ½ tsp (1 g) ground cinnamon
- 1 tsp (5 ml) olive oil

Serving size: 1 slice

Nutrition (per serving):

Calories: 100 | Protein: 15 g | Fat: 2 g | Saturated Fat: 0.5 g | Total Carbs: 2 g | Sodium: 70 mg | Sugar: 1 g | Fiber: 0 g

30-Day GLP-1 Meal Plan for Type 2 Diabetes

This 30-day meal plan is designed to help you **transition smoothly, stabilize blood sugar, protect muscle, and build long-term habits** while using GLP-1 medications. It uses only the recipes in this book, so there's no guesswork, no extra shopping lists, and no need to invent meals on the fly.

It's a **supportive framework** you can repeat, adjust, or slow down as needed.

How to Use This Meal Plan

- Each day includes **3 meals** with an **optional snack or dessert**
- If your appetite is low, it's okay to eat **two meals instead of three**
- If nausea is present, smaller meals or softer-textured options work best
- You can swap meals within the same category freely

Your job is simple: **eat protein-forward meals regularly and consistently.**

Portion Guidance for GLP-1 Users

GLP-1 medications reduce appetite and slow digestion. Portions should match that reality.

General guidance:

- Start with **½ to 2/3 of a standard serving**
- Eat slowly and stop when comfortable, not full
- Protein first, vegetables second, carbs last
- Leftovers are expected and encouraged

If you feel overly full or nauseous:

- Eat half now, half later
- Choose softer foods (custards, yogurt bowls, baked dishes)
- Skip the snack or dessert

If hunger returns sooner:

- Add a protein snack
- Slightly increase protein portion at the next meal

WEEK 1: Adjustment & Side-Effect Support

Goal: Ease digestion, reduce nausea, establish routine

Day	Breakfast	Lunch	Dinner	Optional Snack/Dessert
1	Chicken Breakfast Hash with Zucchini & Peppers	Italian Turkey Meatball Carrot Noodle Lunch	Braised Chicken with Garlic Yogurt Sauce	Soft Cheese Gelatin Cups
2	Apple Pie Custard Squares	Turkey Cheeseburger Stack with Pickle Yogurt	Creamy Cod & Spinach Lunch Skillet	Radish Butter Bites with Cottage Herb Dip
3	Nordic Salmon Dill Egg Pancakes	Tofu Fajita Stuffed Portobello Mushrooms	Turkey & Spinach Cream Bake	Warm Coconut Protein Custard
4	Turkey Bacon Egg Lettuce Wraps	Tuna Melt Stuffed Rainbow Peppers	Mushroom-Loaded Beef Skillet	Cottage Cheese–Tahini Bowl
5	Crustless Tofu Broccoli Quiche Cups	Seared Tofu with Sesame Vegetables	Cod with Creamy Leek Reduction	Chilled Skyr Cinnamon-Vanilla Drink
6	Chicken Sausage Cauliflower Grits Bowl	Mediterranean Tuna & Egg Smash Plate	Shrimp & Spinach Protein Stew	Berry-Ripple Protein Mousse
7	Baked Egg Custard with Feta	Roasted Turkey with Cauliflower Mash	Chicken Alfredo Spaghetti Squash Boats	No-Bake Almond Cheesecake Cups

WEEK 2: Blood Sugar Stability

Goal: Balanced meals, steady glucose, consistent protein

Day	Breakfast	Lunch	Dinner	Optional Snack/Dessert
8	Baked Ricotta Breakfast Squares	Warm Yogurt-Marinated Chicken Bowl	Lemony Salmon with Creamed Zucchini	Cheese & Nuts Savory Snack Plate
9	Turkey-Wrapped Egg & Cheese Rolls	Beef Steak Bites with Tomato Relish	Beef & Eggplant Skillet with Herb Oil	Chocolate Protein Fudge Squares
10	Blueberry Almond Breakfast Clafoutis Cups	Turkey & Mushroom Lunch Ragout	Pork Tenderloin with Creamed Greens	Almond-Rich Protein Bites
11	Mushroom-Folded Egg Whites	Shrimp & Zucchini Protein Skillet	Sardines Baked with Eggs & Herbs	Espresso Protein Custard Jars
12	Warm Halloumi & Egg Medley	Salmon with Olive-Lemon Yogurt Drizzle	Middle-Eastern Spiced Chicken Plate	Lemon Ricotta Protein Clouds
13	Herbed Cottage Cheese Loaf	Salmon Niçoise Protein Salad	Lamb Patties with Wilted Greens	Cinnamon Cream Protein Flan
14	Feta & Egg Breakfast Baked	Creamy Cod & Spinach Lunch Skillet	Zucchini Lasagna with Meat Sauce	Soft Baked Ricotta Protein Pudding

