

FREE FROM GLP-1 ANSWERS

GLP-1 High-Protein Recipe Pack

16 high-protein recipes for small appetites, with nutrition calculated from USDA data for every ingredient.

16 recipes

About 29 to 45 g protein per serving

Meal-prep grocery list

glp1answers.org

October 2026 edition. General food information, not medical advice. Talk with your prescriber or a registered dietitian about your own needs.

How to use this pack

- **Start small.** Many people on GLP-1 medications eat smaller portions. Half a serving still gives a useful amount of protein.
- **Protein first.** Eat the protein part of the plate first if you fill up quickly.
- **How we count.** Nutrition per serving comes from USDA FoodData Central (SR Legacy) values at the weights shown. Herbs, spices, and salt you add to taste are not counted. Brands differ, so check your labels if you track closely.

Food safety basics (USDA): cook chicken, turkey, and ground poultry to 165°F (74°C), fish to 145°F (63°C), and beef steaks to 145°F (63°C). Refrigerate cooked food within 2 hours, in shallow containers, and eat it within 3 to 4 days. People who are pregnant, 65 or older, or have a weakened immune system should avoid deli meat or heat it until steaming hot (CDC).

Recipe index

Recipe	Protein	Calories	Time
GLP-1 Protein Soup	about 37 g	310	about 50 minutes
Lemon Herb Chicken with Sweet Potato and Green Beans	about 42 g	380	about 30 minutes
High-Protein Turkey Avocado Wrap for GLP-1 Lunches	about 39 g	430	about 10 minutes
Herb-Crusted Salmon with Lemon Zucchini	about 40 g	510	about 20 minutes + oven heating
High-Protein Chicken, Egg and Feta Salad with Lemon Dressing	about 45 g	500	about 30 minutes
Protein Overnight Oats with Greek Yogurt and Chia	about 31 g	400	5 minutes + overnight in the fridge
Honey Garlic Chicken Bowl with Rice and Broccoli	about 35 g	420	about 25 minutes (rice already cooked)
Teriyaki chicken, rice and broccoli	about 36 g	420	about 17 minutes
Lemon salmon, quinoa and zucchini	about 36 g	510	about 19 minutes
Turkey meatballs with marinara and spinach	about 35 g	340	about 26 minutes
Shrimp and edamame stir-fry	about 39 g	400	about 13 minutes
Chicken Caesar with a Greek yogurt dressing	about 40 g	340	about 20 minutes

Chicken and vegetable stir-fry	about 36 g	370	about 20 minutes
Turkey and bean chili	about 29 g	310	about 35 minutes
Shrimp rice bowl with edamame and avocado	about 33 g	380	about 18 minutes
Beef and broccoli	about 40 g	440	about 20 minutes

GLP-1 Protein Soup

6 servings, about 2 cups each about 50 minutes (about 30 with cooked chicken; see the tips)

About 37 g protein per serving

INGREDIENTS

- 1.5 lb (680 g) boneless, skinless chicken breast
- 2 cans (15 oz each) white beans such as cannellini, drained and rinsed
- 6 cups chicken broth labeled "low sodium"
- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 medium carrots, diced
- 2 celery stalks, diced
- 4 garlic cloves, minced
- 1 teaspoon dried thyme or Italian seasoning
- 4 cups baby spinach (120 g)
- Juice of half a lemon
- Salt, pepper, and chopped parsley to taste

STEPS

1. Warm the olive oil in a large pot over medium heat. Cook the onion, carrots, and celery for 5 to 6 minutes, until soft.
2. Add the garlic and thyme and cook for 1 minute.
3. Add the broth and the whole chicken breasts. Bring to a boil, then lower the heat and simmer, covered, for 15 to 18 minutes, until the chicken reaches 165°F (74°C) inside.
4. Lift out the chicken and shred it with two forks.
5. Return the chicken to the pot with the beans. Simmer for 5 minutes.
6. Stir in the spinach until it wilts, then add the lemon juice, salt, pepper, and parsley.

About 37 g protein, 310 calories, 7 g fat, 25 g carbohydrate, 5 g fiber, 440 mg sodium per serving (1 of 6).

