

The *GLP-1* Plate Plan.

A simple protein-first workbook for smaller-plate routines and lower-appetite meal planning.

FIG. 01 • THE PLATE



APPROACH

Protein-first

DURATION

30 days

STYLE

Small plates

FORMAT

Workbook

AUDIENCE

Adults using GLP-1 routines with their clinician

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A 30-day workbook for smaller-plate routines and lower-appetite meal planning.
Read the framework, follow the plan, repeat what works.

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FOREWORD

How to use this guide

Use this guide as a flexible planning tool, not a strict diet. Read the Plate Method and Protein-First Framework, then choose meal ideas from the 30-day plan and adjust portions, textures, ingredients, and timing based on your appetite, preferences, and guidance from your healthcare team.

The goal is simple: **make eating decisions easier** when normal meal plans feel too big, too complicated, or too rigid. You do not need to follow every day perfectly. If a meal idea does not sound good, swap it for another protein-first option from the mini-meal list.



A NOTE BEFORE WE BEGIN

This guide is for educational purposes only and is not medical advice. It is not intended to diagnose, treat, cure, or prevent any disease. Always consult your physician, registered dietitian, or qualified healthcare provider before making changes to your diet, medication, supplements, or health routine.

01

★ START HERE
FIRST

Your 10-minute setup

Do this before reading the rest. Ten minutes now makes every other day in this workbook easier.



YOUR FIRST ACTION

If you only do one thing today, choose two protein anchors and one mini-meal to keep available this week.

- 01 Choose 5 protein anchors from the list below.
- 02 Choose 3 easy carbs or fiber sources you usually tolerate.
- 03 Choose 3 fruits or vegetables that are easy to buy and prepare.
- 04 Choose 3 mini-meals for low-effort moments.

05 Choose 1 restaurant default for meals away from home.

06 Put 2 fallback foods on your next grocery list.

My quick-start defaults

PROTEIN ANCHORS _____

EASY CARBS / FIBER _____

FRUITS / VEGETABLES _____

MINI-MEALS _____

RESTAURANT DEFAULT _____

FALLBACK FOODS _____

Your first simple grocery list

Use this starter list if you want to begin without overthinking the full grocery matrix.

- Greek yogurt or cottage cheese.
- Eggs or egg bites.
- Rotisserie chicken, turkey slices, tuna packets, tofu, or another preferred protein.
- Rice cups, toast, crackers, tortillas, oats, or potatoes.
- Berries, bananas, applesauce, cucumbers, salsa, or cooked vegetables.
- Soup cups, frozen vegetables, or another backup meal.
- Water, herbal tea, broth, or another preferred beverage.

First-week action plan

- 01 Buy 3 proteins.
- 02 Buy 2 easy add-ons.
- 03 Buy 2 produce options.
- 04 Pick 3 meals from the first seven days.
- 05 Pick 2 mini-meals.
- 06 Save one restaurant default.

How to swap meals without starting over

If a listed meal does not fit your preferences, use the swap formula below.

- Swap the protein for another protein anchor.
- Swap the carb for rice, toast, potato, tortilla, oats, crackers, fruit, beans, or lentils if tolerated.
- Swap raw vegetables for cooked vegetables, soup vegetables, salsa, or fruit.
- Swap a full meal for a mini-meal when a smaller option is more realistic.
- Keep the same structure even when the ingredients change.



EXAMPLE SWAP

If salmon rice bowl does not sound good, keep the structure and make tuna rice cup, chicken rice bowl, tofu rice bowl, or egg rice bowl. The win is not following the exact meal — it is keeping the structure simple enough to use.

NOT A DIET OR MEDICAL PLAN

This guide does not prescribe calories, macros, medical nutrition therapy, medication instructions, symptom protocols, or supplement protocols. It does not promise weight loss, symptom changes, or any health outcome. It is an educational meal planning support tool. If you have a medical condition, food allergies, pregnancy, a history of disordered eating, a prescribed medical diet, ongoing digestion concerns, or questions about your medication, please work with a qualified healthcare provider.

02

What you'll walk away with

WHAT YOU'LL HAVE

By the end of 30 days, your kitchen will be running on a small set of repeatable defaults instead of fresh decisions every meal.