WEEK 3: Weight Loss Momentum

Goal: Maintain muscle, support fat loss, improve energy

Day	Breakfast	Lunch	Dinner	Optional Snack/Dessert
15	Spiced Egg-White French Toast Roll Bake	Beef & Tender Greens Skillet	Philly Cheesesteak Pepper Skillet	Smoked Trout Cucumber Boats
16	Tofu-Egg Breakfast Scramble	Tuna Melt Stuffed Rainbow Peppers	Turkey Meat Bake with Ricotta Swirl	Protein Truffle Bites
17	Mexican Breakfast Taco Plate	Greek Tofu Alfredo Zoodles	Lamb & Vegetable Oven Skillet	Vanilla Bean Protein Ice Cream
18	Cocoa Almond Protein Waffles	Italian Turkey Meatball Carrot Noodle Lunch	Eggplant-Layered Beef Bake	Protein Sheet-Pan Sponge Cake
19	Turkey & Spinach Breakfast Ragù	Seared Fish with Tomato-Olive Sauce	Pesto Crab Zucchini Roll-Ups	Almond Milk Protein Panna Cotta
20	Blueberry Almond Breakfast Clafoutis Cups	Roasted Turkey with Cauliflower Mash	Shrimp with Coconut-Lime Protein Cream	Cinnamon Cream Crêpe Rolls
21	Baked Egg Custard with Feta	Tofu Fajita Stuffed Portobello Mushrooms	Thai Basil Beef Cabbage Skillet	Chocolate-Swirl Protein Soufflé

WEEK 4: Long-Term Habit Building

Goal: Repeatable meals, flexibility, sustainability

Day	Breakfast	Lunch	Dinner	Optional Snack / Dessert
22	Apple Pie Custard Squares	Warm Yogurt-Marinated Chicken Bowl	Mushroom-Loaded Beef Skillet	Egg Salad Protein Lettuce Cups
23	Turkey Bacon Egg Lettuce Wraps	Shrimp & Zucchini Protein Skillet	Pork Tenderloin with Creamed Greens	Almond-Vanilla Meringue Cookies
24	Crustless Tofu Broccoli Quiche Cups	Mediterranean Tuna & Egg Smash Plate	Philly Cheesesteak Pepper Skillet	Protein Swiss-Roll Style Cake
25	Nordic Salmon Dill Egg Pancakes	Seared Tofu with Sesame Vegetables	Turkey & Spinach Cream Bake	Cheese & Seed Protein Clusters
26	Mushroom-Folded Egg Whites	Beef Steak Bites with Tomato Relish	Sardines Baked with Eggs & Herbs	Lemon Ricotta Protein Clouds
27	Chicken Sausage Cauliflower Grits Bowl	Tuna Melt Stuffed Rainbow Peppers	Shrimp & Spinach Protein Stew	Warm Coconut Protein Custard
28	Baked Ricotta Breakfast Squares	Turkey Cheeseburger Stack with Pickle Yogurt	Zucchini Lasagna with Meat Sauce	Berry-Ripple Protein Mousse
29	Chicken Breakfast Hash with Zucchini & Peppers	Italian Turkey Meatball Carrot Noodle Lunch	Braised Chicken with Garlic Yogurt Sauce	Soft Chocolate Bake Cups
30	Turkey-Wrapped Egg & Cheese Rolls	Roasted Turkey with Cauliflower Mash	Lemony Salmon with Creamed Zucchini	Protein Swiss-Roll Style Cake

CONCLUSION: Control Your Blood Sugar, and Feel Better Long-Term

Living with type 2 diabetes while using a GLP-1 medication can feel like a turning point. For many people, it's the first time blood sugar feels more manageable and appetite feels calmer. But medications alone don't create lasting success. What you eat, how you eat, and how consistently you support your body still matter.

