



7-Day Plant-Based GLP-1 Supportive Meal Plan

Created by sanoMidLife



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Overview:

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:

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 plant-based proteins like tofu, edamame, and legumes 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, such as 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, and iron.

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7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Raspberry & Almond Oatmeal	Raspberry & Almond Oatmeal	Raspberry & Almond Oatmeal	Cinnamon Pear Overnight Oats	Cinnamon Pear Overnight Oats	Raspberry Chia Protein Pudding	Raspberry Chia Protein Pudding
Snack 1	Pear & Spinach Smoothie	Apple & Almond Milk	Pear & Spinach Smoothie	Raspberry & Apple Flax Smoothie	Simple Vanilla Protein Shake	Pear & Almonds	Simple Vanilla Protein Shake
Lunch	Chickpea & Edamame Quinoa Salad	Curry Tofu & Spinach Chickpea Pasta	Chickpea & Edamame Quinoa Salad	Smashed Chickpea Salad	Smashed Chickpea Salad	Tofu Quinoa Bowl	Chickpea, Quinoa & Artichoke Mason Jar Salad
Snack 2	Apple Slices with Cinnamon	Raspberry & Apple Flax Smoothie	Apple Slices with Cinnamon	Raspberries	Edamame	Simple Vanilla Protein Shake	Pear & Almonds
Dinner	Curry Tofu & Spinach Chickpea Pasta	Cucumber & Edamame Salad	Edamame, Broccoli & Chickpea Pasta Salad	Edamame, Broccoli & Chickpea Pasta Salad	Tofu Quinoa Bowl	Chickpea, Quinoa & Artichoke Mason Jar Salad	Tofu Quinoa Bowl

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38 items

Fruits

- ☐ 4 Apple
- ☐ 1/2 Lemon
- ☐ 6 Pear
- ☐ 3 1/4 cups Raspberries

Seeds, Nuts & Spices

- ☐ 1 cup Almonds
- ☐ 1/2 cup Chia Seeds
- ☐ 1 2/3 tbsps Cinnamon
- ☐ 1 tsp Curry Powder
- ☐ 1 tbsp Garlic Powder
- ☐ 2 tps Ground Flax Seed
- ☐ 1/2 cup Hemp Seeds
- ☐ 1 tsp Italian Seasoning
- ☐ 1/2 tsp Oregano
- ☐ 3/4 tsp Paprika
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 2 1/2 cups Frozen Edamame
- ☐ 18 Ice Cubes

Vegetables

- ☐ 7 1/2 cups Baby Spinach
- ☐ 1 cup Broccoli
- ☐ 1 1/2 cups Cherry Tomatoes
- ☐ 3/4 cup Cilantro
- ☐ 1 1/4 Cucumber
- ☐ 2 Orange Bell Pepper
- ☐ 1/2 cup Parsley
- ☐ 1/4 cup Shallot

Boxed & Canned

- ☐ 227 grams Chickpea Pasta
- ☐ 3 cups Chickpeas
- ☐ 1 1/2 cups Quinoa

Baking

- ☐ 2 1/2 tbsps Nutritional Yeast
- ☐ 2 1/2 cups Oats
- ☐ 1/3 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 680 grams Tofu

Condiments & Oils

- ☐ 2 1/4 tbsps Apple Cider Vinegar
- ☐ 1/2 cup Artichoke Hearts
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Green Goddess Salad Dressing

Cold

- ☐ 13 1/16 cups Unsweetened Almond Milk

Other

- ☐ 2 1/3 cups Vanilla Protein Powder

Raspberry & Almond Oatmeal

6 ingredients · 15 minutes · 3 servings



Directions

1. Bring the almond milk to a boil in a small saucepan. Add the oats and protein powder. Reduce to a steady simmer and cook, stirring occasionally for about five minutes or until the oats are tender and most of the water is absorbed.
2. Transfer the cooked oats to a bowl. Top with raspberries, coconut flakes, and cinnamon. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

Additional Toppings

Add almonds.

Ingredients

- 3 cups** Unsweetened Almond Milk
- 1 1/2 cups** Oats (rolled)
- 1/3 cup** Vanilla Protein Powder
- 3/4 cup** Raspberries
- 3 tbsps** Unsweetened Coconut Flakes
- 1 tbsp** Cinnamon

Cinnamon Pear Overnight Oats

6 ingredients · 8 hours · 2 servings



Directions

1. Add all of the ingredients to a large bowl or container. Stir to combine. Place in the fridge for eight hours or overnight.
2. Divide the oats evenly between bowls or containers and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately two cups.

