



## 7-Day GLP-1 Supportive Meal Plan

Created by sanoMidLife



# 7-Day GLP-1 Supportive Meal Plan

sanoMidLife

## Overview:

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This 7-day meal plan is designed to inspire you. Feel free to make adjustments based on your dietary needs, preferences and/or what works best for your lifestyle.

Here's a brief overview to help you navigate this resource:

- This meal plan includes a calendar with an overview of meals and snacks for the week.
- A grocery list is provided, outlining the supplies and quantities needed to prepare all the meals and snacks.
- Each recipe includes directions, ingredients, helpful notes, and nutritional details per serving.
- Meals and snacks highlighted in grey represent leftovers, meaning you won't need to cook again - there will be enough prepared from the original dish for future meals.

By making intentional and informed choices about your nutrition, you can feel strong and healthy during midlife. Stay consistent, listen to your body, and celebrate your progress!

## Evidence:

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This meal plan was created with the following key considerations in mind:

### Lean Protein:

Insufficient protein intake can lead to excessive loss of lean body mass, weakness, edema, hair loss, and skin changes. This plan includes lean proteins like fish, poultry, legumes, and egg whites to promote fullness and preserve lean muscle mass while losing fat.

### Healthy Fats:

Healthy fats, such as those found in olive oil, nuts, and seeds, are incorporated in this plan as they are rich in monounsaturated and polyunsaturated fats, which stimulate the release of GLP-1. They're also important for brain health and hormone production. Processed, high-fat foods are avoided to decrease gastrointestinal side effects associated with GLP-1s.

### Low Glycemic & High Fibre Foods:

While taking GLP-1 medications, it's advisable to avoid foods that can cause rapid spikes in blood sugar levels or lower the medication's effectiveness. This plan is sugar-free and uses low glycemic, high fibre ingredients like whole grains, legumes, fruits, and vegetables. These foods help improve digestion and regulate blood sugar levels, are rich in antioxidants, and also provide a steady source of energy.

### Managing Side Effects:

Gastrointestinal side effects are well-known as the most common adverse effects of GLP-1 medications. Certain foods like chocolate, mint, and spicy foods are excluded from this plan as they can reduce the lower esophageal sphincter tone and motility, cause mucosal irritation, or increase gastric juice secretion.

### Nutrient Density:

Individuals with obesity are at increased risk of micronutrient deficiencies. As caloric intake decreases on GLP-1 medications, it's important to incorporate nutrient-dense whole foods. This plan includes a variety of foods to prevent common deficiencies like calcium, magnesium, vitamin B12, and iron.

## 7-Day GLP-1 Supportive Meal Plan

7 days

|           | Mon                                | Tue                                | Wed   | Thu   | Fri  | Sat  | Sun  |
|-----------|------------------------------------|------------------------------------|---|---|--|--|--|
| Breakfast | Blueberry & Cottage Cheese Oatmeal | Blueberry & Cottage Cheese Oatmeal | Bell Pepper & Baby Spinach Egg White Omelette | Bell Pepper & Baby Spinach Egg White Omelette | High Protein Sunbutter Oatmeal with Strawberries | High Protein Sunbutter Oatmeal with Strawberries | High Protein Sunbutter Oatmeal with Strawberries |
| Snack 1   | Strawberry Blueberry Smoothie      | Strawberry Blueberry Smoothie      | Navel Orange & Almonds                        | Simple Vanilla Protein Shake                  | Simple Vanilla Protein Shake                     | Blueberry Protein Smoothie                       | Blueberry Protein Smoothie                       |
|           |                                    |                                    |   | Apple   |  |  |  |
| Lunch     | Meal Prep Greek Chicken Bowls      | Meal Prep Greek Chicken Bowls      | Chickpea & Spinach Pasta Salad                | Meal Prep Greek Chicken Bowls                 | Chickpea Pasta Salad with Salmon                 | Cottage Cheese Stuffed Chicken                   | Smashed Chickpea Salad                           |
|           |                                    |                                    |   |   |  | Brown Rice                                       |  |
| Snack 2   | Orange                             | Apple & Almond Milk                | Strawberries & Cottage Cheese                 | Strawberries & Almonds                        | Orange   | Lemon Pepper Cucumbers                           | Orange   |
| Dinner    | Salmon with Bell Peppers & Quinoa  | Chickpea & Spinach Pasta Salad     | Salmon with Bell Peppers & Quinoa             | Chickpea Pasta Salad with Salmon              | Cottage Cheese Stuffed Chicken                   | Smashed Chickpea Salad                           | Cottage Cheese Stuffed Chicken                   |
|           |                                    |                                    |   |   | Brown Rice                                       |  | Brown Rice                                       |