TIPS

- **Small bowls:** a 1-cup bowl gives about half the protein of a full serving. Start there when your appetite is low.
- **Easier on the stomach:** if beans cause gas or bloating, use one can instead of two. Protein drops by about 3 g per serving.
- **30-minute shortcut:** use 3 cups of shredded cooked chicken (such as rotisserie breast meat) instead of raw breasts. After step 2, add the broth, bring it to a boil, then go to step 5. Protein depends on the chicken, so check the label.
- **Cooling:** put leftovers in shallow containers and refrigerate them within 2 hours of cooking. Warm food can go straight into the fridge.
- **Make ahead:** eat refrigerated soup within 3 to 4 days, or freeze single portions. Frozen food stays safe; quality is best within a few months.

Full recipe and USDA source table: glp1answers.org/learn/nutrition/glp1-protein-soup

Lemon Herb Chicken with Sweet Potato and Green Beans

4 servings, about 1.5 cups each about 30 minutes (turn the oven on first so it heats while you prep)

About 42 g protein per serving

INGREDIENTS

- 1.5 lb (680 g) boneless, skinless chicken breast, cut into 1-inch pieces
- 1 large sweet potato (about 14 oz / 400 g), cut into 1/2-inch cubes
- 12 oz (340 g) green beans, trimmed
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- Juice of 1 lemon, plus the grated zest
- 1/2 teaspoon salt
- 1 teaspoon dried oregano, 1/2 teaspoon dried thyme, and 1/4 teaspoon black pepper

STEPS

1. Heat the oven to 425°F (220°C). Line a large sheet pan with parchment.
2. Toss the sweet potato with 1 tablespoon of the oil and a pinch of the salt. Spread it on the pan and roast for 10 minutes.
3. Meanwhile, mix the chicken with the remaining oil, garlic, lemon zest, half the lemon juice, oregano, thyme, the rest of the salt, and pepper.
4. Push the sweet potato to one side. Add the chicken and green beans in a single layer.
5. Roast for 12 to 15 minutes, until the chicken reaches 165°F (74°C) inside and the sweet potato is tender.
6. Squeeze the rest of the lemon juice over the pan and serve.

About 42 g protein, 380 calories, 11 g fat, 28 g carbohydrate, 5 g fiber, 430 mg sodium per serving (1 of 4).

TIPS

- **Smaller portion:** half a serving still gives about 21 g of protein. Save the rest for lunch.
- **Gentler version:** skip the black pepper and use less garlic if strong flavors bother you.
- **Two pans:** if your pan is crowded, use two. Crowded food steams and takes longer.
- **Less salt:** the 1/2 teaspoon of salt adds about 290 mg of sodium per serving. Use less if you limit salt.
- **Cooling:** put leftovers in shallow containers and refrigerate them within 2 hours of cooking. Warm food can go straight into the fridge. Eat leftovers within 3 to 4 days.

Full recipe and USDA source table: glp1answers.org/learn/nutrition/lemon-herb-chicken-sweet-potato

High-Protein Turkey Avocado Wrap for GLP-1 Lunches

1 serving (1 large wrap) about 10 minutes **About 39 g protein per serving**

INGREDIENTS

- 1 large (10-inch) whole wheat tortilla (about 64 g)
- 5 oz (140 g) sliced lower-sodium deli turkey breast (about 5 slices)
- 1/4 avocado (about 35 g), sliced
- 1 cup baby spinach (30 g)
- 3 thin slices tomato (about 40 g)
- 2 teaspoons yellow mustard
- A squeeze of lemon juice

STEPS

1. Warm the tortilla for 10 seconds in a dry pan or the microwave so it folds without cracking.
2. Spread the mustard over the tortilla.
3. Layer the spinach, turkey, tomato, and avocado down the middle. Squeeze lemon over the avocado.
4. Fold in the sides, roll it up tightly, and cut it in half.

About 39 g protein, 430 calories, 13 g fat, 41 g carbohydrate, 11 g fiber, 1,550 mg sodium per serving.