Additional Toppings

Drizzle with maple syrup and/or nut butter.

Ingredients

- 1 cup** Oats (rolled)
- 1 1/2 cups** Unsweetened Almond Milk
- 1/4 cup** Vanilla Protein Powder
- 2 tbsps** Chia Seeds
- 1/2 tsp** Cinnamon
- 2** Pear (chopped)

Raspberry Chia Protein Pudding

5 ingredients · 30 minutes · 2 servings



Directions

1. In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Nut-Free

Use coconut milk instead of almond milk.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

- 1/4 cup** Chia Seeds
- 1 cup** Unsweetened Almond Milk
- 1/4 cup** Vanilla Protein Powder
- 3/4 cup** Raspberries (divided)
- 2 tbsps** Unsweetened Coconut Flakes

Pear & Spinach Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 2 1/2 cups.

Ingredients

1 1/4 cups Unsweetened Almond Milk

1 Pear (cored and chopped)

1 1/2 cups Baby Spinach

1/4 cup Vanilla Protein Powder

1 tbsp Chia Seeds

1 tbsp Hemp Seeds

Apple & Almond Milk

2 ingredients · 5 minutes · 1 serving



Directions

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

Notes

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

1 Apple

1 1/2 cups Unsweetened Almond Milk

Raspberry & Apple Flax Smoothie

8 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 1 1/2 cups.

Ingredients

2/3 cup Unsweetened Almond Milk

1/2 Apple (small, sweet, chopped)

1/3 cup Raspberries

2 tbsps Vanilla Protein Powder

1 tbsp Almonds

1 tbsp Hemp Seeds

1 tsp Ground Flax Seed

1/4 tsp Cinnamon

Simple Vanilla Protein Shake

3 ingredients · 5 minutes · 1 serving



Directions

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

Notes

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

2/3 cup Unsweetened Almond Milk

1/4 cup Vanilla Protein Powder

6 Ice Cubes (large)

Pear & Almonds

2 ingredients · 5 minutes · 1 serving



Directions

1. Add the almonds and sliced pear to a plate or bowl. Enjoy!

Ingredients

- 1/4 cup Almonds
- 1 Pear (sliced)

Chickpea & Edamame Quinoa Salad

10 ingredients · 25 minutes · 2 servings



Directions

1. Cook the quinoa according to the package directions. Set aside to cool for five minutes.
2. Meanwhile, mix the remaining ingredients together in a large salad bowl.
3. Add the quinoa and toss until well combined. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Additional Toppings

Feta cheese, green onions, toasted walnuts, and/or almonds.

Ingredients

1/3 cup Quinoa (dry, rinsed)
1/2 cup Chickpeas (cooked)
1/2 cup Frozen Edamame (thawed)
1/2 Cucumber (medium, chopped)
1/4 cup Cilantro (chopped)
1 tbsp Hemp Seeds
1 tbsp Apple Cider Vinegar
1 tbsp Extra Virgin Olive Oil
1/2 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)

Smashed Chickpea Salad

10 ingredients · 15 minutes · 2 servings



Directions

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

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

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)

Apple Slices with Cinnamon

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice apple and cut out the core.
2. Sprinkle with cinnamon.
3. Enjoy!

Ingredients

- 1 Apple
- 1/2 **tsp** Cinnamon

Raspberries

1 ingredient · 3 minutes · 1 serving



Directions

1. Wash berries and enjoy!

Notes

Tip

Do not wash until ready to eat, as washed berries spoil more quickly.

Ingredients

1 cup Raspberries

Edamame

1 ingredient · 5 minutes · 1 serving



Directions

1. Enjoy as a snack or add as a side to a main dish, salad or soup.

Notes

Storage

Refrigerate in an airtight container up to 4 days.

Ingredients

1/2 cup Frozen Edamame (shelled, thawed)

Curry Tofu & Spinach Chickpea Pasta

10 ingredients · 25 minutes · 2 servings



Directions

1. Cook the pasta to al dente according to package directions.
2. In a large pan, heat half of the oil over medium heat. Add the tofu and season with garlic powder, curry powder, salt, and pepper. Cook, stirring occasionally, until the tofu is golden and slightly crispy, about five to seven minutes. Add spinach and milk and simmer for two more minutes.
3. Add the cooked pasta and cilantro. Toss to coat with the sauce.
4. Divide evenly between bowls. Top with almonds and cilantro, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Try with coconut milk instead of almond milk. Add ginger and fresh garlic.