The goal of this book was never to give you perfect meals or rigid rules. It was to help you build confidence around food again, so eating feels supportive instead of stressful.

Progress Over Perfection

One of the most important ideas to carry forward is this: **progress matters more than perfection.**

There will be days when you eat exactly as planned and days when you don't. There will be weeks when blood sugar looks steady and weeks when it doesn't. That's normal. Diabetes is not a straight line, and neither is life.

What makes a real difference over time is not one perfect meal, but repeated good-enough choices:

- Choosing protein even when portions are small
- Eating regularly instead of skipping meals
- Adjusting when something doesn't feel right
- Returning to structure after off days

You don't need to "start over" every time something goes off plan. You just continue with the next meal. That's how long-term control is built.

Listening to Your Body on GLP-1

GLP-1 medications change how your body communicates hunger, fullness, and comfort. Learning to listen to those signals is a skill, and it takes time.

Some days you may feel full quickly. Other days you may feel hungrier. Some foods may suddenly feel heavy or uncomfortable, while others feel easy and satisfying. None of this means you're doing something wrong.

Pay attention to patterns:

- Which meals leave your blood sugar steadier
- Which foods reduce nausea or discomfort
- How much protein helps you feel stronger and more energized
- When smaller portions work better than larger ones

Your body gives feedback every day. Use it as information, not judgment. Adjust portions, textures, and timing as needed. Flexibility is part of success, not a sign of failure.

Sustainable Habits for Life with Type 2 Diabetes

The most effective eating plan is the one you can live with long term. That's why this cookbook focuses on simple, repeatable habits instead of extremes.

Sustainable habits include:

- Keeping a few reliable meals you enjoy and tolerate well
- Prioritizing protein without obsessing over numbers
- Using structure without rigid rules
- Allowing flexibility while protecting blood sugar stability

Over time, these habits reduce decision fatigue. You stop wondering what to eat and start trusting yourself around food again.

Here's what long-term success often looks like in practice:

Focus Area	What to Aim For
Meals	Protein-forward, balanced, repeatable
Portions	Comfortable, not forced or restrictive
Blood Sugar	More stable trends, not perfect numbers
Mindset	Consistency over control
Adjustments	Small changes instead of big resets

This approach supports not just weight changes or lab results, but energy, strength, and quality of life.

Moving Forward with Confidence

You now have tools, structure, and options. You know how to build meals that work with GLP-1 medications, how to adjust portions without counting calories, and how to choose foods that support blood sugar instead of fighting it.

Most importantly, you have permission to eat in a way that fits *your* body.

If you take one thing from this book, let it be this: **you don't need to eat perfectly to manage diabetes well.** You need meals that are thoughtful, nourishing, and repeatable.

Return to the recipes you enjoy. Use the meal plan when you need structure. Adjust when life changes. Trust that steady habits, practiced over time, make a real difference.

You're not just managing diabetes. You're learning how to live well with it.

MEASUREMENTS AND CONVERSIONS

VOLUME EQUIVALENTS (DRY)		WEIGHT EQUIVALENTS	
US STANDARD	METRIC (APPROX.)	US STANDARD	METRIC (APPROX.)
1/4 teaspoon	1.25 ml	1 ounce	28 g
1/2 teaspoon	2.5 ml	4 ounces	113 g
1 teaspoon	5 ml	8 ounces	225 g
1/4 cup	60 ml	12 ounces	340 g
1/3 cup	80 ml	One pound (16oz)	455 g
1/2 cup	120 ml		
1 cup	240 ml		

VOLUME EQUIVALENTS (LIQUID)			OVEN TEMPERATURES	
US STANDARD	US OUNCES	METRIC	FAHRENHEIT	CELSIUS (APPROX.)
1 teaspoon	1/6 oz	5 ml	200° F	93° C
1 tablespoon	1/2 oz	15 ml	225° F	107° C
1 fluid ounce	1 oz	30 ml	250° F	120° C
1 cup	8 oz	240 ml	275° F	135° C
1 pint	16 oz	475 ml	300° F	150° C
1 quart	32 oz	950 ml	325° F	165° C
1 gallon	128 oz	3.8 L	350° F	177° C
			375°F	190° C
			400°F	200° C
			425°F	220°C