

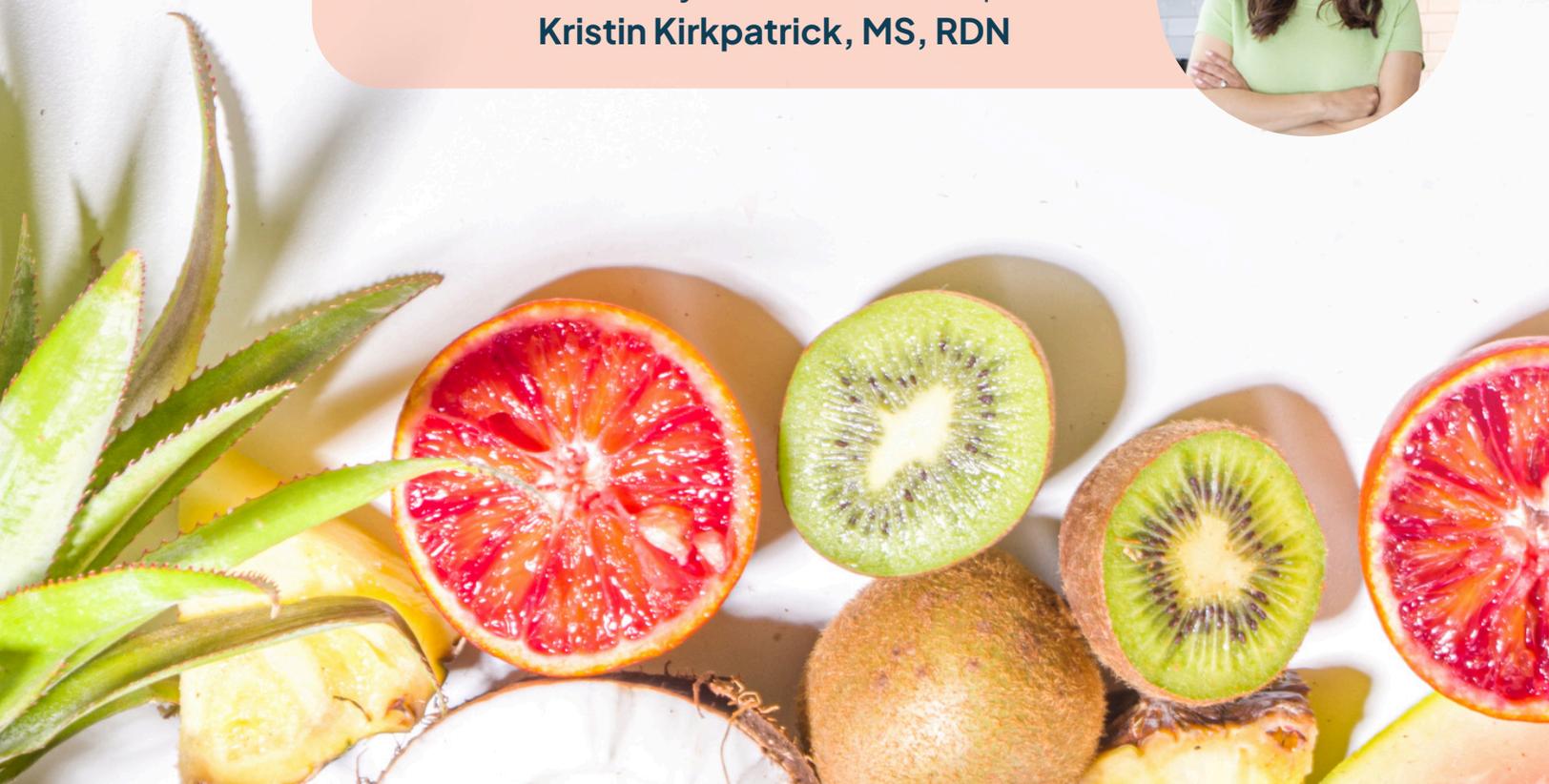
7-day Meal Plan

A **GLP-1 Nutrition** Starter Guide

OrderlyMeds 7-day Meal Plan is a simple, practical guide to help you **add more protein** to your diet. Each meal and snack includes protein, along with fiber, healthy fats, and a variety of colorful plants for a boost of antioxidants.