TIPS

- **Higher-risk groups:** CDC advises people who are pregnant, 65 or older, or have a weakened immune system to avoid deli meat or heat it to 165°F (74°C), or until steaming hot. Sliced home-cooked chicken breast is an easy swap.
- **Make ahead:** an assembled wrap keeps best for about 1 day. Opened deli turkey keeps 3 to 5 days in the fridge, so prep the fillings for up to 3 days and roll each wrap the day you eat it. Avocado browns once cut.
- **Sodium:** this wrap has about 1,550 mg of sodium. About 1,080 mg comes from the deli turkey, even the lower-salt kind, and about 330 mg from the tortilla. If you limit salt, use home-cooked chicken breast instead of deli turkey.
- **More fiber:** add a handful of shredded carrot or cucumber.

Full recipe and USDA source table: glp1answers.org/learn/nutrition/turkey-avocado-wrap

Herb-Crusted Salmon with Lemon Zucchini

2 servings, 1 fillet plus zucchini each about 20 minutes, plus heating the oven

About 40 g protein per serving

INGREDIENTS

- 2 salmon fillets (6 oz / 170 g each)
- 3 tablespoons plain dry breadcrumbs (about 20 g)
- 2 tablespoons grated Parmesan (10 g)
- 1 tablespoon chopped fresh parsley or dill
- 1 garlic clove, minced
- 1 tablespoon olive oil, divided
- 2 medium zucchini (about 400 g), sliced into half-moons
- Juice of half a lemon
- Salt and pepper to taste

STEPS

1. Heat the oven to 425°F (220°C). Line a sheet pan with parchment.
2. Toss the zucchini with half the oil and a pinch of salt and spread it on the pan.
3. Place the salmon on the pan. Mix the breadcrumbs, Parmesan, herbs, garlic, and remaining oil, and press the mixture onto the top of each fillet.
4. Bake for 12 to 15 minutes, until the salmon flakes easily and reaches 145°F (63°C) in the thickest part.
5. Squeeze the lemon over the salmon and zucchini and serve.

About 40 g protein, 510 calories, 32 g fat, 15 g carbohydrate, 3 g fiber, 280 mg sodium per serving (1 of 2).

TIPS

- **Smaller appetite:** a 4 oz (113 g) fillet gives about 28 g of protein per serving.
- **Frozen salmon:** thaw it overnight in the fridge, then pat it dry before adding the crust.
- **Cooling:** put leftovers in shallow containers and refrigerate them within 2 hours of cooking. Warm food can go straight into the fridge. Eat leftovers within 3 to 4 days. Cold flaked salmon works well on a salad.

Full recipe and USDA source table: glp1answers.org/learn/nutrition/herb-crusted-salmon

High-Protein Chicken, Egg and Feta Salad with Lemon Dressing

2 servings, 1 large bowl each about 30 minutes **About 45 g protein per serving**

INGREDIENTS

- 10 oz (280 g) boneless, skinless chicken breast
- 1 teaspoon olive oil (for the chicken)
- 2 large eggs
- 4 cups chopped romaine (about 190 g)
- 1 small cucumber (about 150 g), sliced
- 1 cup cherry tomatoes (149 g), halved
- 1/2 avocado (about 70 g), sliced
- 2 oz (56 g) crumbled feta
- Dressing: 1 tablespoon olive oil
- Dressing: 2 tablespoons lemon juice
- Dressing: 1 teaspoon yellow mustard, plus salt and pepper to taste

STEPS

1. Season the chicken with salt and pepper and rub it with 1 teaspoon of oil. Cook it in a grill pan or skillet over medium-high heat for 5 to 7 minutes per side, until it reaches 165°F (74°C) inside. Rest it for 5 minutes, then slice.
2. While the chicken cooks, boil the eggs for 10 minutes, cool them in cold water, peel, and quarter.
3. Whisk the dressing: olive oil, lemon juice, mustard, salt, and pepper.
4. Divide the romaine, cucumber, and tomatoes between two bowls. Top with chicken, egg, avocado, and feta.
5. Drizzle with dressing just before eating.

About 45 g protein, 500 calories, 29 g fat, 14 g carbohydrate, 6 g fiber, 430 mg sodium per serving (1 of 2).

TIPS

- **Meal prep:** store the chicken, eggs, and chopped vegetables in separate containers and dress each bowl when you eat it. Add avocado on the day.
- **Lighter bowl:** skip the avocado to save about 60 calories per serving.
- **Storage:** cooked chicken and hard-boiled eggs keep 3 to 4 days in the fridge.