# 7-Day GLP-1 Supportive Meal Plan

41 items

## Fruits

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- ☐ 2 Apple
- ☐ 1 1/2 Lemon
- ☐ 1 1/3 **tbsps** Lemon Juice
- ☐ 4 Navel Orange
- ☐ 3 1/4 **cups** Strawberries

## Seeds, Nuts & Spices

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- ☐ 1/2 **cup** Almonds
- ☐ 1/4 **tsp** Black Pepper
- ☐ 2 **tbsps** Chia Seeds
- ☐ 2 **tsp** Garlic Powder
- ☐ 1 1/2 **tbsps** Greek Seasoning
- ☐ 2 **tbsps** Ground Flax Seed
- ☐ 1/4 **cup** Hemp Seeds
- ☐ 1 **tsp** Italian Seasoning
- ☐ 1/2 **tsp** Oregano
- ☐ 1 **tsp** Paprika
- ☐ 0 Sea Salt & Black Pepper

## Frozen

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- ☐ 3 1/2 **cups** Frozen Blueberries
- ☐ 12 Ice Cubes

## Vegetables

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- ☐ 7 **cups** Baby Spinach
- ☐ 5 **cups** Cherry Tomatoes
- ☐ 3 **tbsps** Cilantro
- ☐ 2 Cucumber
- ☐ 4 Orange Bell Pepper
- ☐ 1/3 **cup** Red Onion
- ☐ 1 1/2 **cups** Shallot

## Boxed & Canned

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- ☐ 1 1/2 **cups** Brown Rice
- ☐ 227 **grams** Chickpea Pasta
- ☐ 2 **cups** Chickpeas
- ☐ 2 **cups** Quick Oats
- ☐ 1/2 **cup** Quinoa

## Bread, Fish, Meat & Cheese

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- ☐ 794 **grams** Chicken Breast
- ☐ 454 **grams** Salmon Fillet

## Condiments & Oils

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- ☐ 1/2 **cup** Extra Virgin Olive Oil
- ☐ 2 **tbsps** Italian Dressing
- ☐ 1 1/2 **tbsps** Red Wine Vinegar
- ☐ 3 **tbsps** Sunflower Seed Butter

## Cold

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- ☐ 4 **cups** Cottage Cheese
- ☐ 2 2/3 **cups** Egg Whites
- ☐ 5 1/3 **cups** Unsweetened Almond Milk

## Other

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- ☐ 2 **cups** Vanilla Protein Powder
- ☐ 6 1/2 **cups** Water



# Blueberry & Cottage Cheese Oatmeal

4 ingredients · 15 minutes · 2 servings



## Directions

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1. Cook the oats according to package directions.
2. Mix the cottage cheese and protein powder together in a bowl. Add the cooked oats and stir well. Top with the blueberries and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is approximately 1 3/4 cup.

### More Flavor

Add maple syrup, cinnamon, peanut butter and/or cacao powder.

### Additional Toppings

Cacao nibs, hemp seeds, walnuts and/or pumpkin seeds.

## Ingredients

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**1/2 cup** Quick Oats (dry)

**2 cups** Cottage Cheese

**1/2 cup** Vanilla Protein Powder

**1/2 cup** Frozen Blueberries

# Bell Pepper & Baby Spinach Egg White Omelette

7 ingredients · 20 minutes · 1 serving



## Directions

1. In a bowl, whisk together the egg whites, garlic powder, salt, and pepper until frothy. Set aside.
2. Heat the oil in a pan over medium heat. Add the diced shallot and bell pepper. Sauté for three to four minutes or until the veggies begin to soften. Add the spinach and sauté until slightly wilted.
3. Add the egg whites on top and move the pan around so that the egg whites fill the pan. Reduce the heat to medium-low.
4. As the omelette sets, use a spatula to lift the edges and tilt the pan to move any liquid around to cook through. Fold the omelette over. Remove from the heat and enjoy!

## Notes

### Leftovers

Best enjoyed immediately but can be refrigerated in an airtight container for up to three days.