Since your medications naturally reduce portion sizes, we haven't included calorie or macro limits. The goal? **More nutritional value** in every bite—just like we talk about in our blogs and webinars!

Meal plan developed by registered dietitian
and OrderlyMeds nutrition expert
Kristin Kirkpatrick, MS, RDN



Day 1



Recipe from
OrderlyMeds
nutrition expert

Kristin

BREAKFAST

Whole Grain Toast
or English Muffins

Cottage Cheese

Apple Slices

LUNCH

Grilled chicken

Kale salad

[see full recipe >](#)

DINNER

Salmon Kabobs

Side of Farro

Roasted Broccolini



DAILY INTENTION: CHECK YOUR URINE

Hydration affects energy, hunger, and overall health. One simple way to assess it? Urine color. Pale yellow = well hydrated. Clear = overhydrated. Dark yellow = dehydrated. GLP-1s may increase dehydration risk, so regular bathroom trips can signal you're drinking enough.

Day 2



Recipes from
OrderlyMeds
nutrition expert
Kristin



BREAKFAST

2 Scrambled Eggs

With Cheese and Veggies

Side of blueberries

LUNCH

Turkey in a Cottage
Cheese Wrap

Apple slices

[see full recipe >](#)

DINNER

Roasted veggie bowl

[see full recipe >](#)

With Tofu

And Chickpeas

[see full recipe >](#)



DAILY INTENTION: FIBER UP

Fiber comes in two types: soluble, which helps lower bad cholesterol, and insoluble, which aids digestion. It supports weight management, reduces chronic disease risk, and prevents constipation. Since fiber is only found in plants, eating more plant-based foods boosts your intake.

Day 3

BREAKFAST

Protein Pancakes

With Blueberries

[see full recipe >](#)

LUNCH

Flank Steak Salad

Sweet Potato Fries

DINNER

Pulled Chicken Tacos

[see full recipe >](#)

Chips

Cottage Cheese Queso

[see full recipe >](#)



OrderlyMeds

Recipes from
OrderlyMeds
nutrition expert

Kristin



DAILY INTENTION: GET IN TOUCH WITH YOUR BREATH

Staying active supports heart and muscle health—but don't forget your brain. Research shows that just five minutes of deep breathing each hour can improve mood and cognitive function. Simply close your eyes, quiet your mind, and breathe.

Day 4



BREAKFAST

Yogurt Cup

Mixed Berries

Walnuts



Recipes from
OrderlyMeds
nutrition expert

Kristin

LUNCH

Turkey Burger

Whole Grain Bun

Arugula Salad

Baked Beans

[see full recipe >](#)

DINNER

Spaghetti Squash

Tomato Sauce

Grilled Shrimp

[see full recipe >](#)



DAILY INTENTION: CHECK IN WITH YOUR GUT

Constipation or diarrhea is common with GLP use, but your gut health matters. A balanced microbiome supports longevity, just like weight or blood sugar. To boost good microbes, eat more fermented foods, fiber, and consider probiotics or prebiotics. Cut back on sugar, ultra-processed foods, and refined grains—they feed the bad microbes.



BREAKFAST

Egg Bites

Protein Smoothie

[see full recipe >](#)

LUNCH

Chili

Side of Whole Grain Bread

DINNER

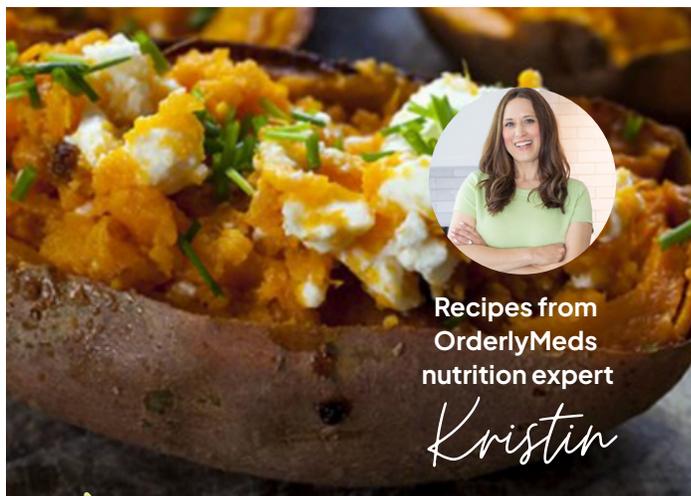
Beef or Chicken Meatballs

Roasted Brussel Sprouts

[see full recipe >](#)