Full recipe and USDA source table: glp1answers.org/learn/nutrition/high-protein-chicken-salad

Protein Overnight Oats with Greek Yogurt and Chia

1 serving (1 jar, about 1.5 cups) 5 minutes, plus at least 6 hours in the fridge

About 31 g protein per serving

INGREDIENTS

- 1/2 cup (40 g) rolled oats
- 100 g (a scant 1/2 cup) plain nonfat Greek yogurt
- 1/2 scoop (about 12 g) whey protein powder
- 2 teaspoons (about 8 g) chia seeds
- 1/2 cup (120 ml) 2% milk
- 1/2 cup (75 g) blueberries or chopped strawberries
- A pinch of cinnamon (optional)

STEPS

1. In a jar, stir together the oats, protein powder, chia seeds, and cinnamon, if using.
2. Stir in the Greek yogurt and milk until smooth.
3. Cover and refrigerate for at least 6 hours, or overnight.
4. In the morning, stir, add a splash of milk if it is too thick, and top with the berries.

About 31 g protein, 400 calories, 8 g fat, 52 g carbohydrate, 9 g fiber, 120 mg sodium per serving.

TIPS

- **Protein powder varies:** brands differ a lot. We used USDA values for a whey-based powder (about 78 g protein per 100 g). Check your label and adjust the amount.
- **No protein powder:** leave it out and use one 6-oz container (170 g, about 3/4 cup) of Greek yogurt. Protein is then about 28 g.
- **Batch prep:** make up to 3 jars at once and keep them covered in the fridge.
- **Gentler on fiber:** if chia or oats feel heavy, start with half the chia.

Full recipe and USDA source table: glp1answers.org/learn/nutrition/protein-overnight-oats

Honey Garlic Chicken Bowl with Rice and Broccoli

4 servings, 1 bowl each about 25 minutes, with rice that is already cooked

About 35 g protein per serving

INGREDIENTS

- 1.1 lb (500 g) boneless, skinless chicken breast, cut into bite-size pieces
- 2 tablespoons honey (42 g)
- 2 tablespoons low-sodium soy sauce (28 g)
- 3 garlic cloves, minced
- 1 teaspoon grated fresh ginger
- 2 teaspoons cornstarch mixed with 2 tablespoons water
- 1 tablespoon olive or neutral oil
- 3 cups cooked white rice (474 g)
- 1 lb (450 g) broccoli florets
- Sliced green onion and sesame seeds to serve (optional)

STEPS

1. Whisk the honey, soy sauce, garlic, ginger, and cornstarch slurry in a small bowl.
2. Steam or microwave the broccoli for 3 to 4 minutes, until bright green and just tender.
3. Heat the oil in a large skillet over medium-high heat. Add the chicken in one layer and cook for 5 to 6 minutes, turning, until browned.
4. Pour in the sauce and stir for 1 to 2 minutes until it thickens and coats the chicken. The chicken should reach 165°F (74°C) inside.
5. Divide the rice, broccoli, and chicken among 4 containers.

About 35 g protein, 420 calories, 7 g fat, 52 g carbohydrate, 4 g fiber, 350 mg sodium per serving (1 of 4).

TIPS

- **Cooling:** put leftovers in shallow containers and refrigerate them within 2 hours of cooking. Warm food can go straight into the fridge. Eat the bowls within 3 to 4 days; for a fifth day, freeze one bowl.
- **Brown rice:** works the same way and adds a little fiber. The numbers here use white rice.
- **Smaller bowls:** use 1/2 cup of rice instead of 3/4 cup to keep the bowl lighter.
- **Sodium:** one bowl has about 350 mg of sodium, mostly from the soy sauce. Use less sauce if you limit salt.

Full recipe and USDA source table: glp1answers.org/learn/nutrition/honey-garlic-chicken-bowl

Meal-prep lunch: Teriyaki chicken, rice and broccoli

Serves 1 (one container) about 17 minutes **About 36 g protein per serving**

INGREDIENTS

- 4.5 oz (130 g) chicken breast, cut into pieces
- 1 tablespoon low-sodium soy sauce (14 g)
- 2 teaspoons honey
- 1 garlic clove and 1/2 teaspoon grated ginger
- 1 teaspoon oil
- 2/3 cup cooked white rice (105 g)
- 1 cup broccoli florets (90 g)

STEPS

1. Steam the broccoli for 3 to 4 minutes.
2. Cook the chicken in the oil over medium-high heat for 5 to 6 minutes.
3. Add the soy sauce, honey, garlic, and ginger and cook 1 to 2 minutes more, until glossy and the chicken reaches 165°F (74°C).
4. Pack with the rice and broccoli.