### Additional Toppings

Add cherry tomatoes.

## Ingredients

- 1/2 cup Egg Whites
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 1 tsp Extra Virgin Olive Oil
- 1/4 cup Shallot (diced)
- 1/2 Orange Bell Pepper (diced)
- 1/2 cup Baby Spinach

# High Protein Sunbutter Oatmeal with Strawberries

6 ingredients · 5 minutes · 3 servings



## Directions

1. Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
2. Transfer to a bowl and top with sunflower seed butter, hemp seeds and strawberries. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt.

### Additional Toppings

Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or chia seeds.

### Make it Vegan

Omit the egg whites.

### No Sunflower Seed Butter

Use almond butter, tahini, pumpkin seed butter or peanut butter instead.

## Ingredients

- 1 1/2 cups Quick Oats
- 1 1/2 cups Water
- 1 1/2 cups Egg Whites
- 3 tbsps Sunflower Seed Butter
- 1 1/2 tbsps Hemp Seeds
- 3/4 cup Strawberries (stems removed, chopped)



# Strawberry Blueberry Smoothie

5 ingredients · 5 minutes · 1 serving



## Directions

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1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### No Almond Milk

Use another plant-based milk such as coconut, cashew, or oat.

### No Fresh Strawberries

Use frozen instead.

### Protein Powder

This recipe was tested using plant-based vanilla protein powder.

## Ingredients

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**1/2 cup** Frozen Blueberries (wild)

**1/2 cup** Strawberries (stems removed)

**1 1/4 cups** Unsweetened Almond Milk

**1 tbsp** Chia Seeds

**1/4 cup** Vanilla Protein Powder



# Navel Orange & Almonds

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Add the orange wedges and almonds to a plate or bowl. Enjoy!

## Ingredients

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- 1 Navel Orange (cut into wedges)
- 1/4 cup Almonds

# Simple Vanilla Protein Shake

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### Serving Size

One serving is approximately 1 1/4 cups.

### More Flavor

Use frozen fruit instead of ice cubes.

### No Vanilla Protein Powder

Use chocolate or another flavor instead.

### Nut-Free

Use oat milk, rice milk, or dairy instead of almond milk.

### Ice

Six ice cubes is approximately one cup of ice.

### Protein Powder

A plant-based protein powder was used to create and test this recipe.

## Ingredients

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**2/3 cup** Unsweetened Almond Milk

**1/4 cup** Vanilla Protein Powder

**6** Ice Cubes (large)

# Apple

1 ingredient · 2 minutes · 1 serving



## Directions

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1. Slice into wedges, or enjoy whole.

## Ingredients

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1 Apple

# Blueberry Protein Smoothie

5 ingredients · 5 minutes · 1 serving



## Directions

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1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### No Blueberries

Use any type of frozen berry instead.

### No Protein Powder

Use hemp seeds instead

## Ingredients

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**1/4 cup** Vanilla Protein Powder

**1 tbsp** Ground Flax Seed

**1 cup** Frozen Blueberries

**1 cup** Baby Spinach

**1 cup** Water (cold)



# Meal Prep Greek Chicken Bowls

10 ingredients · 50 minutes · 3 servings



## Directions

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. While the oven is heating, bring the water to a boil in a small saucepan. Add the brown rice, reduce to a simmer, cover and let cook for 30 minutes.
3. Once the rice is on, lay the chicken breast on the baking sheet and sprinkle with Greek seasoning. Place in the oven for about 30 minutes, or until cooked through.
4. While the chicken and rice are cooking, dice your cucumber and red onion. Add them to a large bowl along with the cherry tomatoes, olive oil, red wine vinegar, salt and pepper. Mix well.
5. Divide the rice between containers along with the chicken and veggies. Enjoy!

## Notes

### Storage

Keeps well in the fridge for 3 days.

### More Flavour

Add feta cheese or Tzatziki sauce if desired.

### Homemade Greek Seasoning

Mix together 1/4 cup dried oregano, 3 tablespoons dried thyme, 2 tablespoons fine sea salt, 1.5 tablespoons dried basil, 1.5 tablespoons dried onion flakes and 2 teaspoons dried minced garlic.