Sweet Potatoes

[see full recipe >](#)



DAILY INTENTION: MIND YOUR P'S, M'S AND S'S (POTASSIUM, MAGNESIUM AND SODIUM)

Electrolytes matter. They are essential for health and can be quickly lost through sweat, illness, or urine. Keeping them in balance—not too high or low—is key. [Learn more about electrolytes.](#)

Day 6

BREAKFAST

Steel Cut Oats

Hemp Seed

Chopped Nuts

Protein Powder



LUNCH

Salmon Burger

Caprese Salad

[see full recipe >](#)



DINNER

White Chicken Chili

Topped with Tortilla Chips

Side of Zucchini Chips

[see full recipe >](#)



DAILY INTENTION: POWER UP WITH PROTEIN

Protein supports every cell and helps preserve muscle, especially during weight loss—which can be faster on GLPs and lead to muscle loss. That's why this plan includes protein in every meal and snack. You can view our webinar on nutrition to gain more insight into proteins importance and tips on consuming more.

Day 7



BREAKFAST

Omelet

Turkey Bacon

Whole Grain English muffins

[see full recipe >](#)

LUNCH

Quinoa Bowl

Spinach, Sprouts, Purple Cabbage

Grilled Chicken, Steak or Tofu

Peanuts

Peanut sauce



Recipe from
OrderlyMeds
nutrition expert

Kristin

DINNER

Ground Beef or Chicken Tacos

Broccoli

[see full recipe >](#)



DAILY INTENTION: OPTIMIZE SLEEP

Sleep is as vital as diet and exercise. Aim for 7-9 hours nightly and keep a consistent sleep schedule. Poor sleep is linked to weight gain, brain, and heart issues. Create a sleep-friendly space: keep it dark, cool (around 67°F), and avoid screens 30-60 minutes before bed.

Shopping Guide

At-a-glance

BREAKFAST

- [Bobs Protein Oats](#)
- Hemp Seeds
- No Added Sugar Peanut Butter
- Eggs
- [Protein Powder for Smoothies, Mix-Ins](#)
- [Protein Wraps](#)
- Cottage Cheese
- Yogurt

MEALS

- Chicken Breast and Thighs
- Sirloin
- Tofu
- Wild Caught Salmon/Trout
- Sardines
- Leafy Greens
- Cruciferous Vegetables
- [Sauces](#)
- Brown, Wild, and Black rice
- Quinoa
- Farro
- [Protein Pasta](#)
- Tomato Sauce
- Frozen Meat/Turkey Balls

SNACKS

- Fresh Fruit (Apples, Berries, Citrus)
- Yogurt Cup
- Cottage Cheese
- Hard Boiled Eggs
- Hummus
- String Cheese Stick
- Nuts and Seeds
- Nut Butter
- Nut Butter Balls
- [Protein PB Balls](#)
- Protein Pretzels
- [Protein Drinks](#)
- [Protein Bars](#)
- [High Protein Crackers](#)
- Dark Chocolate
- [Popcorn](#)
- Jerky, [Beef](#), [Salmon](#), Tofu, [Chicken](#)
- [Whole Grain Crackers](#) and Cheese Slices



Recipe Index

**GLP-1-Friendly Meals
from Dr. Kristin Kirkpatrick, MS, RDN**



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Recipe guide:

True Foods Copycat Kale Salad



PREP TIME: 10 MIN
COOK TIME: 30 MIN
TOTAL TIME: 40 MINS

INGREDIENTS:

- *1 bundle of dinosaur kale*
 - *1 lemon (juice and zest)*
 - *3-4 cloves of fresh garlic, minced*
 - *3/4 cups of high quality extra virgin olive oil*
 - *1 cup of freshly grated parmesan cheese*
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INSTRUCTIONS:

1. Wash, strip from stem, and finely chop 1 bundle of dinosaur kale and place in a large salad or mixing bowl.
2. Finely mince 3-4 cloves of garlic. In a small sauce pan on medium-low heat, sauté garlic and about 1 tbsp of extra virgin olive oil. sauté until fragrant and lightly browned. Remove from heat.
3. In a separate smaller mixing bowl, add the juice of 1 lemon and about 1/4 of its zest. Then add garlic and olive oil from sauce pan. Top that with remains amount of extra virgin olive oil and whisk together.
4. Freshly grate 1 cup of parmesan cheese.
5. Add 1/2 cup of the grated cheese and dressing mixture to kale bowl and thoroughly mix.
6. Plate and serve, leaving extra cheese for topping the salad.

Recipe guide:

Cottage Cheese Wraps



PREP TIME: 10 MIN
COOK TIME: 20 MIN
TOTAL TIME: 30 MIN

INGREDIENTS:

- *2 cups cottage cheese (use low-fat or full-fat)*
- *3 eggs, beaten*
- *3/4 cup almond flour*
- *1 tsp spices *your choice*

INSTRUCTIONS:

1. Preheat oven to 375 degrees
2. Mix eggs, almond flour, and cottage cheese in the blender
3. Add mixture to a baking sheet lined with parchment paper
4. Bake in the oven for about 20 minutes, checking every 10 minutes to ensure the flatbread is not burning
5. Remove from oven, allow to cool slightly, and peel away from the parchment paper.
6. Make the sandwich of your life that is nutrient-dense, high protein, delicious, and brag-worthy

Recipe guide:

100% Plant-Based Bowl



PREP TIME: 10 MIN
COOK TIME: 30 MIN
TOTAL TIME: 40 MIN

INGREDIENTS:

- *1 bag of Trader Joe's riced cauliflower*
- *1 bag of Trader Joe's shaved Brussels sprouts*
- *1 medium yellow onion; diced*
- *1.5 TBS of garlic; minced*
- *4 TBS extra virgin olive oil*
- *Salt and pepper; to taste*

INSTRUCTIONS:

1. Preheat oven to 425°F.
2. On a large baking sheet, evenly space out Brussels sprouts and drizzle with extra virgin olive oil. Sprinkle with salt and pepper. Bake for 15-20 minutes or until crispy and brown.
3. While Brussels sprouts are roasting, dice onion and sauté with 1 TBS extra virgin olive oil. Once onions are translucent add garlic and cook until fragrant.
4. Add the bag of riced cauliflower to the onion and garlic and sauté for another 5-10 minutes.
5. Add all ingredients to a bowl and enjoy.

Chef's note: Add protein atop dish for extra nutrients. Trader Joe's chorizo (in moderation as this is a processed option), chicken, wild caught salmon, sautéed tofu, or turkey meatballs (can be found in another dinner recipe on my website).

Recipe guide:

Crispy, Crunchy Chickpeas



PREP TIME: 5 MIN
COOK TIME: 60 MIN
TOTAL TIME: 65 MINS

INGREDIENTS:

- *2 cans unsalted chickpeas*
- *3 TBS extra virgin olive oil or avocado oil*
- *1 tsp garlic powder*
- *1/2 tsp salt*
- *1/2 tsp cumin*
- *1.5 tsp smoked paprika*
- *1 tsp onion powder*

INSTRUCTIONS:

1. Preheat oven to 425
2. Drain chickpeas in a colander, then transfer to a flat surface and dry thoroughly with a paper towel
3. Transfer chickpeas to bowl and mix in all ingredients
4. transfer peas to a baking sheet lined with parchment paper
5. Bake for approximately 30 minutes, mixing every ten minutes in between. Most chickpeas should be crunchy when you take them out.

Recipe guide:

Protein Pancakes



PREP TIME: 10 MIN
COOK TIME: 20 MIN
TOTAL TIME: 30 MIN

INGREDIENTS:

- *3/4 cup cottage cheese*
- *1/2 cup oats*
- *1/2 tsp cinnamon*
- *2 eggs*
- *2 TBS almond flour*
- *1 tsp baking powder*
- *2 TBS Greek yogurt*
- *2 TBS grass-fed butter*

INSTRUCTIONS:

1. Combine all ingredients into a medium mixing bowl and blend together (or use immersion blender) until mixture is smooth.
2. On medium low heat in a large frying pan (or griddle) melt 1 TBS grass-fed butter and proceed to bake pancakes. Add more butter as needed to keep pancakes from sticking.