5

Protein anchors you actually use

3

Fallback meals when nothing sounds good

1

Grocery rhythm that fits your week

1

Restaurant default for meals out

10

Meals worth repeating from the 30-day plan

03

The GLP-1 Plate Method

FRAMEWORK

A simple educational way to think about smaller plates. This is not a rule – it is a decision framework.

- 01 Start with a **protein anchor**.
- 02 Add a small, easy **carb or fiber source** if tolerated.
- 03 Add a **fruit or vegetable** in a portion that feels realistic.
- 04 Keep **hydration** visible.
- 05 Add a small amount of **fat** if it sits well for you.

Portion needs vary by person and by day, so use the method as a planning prompt rather than a requirement.

The small-plate decision tree

Use this when you do not want to think through a full meal.

STEP 01

Do I have a protein anchor available?

STEP 02

Would warm, cold, soft, crunchy, or drinkable sound easiest?

STEP 03

Do I want a few bites, a mini-meal, or a small plate?

STEP 04

What is the easiest add-on – fruit, rice, toast, soup, crackers, cooked vegetables, or yogurt?

STEP 05

What can I save for later?

04

Protein-First Small Plate Framework

BUILD A MEAL

When appetite is lower, choose a protein anchor before adding other foods.

- 01 Pick one **protein anchor**.
- 02 Choose one **small add-on** for energy, texture, or comfort.
- 03 Add **produce** if it sounds good.
- 04 Keep the meal small enough that it feels approachable.
- 05 Stop when comfortably full.
- 06 Save leftovers without guilt.

Mix-and-match plate builder

Use one item from each column to build a simple plate.

PROTEIN ANCHORS

Eggs, Greek yogurt, cottage cheese, chicken, turkey, tuna, salmon, shrimp, tofu, beans or lentils if tolerated, protein shake if appropriate for you.

EASY ADD-ONS

Rice cup, toast, crackers, oats, potato, tortilla, pita, pasta, applesauce, fruit.

PRODUCE OPTIONS

Berries, banana, cucumber, salsa, cooked carrots, green beans, zucchini, soup vegetables, salad greens.

FLAVOR HELPERS

Lemon, salsa, marinara, herbs, light dressing, Greek yogurt sauce, mustard, pickles.

Protein anchor list

General meal planning ideas — not individualized recommendations.

Chicken breast or thigh

Turkey slices

Turkey meatballs

Turkey burgers

Eggs

Egg bites

Greek yogurt

Cottage cheese

Tuna packets

Tuna salad

Salmon

White fish

Canned salmon

Shrimp

Lean beef

Steak strips

Tofu

Tempeh

Protein shakes

Protein bars

Beans

Lentils

Edamame

Rotisserie chicken

Deli meat

Cheese sticks

Kefir

High-protein milk

Five small-plate examples

PLATE 01

Greek yogurt + berries + granola.

PLATE 02

Tuna packet + rice cup + cucumber.

PLATE 03

Chicken + tortilla + salsa.

PLATE 04

Cottage cheese + peaches + crackers.

PLATE 05

Egg bites + fruit + toast.

05

Smaller-plate principles

POSTURE

Small habits that make lower-appetite meal planning more sustainable.

- Use smaller portions so the meal feels possible.
- Eat protein first when you can.
- Keep meals simple.
- Avoid overly greasy or heavy meals if they do not sit well for you.
- Keep hydration visible.
- Consider fiber awareness and discuss persistent digestion concerns with a healthcare provider.
- Eat slowly.
- Stop when comfortably full.
- Use fallback meals instead of skipping planning entirely.
- Discuss ongoing appetite, digestion, or nutrition concerns with your healthcare provider.

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Suggested weekly rhythm

A SAMPLE WEEK

Use this rhythm if daily planning feels like too much.

- **Sunday or grocery day:** Choose 3 protein anchors and 2 mini-meals.
- **Monday:** Use Day 1 or any breakfast/lunch/dinner from the plan.
- **Tuesday:** Repeat the easiest meal from Monday.
- **Wednesday:** Use a fallback meal or restaurant card.
- **Thursday:** Try one new meal idea.
- **Friday:** Use leftovers or a no-cook option.
- **Saturday:** Review what felt easiest and add it to next week.