## Ingredients

**1 1/2 cups** Water  
**3/4 cup** Brown Rice (dry)  
**340 grams** Chicken Breast (skinless, boneless)  
**1 1/2 tbsps** Greek Seasoning  
**3/4** Cucumber (medium, diced)  
**1/3 cup** Red Onion (medium, diced)  
**1 1/2 cups** Cherry Tomatoes  
**1 1/2 tbsps** Extra Virgin Olive Oil  
**1 1/2 tbsps** Red Wine Vinegar  
Sea Salt & Black Pepper (to taste)

# Orange

1 ingredient · 2 minutes · 1 serving



## Directions

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1. Slice into wedges or peel and section. Enjoy!

## Ingredients

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1 Navel Orange



# Apple & Almond Milk

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Slice the apple if desired and serve with almond milk. Enjoy!

## Notes

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### Serving Size

One serving is equal to one apple and 1 1/2 cups of almond milk.

### More Flavor

Use vanilla or chocolate almond milk.

### Additional Toppings

Dip apple slices in nut butter.

## Ingredients

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1 Apple

1 1/2 cups Unsweetened Almond Milk

# Strawberries & Cottage Cheese

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Add the cottage cheese to a bowl and top with the strawberries. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is one cup cottage cheese and 1/2 cup strawberries.

### Additional Toppings

Hemp seeds, chia seeds, shredded coconut, and/or honey.

## Ingredients

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**1 cup** Cottage Cheese

**1/2 cup** Strawberries (sliced)



# Strawberries & Almonds

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Add the strawberries and almonds to a plate or bowl and enjoy!

## Notes

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### Leftovers

Refrigerate the strawberries for up to one week. Almonds can be stored in an airtight container in a cool dark place or in the refrigerator for up to six months.

### No Strawberries

Use other berries like blueberries, blackberries or raspberries instead.

### No Almonds

Use other nuts like cashews, pecans or walnuts instead.

## Ingredients

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**1 cup** Strawberries

**1/4 cup** Almonds

# Lemon Pepper Cucumbers

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Season the sliced cucumbers with black pepper and lemon juice. Add them to a plate and enjoy!

## Notes

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### Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

### More Flavor

Use lemon pepper seasoning instead of black pepper and lemon juice.

## Ingredients

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**1/4** Cucumber (medium, sliced into spears)

**1/4 tsp** Black Pepper

**1 tsp** Lemon Juice

# Salmon with Bell Peppers & Quinoa

9 ingredients · 25 minutes · 2 servings



## Directions

1. Cook the quinoa according to the package directions.
2. Meanwhile, heat half of the oil in a pan over medium-high heat. Add the shallot and bell pepper to the pan and sauté for about five minutes. Add the spinach and cook, stirring for another minute. Season with salt and pepper.
3. Season the salmon all over with salt, pepper, and paprika. Make room in the middle of the pan and add the salmon fillets. Cook for about 10 to 12 minutes, flipping halfway through, or until the salmon is cooked.
4. Squeeze half of the lemon on top of the salmon and vegetables. Add the remaining lemon juice and oil to the cooked quinoa. Season with salt and pepper, stirring to combine.
5. Divide the quinoa, salmon, and vegetables evenly between plates. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately 1/2 cup quinoa and 1/3 cup cooked vegetables with salmon.

### Additional Toppings

Top with fresh cilantro.

## Ingredients

- 1/2 cup Quinoa (dry, rinsed)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1/4 cup Shallot (sliced)
- 1 Orange Bell Pepper (medium, sliced)
- 2 cups Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 227 grams Salmon Fillet
- 1 tsp Paprika
- 1 Lemon (juiced, divided)



# Chickpea & Spinach Pasta Salad

10 ingredients · 55 minutes · 2 servings



## Directions

1. Cook the chickpea pasta according to the package directions. Drain and let it cool.
2. In a large bowl, combine the chickpeas, spinach, cucumbers, bell peppers, shallots, cottage cheese, hemp seeds, Italian dressing, and the cooked pasta. Season with salt and pepper to taste and toss well to coat everything evenly.
3. Chill in the refrigerator for at least 30 minutes to allow the pasta to fully cool and the flavors to combine. Divide evenly between plates or bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add nuts, seeds, and/or fresh herbs like chives and basil.

### Dairy-Free

Omit the cottage cheese or substitute with a dairy-free alternative.