About 36 g protein, 420 calories, 9 g fat, 49 g carbohydrate, 3 g fiber, 590 mg sodium per serving.

Full recipe and USDA source table: glp1answers.org/learn/nutrition/meal-prep-5-high-protein-lunches

Meal-prep lunch: Lemon salmon, quinoa and zucchini

Serves 1 (one container) about 19 minutes **About 36 g protein per serving**

INGREDIENTS

- 5 oz (140 g) salmon fillet
- 2/3 cup cooked quinoa (123 g)
- 1 medium zucchini (about 150 g), sliced
- 1 teaspoon olive oil
- Lemon juice, salt, and dill

STEPS

1. Roast the salmon and zucchini with the oil at 425°F (220°C) for 12 to 15 minutes, until the salmon reaches 145°F (63°C).
2. Squeeze lemon over it and pack with the quinoa.

About 36 g protein, 510 calories, 26 g fat, 32 g carbohydrate, 5 g fiber, 100 mg sodium per serving.

Full recipe and USDA source table: glp1answers.org/learn/nutrition/meal-prep-5-high-protein-lunches

Meal-prep lunch: Turkey meatballs with marinara and spinach

Serves 1 (one container) about 26 minutes **About 35 g protein per serving**

INGREDIENTS

- 5.3 oz (150 g) 93% lean ground turkey
- 1 tablespoon beaten egg
- 1 tablespoon breadcrumbs (7 g)
- 1 tablespoon grated Parmesan (5 g)
- 1/2 cup canned crushed tomatoes (120 g), plus a pinch of garlic and dried basil
- 1 cup baby spinach (30 g)

STEPS

1. Mix the turkey, egg, breadcrumbs, and Parmesan, and roll into 6 meatballs.
2. Bake at 425°F (220°C) for 15 to 18 minutes, until they reach 165°F (74°C) inside.
3. Warm the crushed tomatoes with the garlic and basil for 5 minutes.
4. Pack the meatballs over the spinach with the tomato sauce.

About 35 g protein, 340 calories, 16 g fat, 16 g carbohydrate, 3 g fiber, 510 mg sodium per serving.

Full recipe and USDA source table: glp1answers.org/learn/nutrition/meal-prep-5-high-protein-lunches

Meal-prep lunch: Shrimp and edamame stir-fry

Serves 1 (one container) about 13 minutes **About 39 g protein per serving**

INGREDIENTS

- 7 oz (200 g) raw shrimp, peeled (thawed if frozen)
- 1/3 cup shelled edamame (50 g), cooked from frozen as the package directs
- 1 1/4 cups snow peas (80 g)
- 1/2 red bell pepper (60 g), sliced
- 2 teaspoons low-sodium soy sauce (9 g)
- 1 teaspoon sesame oil
- 1/2 cup cooked white rice (79 g)

STEPS

1. Cook the edamame as the package directs (usually 3 to 5 minutes in boiling water) and drain.
2. Stir-fry the snow peas and pepper in the sesame oil for 2 minutes.
3. Add the shrimp and cook 3 to 4 minutes, until pink and opaque.
4. Stir in the edamame and soy sauce and pack with the rice.

About 39 g protein, 400 calories, 10 g fat, 39 g carbohydrate, 6 g fiber, 1,470 mg sodium per serving.

TIPS

- **Sodium:** frozen shrimp is often packed with added salt. USDA lists about 566 mg of sodium per 100 g for previously frozen shrimp, against about 119 mg for fresh. Check the bag, or buy shrimp without added sodium.