Weekly review questions

- 01 Which meal was easiest to repeat?
- 02 Which grocery item helped most?
- 03 Which food felt too heavy or inconvenient?
- 04 Which mini-meal should stay on hand?
- 05 What should be simpler next week?

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30-day meal idea plan

THE PLAN

Protein estimates depend on portions, brands, and preparation. Use these days as orientation – not prescription.



THREE WAYS TO USE IT

Follow the days in order, pick any day that sounds easiest, or use one meal from each day and ignore the rest. If a day does not fit, repeat the easiest day from the week. Repetition is allowed.

DAY 01 OF 30

● BREAKFAST

Greek yogurt with berries and a spoon of granola.

● LUNCH

Turkey roll-ups with cucumber slices and a few crackers.

● DINNER

Rotisserie chicken with mashed sweet potato and cooked green beans.

● MINI-MEAL

Cottage cheese with pineapple.

DAY 02 OF 30

● BREAKFAST

Scrambled egg with half a piece of toast and fruit.

● LUNCH

Tuna packet over a small rice cup with cucumber.

● DINNER

Salmon bites with rice and a few avocado slices.

● MINI-MEAL

Protein shake blended with ice.

DAY 03 OF 30

● BREAKFAST

Cottage cheese bowl with peaches.

● LUNCH

Chicken soup with extra shredded chicken.

● DINNER

Turkey meatballs with marinara and a small portion of pasta.

● MINI-MEAL

Cheese stick and apple slices.

DAY 04 OF 30

● BREAKFAST

Egg bites with berries.

● DINNER

Shrimp taco bowl with rice, salsa, and a little cheese.

● LUNCH

Chicken salad lettuce cups with crackers.

● MINI-MEAL

Greek yogurt drink.

DAY 05 OF 30

● BREAKFAST

Protein smoothie with Greek yogurt and banana.

● DINNER

Lean beef taco plate with beans if tolerated and soft tortilla.

● LUNCH

Turkey and cheese mini wrap.

● MINI-MEAL

Hummus with soft pita pieces.

DAY 06 OF 30

● BREAKFAST

Oatmeal with a scoop of Greek yogurt stirred in after cooking.

● DINNER

Tofu stir-fry with rice and soft cooked vegetables.

● LUNCH

Salmon salad on toast or cucumber rounds.

● MINI-MEAL

Boiled egg with fruit.

DAY 07 OF 30

● BREAKFAST

Cottage cheese with berries and cinnamon.

● DINNER

Turkey burger patty with roasted potatoes and cooked carrots.

● LUNCH

Chicken rice bowl with salsa and avocado.

● MINI-MEAL

Protein bar portion or half bar.

DAY 08 OF 30

● BREAKFAST

Greek yogurt with banana slices.

● DINNER

Chicken fajita bowl with peppers, rice, and Greek yogurt topping.

● LUNCH

Egg salad on toast or crackers.

● MINI-MEAL

Kefir or high-protein milk.

DAY 09 OF 30

● BREAKFAST

Two egg muffins with fruit.

● DINNER

Baked fish with potato and soft vegetables.

● LUNCH

Shrimp and avocado mini salad.

● MINI-MEAL

Cottage cheese with cucumber and seasoning.

DAY 10 OF 30

● BREAKFAST

Protein shake and a few berries.

● DINNER

Chicken meatballs with rice and marinara.

● LUNCH

Turkey slices with cheese, grapes, and crackers.

● MINI-MEAL

Greek yogurt cup.

DAY 11 OF 30

● BREAKFAST

Scrambled egg with avocado.

● DINNER

Lean beef and bean bowl if tolerated, with rice and salsa.

● LUNCH

Tuna cucumber boats with a small pita.

● MINI-MEAL

Cheese stick and mandarin orange.

DAY 12 OF 30

● BREAKFAST

Cottage cheese with applesauce.

● DINNER

Salmon patty with mashed potato and peas.

● LUNCH

Chicken soup with noodles or rice.

● MINI-MEAL

Edamame or hummus.

DAY 13 OF 30

● BREAKFAST

Greek yogurt smoothie.