## Ingredients

**113 grams** Chickpea Pasta (dry)

**1/2 cup** Chickpeas (cooked)

**1 cup** Baby Spinach

**1/2** Cucumber (medium, diced)

**1/2** Orange Bell Pepper (medium, diced)

**1 1/2 tbsps** Shallot (finely chopped)

**1/2 cup** Cottage Cheese

**1 tbsp** Hemp Seeds

**2 tbsps** Italian Dressing

Sea Salt & Black Pepper (to taste)



# Chickpea Pasta Salad with Salmon

9 ingredients · 55 minutes · 2 servings



## Directions

1. Cook the chickpea pasta according to the package directions. Drain and set aside to cool.
2. In a large bowl, combine the cucumbers, cherry tomatoes, shallots, 1/3 of the oil, lemon juice, and the cooked pasta. Season with salt and pepper to taste. Place in the fridge for at least 30 minutes until chilled.
3. Pat the salmon fillets dry with a paper towel. Brush with 1/3 of the oil and season with Italian seasoning, salt, and pepper.
4. Heat the remaining oil in a pan over medium heat. Add the salmon fillets and cook for three to four minutes on each side, or until the salmon is cooked through.
5. Divide the chickpea pasta salad evenly between plates and top with the cooked salmon fillet. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/2 cup pasta salad with salmon.

### More Flavor

Add nuts, seeds, fresh herbs like chives and/or basil.

## Ingredients

**113 grams** Chickpea Pasta (dry)  
**1/2** Cucumber (medium, diced)  
**1 cup** Cherry Tomatoes (halved)  
**1 1/2 tbsps** Shallot (finely chopped)  
**3 tbsps** Extra Virgin Olive Oil (divided)  
**1 tbsp** Lemon Juice  
Sea Salt & Black Pepper (to taste)  
**227 grams** Salmon Fillet  
**1 tsp** Italian Seasoning

# Cottage Cheese Stuffed Chicken

10 ingredients · 40 minutes · 3 servings



## Directions

1. Preheat the oven to 375°F (190°C). Lightly grease a baking dish.
2. Heat the oil in a pan over medium heat. Add half of the shallots and cook until softened, about one to two minutes. Add the spinach and cook until wilted. Remove from the heat and let cool slightly.
3. In a bowl, combine the garlic powder, cottage cheese, egg whites, and wilted spinach. Mix well. Season with salt and pepper.
4. Cut a pocket in each chicken breast by slicing horizontally, being careful not to cut all the way through. Fill each pocket with the spinach and cottage cheese mixture. Secure with toothpicks if needed. Transfer to the prepared baking dish.
5. Add the bell peppers, tomatoes, and remaining shallots around the chicken. Cook in the oven for 25 to 30 minutes, or until the chicken is cooked through. Divide evenly between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 3/4 cup of tomato and bell pepper sauce with chicken.

### Additional Toppings

Sprinkle with fresh herbs like basil and/or dill.

## Ingredients

- 1 **tbps** Extra Virgin Olive Oil
- 1/3 **cup** Shallot (chopped, divided)
- 1 **cup** Baby Spinach (coarsely chopped)
- 1 **tsp** Garlic Powder
- 1/2 **cup** Cottage Cheese (drained)
- 2 **tbps** Egg Whites
- Sea Salt & Black Pepper (to taste)
- 454 **grams** Chicken Breast (boneless, skinless)
- 1 Orange Bell Pepper (medium, diced)
- 2 **cups** Cherry Tomatoes (halved)



## Brown Rice

2 ingredients · 45 minutes · 3 servings



### Directions

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1. Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

### Ingredients

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**3/4 cup** Brown Rice (uncooked)

**1 1/2 cups** Water

# Smashed Chickpea Salad

10 ingredients · 15 minutes · 2 servings



## Directions

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1. Add the chickpeas to a large bowl and lightly mash with a fork.
2. Add the remaining ingredients and stir to combine. Taste and season if needed. Divide into bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add garlic powder and/or onion powder.

## Ingredients

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**1 1/2 cups** Chickpeas (cooked)  
**1/2** Orange Bell Pepper (medium, diced)  
**1/2 cup** Cherry Tomatoes (chopped)  
**1/4 cup** Shallot (finely chopped)  
**3 tbsps** Cilantro (finely chopped)  
**2 tbsps** Extra Virgin Olive Oil  
**2 tbsps** Hemp Seeds  
**1/2** Lemon (medium, juiced)  
**1/2 tsp** Oregano  
Sea Salt & Black Pepper (to taste)