Full recipe and USDA source table: glp1answers.org/learn/nutrition/meal-prep-5-high-protein-lunches

Meal-prep lunch: Chicken Caesar with a Greek yogurt dressing

Serves 1 (one container) about 20 minutes **About 40 g protein per serving**

INGREDIENTS

- 4.5 oz (130 g) chicken breast
- 1 teaspoon olive oil (for the chicken)
- 2 cups chopped romaine (95 g)
- 2 tablespoons grated Parmesan (10 g)
- Dressing: 2 tablespoons plain nonfat Greek yogurt (30 g)
- Dressing: 1 teaspoon lemon juice and a little minced garlic
- Dressing: 1/2 teaspoon yellow mustard
- 1 small slice whole wheat bread (25 g), toasted and cubed

STEPS

1. Cook the chicken in the oil over medium-high heat, 5 to 7 minutes per side, to 165°F (74°C). Slice when cool.
2. Toast the bread and cut it into cubes.
3. Stir together the dressing ingredients.
4. Pack the romaine, chicken, Parmesan, and croutons, with the dressing in a small separate cup.

About 40 g protein, 340 calories, 12 g fat, 17 g carbohydrate, 4 g fiber, 400 mg sodium per serving.

Full recipe and USDA source table: glp1answers.org/learn/nutrition/meal-prep-5-high-protein-lunches

Dinner: Chicken and vegetable stir-fry

Serves 2 about 20 minutes **About 36 g protein per serving**

INGREDIENTS

- 9 oz (260 g) chicken breast, thinly sliced
- 1 1/2 cups snow peas (about 100 g)
- 1 red bell pepper (120 g), sliced
- 1 1/2 cups broccoli florets (130 g)
- 1 1/2 tablespoons low-sodium soy sauce (21 g)
- 1 garlic clove and 1 teaspoon grated ginger
- 1 teaspoon cornstarch mixed with 1 tablespoon water
- 2 teaspoons oil
- 1 cup cooked white rice (158 g), to serve

STEPS

1. Stir-fry the chicken in half the oil over high heat for 4 to 5 minutes, until it reaches 165°F (74°C). Remove it.
2. Add the rest of the oil and the vegetables and stir-fry 3 to 4 minutes.
3. Return the chicken, add the garlic, ginger, soy sauce, and cornstarch slurry, and stir until glossy.
4. Serve over the rice.

About 36 g protein, 370 calories, 9 g fat, 36 g carbohydrate, 5 g fiber, 460 mg sodium per serving (1 of 2).

Full recipe and USDA source table: glp1answers.org/learn/nutrition/5-high-protein-dinners

Dinner: Turkey and bean chili

Serves 4 about 35 minutes **About 29 g protein per serving**

INGREDIENTS

- 1 lb (450 g) 93% lean ground turkey
- 1 can (15 oz) kidney beans, drained and rinsed (about 250 g)
- 1 can (14.5 oz) diced tomatoes, no salt added
- 1 cup low-sodium chicken broth
- 1 onion (110 g), diced
- 1 bell pepper (120 g), diced
- 2 garlic cloves
- 1 tablespoon chili powder (8 g)
- 1 teaspoon ground cumin (2 g)
- Salt to taste
- 1 teaspoon olive oil

STEPS

1. Cook the onion and pepper in the oil for 4 minutes. Add the turkey and garlic and cook, breaking it up, until no pink remains.
2. Stir in the chili powder, cumin, tomatoes, beans, and broth.
3. Simmer for 15 to 20 minutes. The turkey should reach 165°F (74°C).
4. Serve as is, or with a spoon of Greek yogurt in place of sour cream.

About 29 g protein, 310 calories, 12 g fat, 23 g carbohydrate, 8 g fiber, 300 mg sodium per serving (1 of 4).

Full recipe and USDA source table: glp1answers.org/learn/nutrition/5-high-protein-dinners

Dinner: Shrimp rice bowl with edamame and avocado

Serves 2 about 18 minutes **About 33 g protein per serving**

INGREDIENTS

- 12 oz (340 g) raw shrimp, peeled (thawed if frozen)
- 1 cup cooked white rice (158 g)
- 2/3 cup shelled edamame (100 g), cooked from frozen as the package directs
- 1 cucumber (150 g), diced
- 1/2 avocado (68 g), sliced
- 1 tablespoon low-sodium soy sauce (14 g)
- 1 teaspoon sesame oil

STEPS

1. Cook the edamame as the package directs (usually 3 to 5 minutes in boiling water) and drain.
2. Cook the shrimp in the sesame oil over medium-high heat for 3 to 4 minutes, until pink and opaque.
3. Toss the shrimp with the soy sauce.
4. Build bowls with rice, edamame, cucumber, avocado, and shrimp.