● DINNER

Shrimp fried rice made with a small rice portion and egg.

● LUNCH

Turkey mini wrap with lettuce and tomato.

● MINI-MEAL

Boiled egg and fruit.

DAY 14 OF 30

● BREAKFAST

Egg bites with salsa.

● DINNER

Tofu or chicken teriyaki bowl with soft vegetables.

● LUNCH

Rotisserie chicken snack plate with grapes and crackers.

● MINI-MEAL

Protein pudding or yogurt.

DAY 15 OF 30

● BREAKFAST

Cottage cheese toast.

● DINNER

Turkey chili with beans if tolerated.

● LUNCH

Tuna rice cup with avocado.

● MINI-MEAL

Greek yogurt drink.

DAY 16 OF 30

● BREAKFAST

Greek yogurt with granola.

● DINNER

Salmon with rice and cooked zucchini.

● LUNCH

Chicken Caesar mini salad with extra chicken.

● MINI-MEAL

Cheese and fruit.

DAY 17 OF 30

● BREAKFAST

Egg and cheese mini wrap.

● DINNER

Shrimp tacos with soft tortilla and salsa.

● LUNCH

Turkey meatballs with marinara.

● MINI-MEAL

Cottage cheese.

DAY 18 OF 30

● BREAKFAST

Protein smoothie with berries.

● DINNER

Lean beef burger bowl with potato and pickles.

● LUNCH

Chicken salad with crackers.

● MINI-MEAL

Protein shake.

DAY 19 OF 30

● BREAKFAST

Cottage cheese with banana.

● DINNER

Chicken and rice soup.

● LUNCH

Egg salad lettuce cups.

● MINI-MEAL

Hummus and pita.

DAY 20 OF 30

● BREAKFAST

Scrambled eggs with fruit.

● DINNER

Tofu bowl with rice and cooked vegetables.

● LUNCH

Salmon cucumber bites.

● MINI-MEAL

Greek yogurt cup.

DAY 21 OF 30

● BREAKFAST

Greek yogurt with peaches.

● DINNER

Chicken taco bowl.

● LUNCH

Turkey and cheese plate.

● MINI-MEAL

Boiled egg and berries.

DAY 22 OF 30

● BREAKFAST

Protein shake with toast.

● DINNER

Shrimp pasta with a small portion of pasta and light sauce.

● LUNCH

Tuna mini wrap.

● MINI-MEAL

Cottage cheese with fruit.

DAY 23 OF 30

● BREAKFAST

Egg bites with fruit.

● DINNER

Salmon rice bowl with cucumber.

● LUNCH

Chicken soup.

● MINI-MEAL

Cheese stick and crackers.

DAY 24 OF 30

● BREAKFAST

Greek yogurt smoothie.

● DINNER

Lean beef taco bowl.

● LUNCH

Turkey roll-up plate.

● MINI-MEAL

Kefir.

DAY 25 OF 30

● BREAKFAST

Cottage cheese with berries.

● DINNER

Chicken meatballs with potato.

● LUNCH

Egg and avocado toast.

● MINI-MEAL

Protein bar portion.

DAY 26 OF 30

● BREAKFAST

Oatmeal with Greek yogurt.

● DINNER

Turkey burger patty with rice and vegetables.

● LUNCH

Shrimp salad with crackers.

● MINI-MEAL

Hummus and cucumber.

DAY 27 OF 30

● BREAKFAST

Egg mini wrap.

● DINNER

Tofu soup or chicken soup.

● LUNCH

Tuna rice bowl.

● MINI-MEAL

Greek yogurt cup.

DAY 28 OF 30

● BREAKFAST

Protein smoothie.

● DINNER

Salmon with mashed sweet potato.

● LUNCH

Rotisserie chicken plate.

● MINI-MEAL

Cottage cheese with applesauce.

DAY 29 OF 30

● BREAKFAST

Greek yogurt with banana.

● DINNER

Shrimp taco bowl.

● LUNCH

Turkey mini wrap.

● MINI-MEAL

Cheese and fruit.

DAY 30 OF 30

● BREAKFAST

Egg bites with berries.

● DINNER

Choose your favorite small plate from the month.