Ingredients

113 grams Chickpea Pasta (dry)

2 tbsps Extra Virgin Olive Oil (divided)

340 grams Tofu (extra-firm, pressed, crumbled)

1 tsp Garlic Powder

1 tsp Curry Powder

Sea Salt & Black Pepper (to taste)

1 1/2 cups Baby Spinach

1/3 cup Unsweetened Almond Milk

1/3 cup Cilantro (chopped, plus more for garnish)

2 tbsps Almonds (toasted, chopped)

Cucumber & Edamame Salad

7 ingredients · 10 minutes · 1 serving



Directions

1. In a bowl, whisk together the oil, vinegar, cilantro, salt and pepper.
2. Add the cucumber, edamame, and chopped almonds. Stir well to combine. Divide evenly between bowls or plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

More Flavor

Add sliced apple or pear.

Ingredients

- 1 1/2 **tsp**s Extra Virgin Olive Oil
- 3/4 **tsp** Apple Cider Vinegar
- 1 **tbsp** Cilantro (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/4 Cucumber (large, sliced)
- 1/2 **cup** Frozen Edamame (thawed)
- 2 **tbsps** Almonds (chopped)

Edamame, Broccoli & Chickpea Pasta Salad

10 ingredients · 25 minutes · 2 servings



Directions

1. Cook the pasta according to package directions. Add the broccoli for the two last minutes of cooking.
2. In a large bowl, combine the remaining ingredients. Add the pasta and broccoli and season with salt and pepper to taste. Toss well to coat.
3. Serve immediately or chill in the refrigerator for 30 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Add chopped toasted almonds.

Additional Toppings

Season with fresh herbs like basil and/or dill.

Ingredients

113 grams Chickpea Pasta (dry)
1 cup Broccoli (cut into florets)
2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
1 tsp Italian Seasoning
1 tbsp Hemp Seeds
1 tbsp Nutritional Yeast
1 cup Frozen Edamame (thawed)
1/2 Cucumber (medium, sliced)
Sea Salt & Black Pepper (to taste)

Tofu Quinoa Bowl

9 ingredients · 20 minutes · 3 servings



Directions

1. Cook the quinoa according to the package directions. Set aside.
2. Add the tofu cubes to a bowl and gently toss with half of the oil, nutritional yeast, garlic powder, paprika, salt, and pepper.
3. Heat the remaining oil in a pan over medium heat. Add the bell peppers and sauté for three to four minutes. Add the spinach and sauté for another one to two minutes or until slightly wilted.
4. Make room in the middle of the pan to add the marinated tofu and any remaining marinade from the bowl. Cook the tofu for two to three minutes or until browned on the top and bottom. Add a splash of water if needed.
5. Divide the quinoa, tofu, and sautéed veggies into bowls. Season with salt and pepper if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 3/4 cup quinoa and one cup of sautéed veggies with tofu.

Additional Toppings

Top with fresh herbs like cilantro.

Ingredients

3/4 cup Quinoa (uncooked)
340 grams Tofu (extra-firm, pressed, cubed)
3 tbsps Extra Virgin Olive Oil (divided)
1 1/2 tbsps Nutritional Yeast
1 1/2 tsps Garlic Powder
3/4 tsp Paprika
Sea Salt & Black Pepper (to taste)
1 1/2 Orange Bell Pepper (large, sliced)
3 cups Baby Spinach

Chickpea, Quinoa & Artichoke Mason Jar Salad

6 ingredients · 25 minutes · 2 servings



Directions

1. Cook the quinoa according to the package directions. Let it cool for 10 to 15 minutes.
2. Divide the dressing into each mason jar then layer with chickpeas, quinoa, artichoke, tomatoes, and parsley.
3. Seal the jar and refrigerate until ready to serve. When ready to eat, shake the jar, and dump into a bowl. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

Additional Toppings

Add feta cheese, goat cheese, cucumber and/or onions.

No Green Goddess Dressing

Use other dressing of choice.

Ingredients

- 1/2 cup** Quinoa (dry, rinsed)
- 1/4 cup** Green Goddess Salad Dressing
- 1 cup** Chickpeas (cooked)
- 1/2 cup** Artichoke Hearts (from the jar, chopped)
- 1 cup** Cherry Tomatoes (halved)
- 1/2 cup** Parsley (roughly chopped)