About 33 g protein, 380 calories, 12 g fat, 34 g carbohydrate, 6 g fiber, 1,220 mg sodium per serving (1 of 2).

TIPS

- **Sodium:** frozen shrimp is often packed with added salt. USDA lists about 566 mg of sodium per 100 g for previously frozen shrimp, against about 119 mg for fresh. Check the bag, or buy shrimp without added sodium.

Full recipe and USDA source table: glp1answers.org/learn/nutrition/5-high-protein-dinners

Dinner: Beef and broccoli

Serves 3 about 20 minutes **About 40 g protein per serving**

INGREDIENTS

- 1 lb (450 g) flank steak, trimmed and thinly sliced across the grain
- 1 lb (450 g) broccoli florets
- 2 tablespoons low-sodium soy sauce (28 g)
- 2 teaspoons honey
- 2 garlic cloves and 1 teaspoon grated ginger
- 2 teaspoons cornstarch mixed with 2 tablespoons water
- 1 tablespoon oil
- 1 1/2 cups cooked white rice (237 g), to serve

STEPS

1. Steam the broccoli for 3 minutes.
2. Sear the beef in the oil over high heat in two batches, 2 to 3 minutes each, until browned and no longer red inside. FSIS advises cooking beef steaks to 145°F (63°C).
3. Return all the beef, add the broccoli, garlic, ginger, soy sauce, honey, and slurry, and stir until the sauce thickens.
4. Serve over rice.

About 40 g protein, 440 calories, 14 g fat, 39 g carbohydrate, 4 g fiber, 470 mg sodium per serving (1 of 3).

Full recipe and USDA source table: glp1answers.org/learn/nutrition/5-high-protein-dinners

Meal-prep grocery list (all five lunches)

- Boneless, skinless chicken breast: about 260 g (9.2 oz)
- Raw shrimp, peeled: about 200 g (7.1 oz)
- Cooked white rice: about 185 g (6.5 oz)
- Zucchini: about 150 g (5.3 oz)
- 93% lean ground turkey: about 150 g (5.3 oz)
- Salmon fillet: about 140 g (4.9 oz)
- Cooked quinoa: about 125 g (4.4 oz)
- Canned crushed tomatoes: about 120 g (4.2 oz)
- Romaine: about 95 g (3.4 oz)
- Broccoli florets: about 90 g (3.2 oz)
- Snow peas: about 80 g (2.8 oz)
- Red bell pepper: about 60 g (2.1 oz)
- Frozen shelled edamame: about 50 g (1.8 oz)
- Baby spinach: about 30 g (1.1 oz)
- Parmesan, grated: about 3 tablespoons (15 g)
- Plain nonfat Greek yogurt: 2 tablespoons
- Egg: 1 large (you use about 1 tablespoon)
- Breadcrumbs: 1 tablespoon
- Whole wheat bread: 1 small slice
- Low-sodium soy sauce: about 1 1/2 tablespoons
- Honey: 2 teaspoons
- Olive oil: about 1 tablespoon; sesame oil: 1 teaspoon
- Garlic: 2 to 3 cloves; ginger: a small piece
- Lemon: 1
- Yellow mustard, dried basil, dill, salt, and pepper

Cooked food keeps 3 to 4 days in the fridge. Eat the shrimp and salmon lunches first (Monday and Tuesday) and the chicken Caesar on Wednesday. Freeze the teriyaki chicken and turkey meatball containers for Thursday and Friday. Move each one to the fridge the night before, then reheat it to 165°F (74°C). Do not freeze the Caesar; romaine does not freeze well.

Sources

- USDA Agricultural Research Service. FoodData Central: SR Legacy. fdc.nal.usda.gov
- USDA Food Safety and Inspection Service. Safe Minimum Internal Temperature Chart; Leftovers and Food Safety. fsis.usda.gov
- FoodSafety.gov. Cold Food Storage Chart. foodsafety.gov
- Centers for Disease Control and Prevention. Listeria advice for people at higher risk (updated January 31, 2025). cdc.gov

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