● LUNCH

Chicken salad plate.

● MINI-MEAL

Protein shake or yogurt.

07

Weekly grocery matrix

SHOPPING

Pick one week at a time. Circle or copy only the foods that fit your preferences, budget, and household. Choose at least two no-cook proteins for busy days.

WEEK 01 *Grocery matrix*

PROTEINS

Greek yogurt, eggs, rotisserie chicken, turkey slices, tuna packets, salmon, cottage cheese.

EASY CARBS

Rice cups, toast, crackers, sweet potatoes, soft tortillas.

FRUITS & VEGETABLES

Berries, cucumbers, green beans, bananas, cooked carrots.

HYDRATION

Water, herbal tea, low-sugar electrolyte option if appropriate for you.

SIMPLE SNACKS

Cheese sticks, Greek yogurt cups, fruit cups, hummus.

CONVENIENCE

Chicken soup, egg bites, protein shakes, tuna packets.

WEEK 02 *Grocery matrix*

PROTEINS

Chicken breast, shrimp, turkey meatballs, tofu, cottage cheese, eggs.

EASY CARBS

Rice, pasta, pita, oatmeal, potatoes.

FRUITS & VEGETABLES

Peaches, applesauce, zucchini, peppers, salsa, peas.

HYDRATION

Water bottle, sparkling water, broth.

SIMPLE SNACKS

Kefir, boiled eggs, yogurt drinks, edamame.

CONVENIENCE

Frozen cooked shrimp, microwave rice, soup cups.

WEEK 03 *Grocery matrix*

PROTEINS

Salmon patties, lean beef, turkey burgers, chicken salad, Greek yogurt.

EASY CARBS

Tortillas, crackers, potatoes, rice cups, toast.

FRUITS & VEGETABLES

Grapes, mandarin oranges, cucumbers, pickles, cooked vegetables.

HYDRATION

Water, herbal tea, broth, electrolyte packets if cleared for you.

SIMPLE SNACKS

Protein pudding, cheese, hummus, fruit.

CONVENIENCE

Rotisserie chicken, pre-made egg bites, frozen meatballs.

WEEK 04 *Grocery matrix*

PROTEINS Eggs, tuna, shrimp, tofu, salmon, turkey slices, cottage cheese.

EASY CARBS Oats, rice, pasta, sweet potatoes, soft tortillas.

FRUITS & VEGETABLES Bananas, berries, applesauce, cucumber, cooked greens.

HYDRATION Refillable water bottle, broth, low-sugar beverage.

SIMPLE SNACKS Greek yogurt, protein shake, cheese stick, boiled egg.

CONVENIENCE Soup, rice cups, tuna packets, frozen vegetables.

08

Mini-meal list

SMALLER PLATES

Use mini-meals when a full meal is not practical. Combine one protein-forward item with one easy add-on, or use a single item when that is what is realistic.

- 01 Greek yogurt with berries.
- 02 Cottage cheese with peaches.
- 03 Cheese stick and apple slices.
- 04 Protein shake over ice.
- 05 Egg bites and fruit.
- 06 Turkey roll-ups.
- 07 Tuna and crackers.

- 08 Chicken soup cup.
- 09 Hummus and pita.
- 10 Boiled egg and grapes.
- 11 Salmon cucumber bites.
- 12 Greek yogurt drink.
- 13 Cottage cheese toast.
- 14 Half turkey wrap.
- 15 Shrimp with avocado.
- 16 Edamame.
- 17 Protein bar portion.
- 18 Chicken salad lettuce cups.
- 19 Kefir with banana.
- 20 Egg salad crackers.
- 21 Tofu cubes with rice.
- 22 Turkey meatball cup.
- 23 Tuna rice cup.
- 24 Cottage cheese with applesauce.
- 25 Rotisserie chicken snack plate.

09

Appetite-aware swap guide

ADJUST

Educational only – not healthcare guidance and not a substitute for clinical support. Discuss ongoing, severe, or concerning symptoms with your healthcare provider.

SCENARIO 01 *When richer foods do not sound appealing*

Some people prefer smaller, cooler, blander, or softer foods when rich foods do not sound good. General meal ideas include Greek yogurt, applesauce with cottage cheese, a small smoothie, chicken soup, crackers with tuna, or a few bites of egg. Consider asking your healthcare provider what to do if discomfort is frequent or makes it hard to eat or drink.

SCENARIO 02 *When a full plate feels like too much*

Some people prefer mini-meals instead of full plates. You can choose a few bites of a protein anchor, pause, and save the rest. If fullness feels painful, persistent, or unusual for you, discuss it with your healthcare provider.

SCENARIO 03 *When few foods sound appealing*

Use simple defaults such as a protein shake if appropriate for you, Greek yogurt, cottage cheese, chicken soup, tuna packet, egg bites, or a small turkey wrap. The goal is to reduce decision fatigue, not to make the perfect meal.

SCENARIO 04 *When digestion regularity is a concern*

Fiber, fluids, movement, and medication context can all matter. Some people discuss fiber foods, supplements, hydration, or other options with a healthcare provider. General food ideas to discuss or consider if tolerated include oats, berries, beans, lentils, cooked vegetables, pears, and chia pudding. Ask a clinician what is appropriate for you.

SCENARIO 05 *When you are tired*

Use no-cook options: rotisserie chicken, Greek yogurt, cottage cheese, tuna packets, protein shakes, cheese sticks, microwave rice, frozen vegetables, soup, and pre-cooked eggs.

SCENARIO 06 *When time is the issue*

Use a two-item meal: protein anchor plus easy add-on. Examples include Greek yogurt and berries, tuna and crackers, turkey and fruit, cottage cheese and toast, or chicken and rice cup.

SCENARIO 07 *When protein planning feels hard*

Consider softer or drinkable options such as Greek yogurt, cottage cheese, smoothies, kefir, soups with shredded chicken, tuna salad, egg salad, tofu, or a protein shake if it fits your needs.

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Restaurant quick-start

OUT OF HOME

Start with a protein-forward item and make the plate smaller.

Examples include grilled chicken bowl, egg bites, salmon appetizer, turkey sandwich with half saved, fajita plate, shrimp tacos, sushi with edamame, or a small steak with vegetables. Go light on fried, greasy, creamy, or oversized items if they do not sit well for you.

Restaurant ordering checklist

- 01 What is the protein anchor?
- 02 Can the portion be shared, saved, or ordered as a side or appetizer?
- 03 What add-on sounds easiest — rice, tortilla, potato, fruit, soup, or cooked vegetables?
- 04 Is there a sauce, fried item, or rich add-on to keep light if it does not sit well?
- 05 Do I have water or another preferred beverage available?

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Templates

WORKBOOK

Print these or fill them in. Repeat each week.

Weekly planning template

WEEK OF _____

MAIN PROTEIN ANCHORS _____

EASY CARBS _____

FRUITS / VEGETABLES _____

MINI-MEALS _____

RESTAURANT OR TRAVEL
PLAN

HYDRATION REMINDER

FOODS THAT SOUND GOOD

FOODS TO SKIP / KEEP
LIGHT

Meal defaults

BREAKFAST DEFAULT

LUNCH DEFAULT

DINNER DEFAULT

EMERGENCY MINI-MEAL

Daily check-in template

DATE

PROTEIN ANCHOR TODAY

HYDRATION NOTES

APPETITE (LOW / MED /
HIGH)

ENERGY (LOW / STEADY /
HIGH)

DIGESTION NOTES

FOOD THAT FELT EASY _____

FOOD THAT FELT HEAVY _____

QUESTION FOR
HEALTHCARE PROVIDER _____

My top 10 list

At the end of the 30 days, write down the meals worth repeating.

BREAKFAST 1 _____

BREAKFAST 2 _____

LUNCH 1 _____

LUNCH 2 _____

DINNER 1 _____

DINNER 2 _____

MINI-MEAL 1 _____

MINI-MEAL 2 _____

RESTAURANT DEFAULT _____

GROCERY STAPLE _____



"You do not need a perfect diet to create a simpler routine. Start with one protein anchor, one small plate, and one easier grocery decision."

THE GLP-1 PLATE PLAN · EDITION 01 · EDUCATIONAL

SUPPORT

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