Chef's Note: Top with fresh berries, honey, or sugar-free whip cream.

Recipe guide:

Pulled Chicken and Homemade Taco Seasoning



PREP TIME: 5 MIN
COOK TIME: 40 MIN
TOTAL TIME: 45 MINS

INGREDIENTS:

- *2-3 Pounds of Fresh Raw Chicken*
- *3 Cups Unsalted Chicken Stock*
- *Pepper to Season Chicken*
- *Salt to Season Pepper*
- *1/2 tsp Turmeric*
- *1 tsp Cayenne*
- *1 tbsp Cumin*
- *2 tsp Garlic Powder*
- *1 tsp Smoked Paprika*
- *1 tsp Dried Oregano*
- *1 tbsp Chili Powder*
- *1 tbsp Old Bay Seasoning*
- *1/2 tsp Salt*
- *1/2 tsp Pepper*

INSTRUCTIONS:

1. Prepare instant pot or pot on stove with chicken stock.
2. Season chicken with salt and pepper and place in instant pot or pot on stove.
3. Close top to instant pot and cook on high pressure for 13-16 minutes. Allow to natural release for 10 minutes. (If using pot, boil in chicken stock until cooked all the way through and tender)
4. Remove Chicken from instant pot (or pot) and allow to cool.
5. Once cool, using two forks begin to shred chicken by pulling forks in opposite directions through the chicken.

Recipe guide:

Cottage Cheese Queso



PREP TIME: 10 MIN
COOK TIME: 5 MIN
TOTAL TIME: 15 MIN

INGREDIENTS:

- *1 cup cottage cheese (low-fat)*
- *3/4 cup Mexican cheese blend; shredded*
- *1/4 tsp taco seasoning*
- *1/4 tsp garlic powder*

INSTRUCTIONS:

1. Using a blender, mix cottage until creamy and lump free.
2. Add in shredded cheese and seasonings. Blend again until smooth.
3. Ready now to enjoy cold. If you prefer it warmed, place mixture in microwave safe bowl and microwave in 15 second intervals, mixing in-between, until warm throughout.

Chef's note: pair with chips (Quest's Hot and Spicy Tortilla Style Protein Chip) or vegetables. Can also be great on top of lean proteins, tacos, or as a side sauce.

Recipe guide:

Simple Arugula Salad



PREP TIME: 10 MIN
COOK TIME: 10 MIN
TOTAL TIME: 20 MIN

INGREDIENTS:

- *1 medium container or bag of arugula*
- *2 lemons*
- *1/2 cup pine nuts*
- *3 TBS garlic extra virgin olive oil*
- *3 more TBS good quality extra virgin olive oil*
- *Freshly grated parmesan cheese to top*

INSTRUCTIONS:

1. Juice the lemons and whisk in good quality extra virgin olive oil.
2. In a small pan on low heat, sauté pine nuts garlic extra virgin olive oil.
3. Toss the arugula in the lemon and extra virgin olive oil mixture.
4. Top arugula mixture with pine nuts and freshly grated cheese.

Recipe guide:

Spaghetti Squash Pasta



PREP TIME: 20 MIN

COOK TIME: 35-40 MIN

TOTAL TIME: 55-60 MINS

INGREDIENTS:

- *1 medium-large spaghetti squash*
- *1 jar of preferred pasta sauce*
- *1 cup parmesan cheese; freshly grated*
- *Garlic infused olive oil*
- *Sea Salt*

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Cut the ends off each side of the spaghetti squash and then halve and scoop out seeds.
3. Drizzle with garlic infused olive oil and season lightly with sea salt.
4. Place squash in oven for 30-40 minutes until browned and soft enough to pierce easily with a fork.
5. Remove squash from oven and set aside to cool.
6. While squash is cooling, grate 1 cup of parmesan cheese.
7. Once cooled, use a fork to gently scrap out the squash. Begin at the rind and scrap the fork inward until all "meat" is off.
8. Plate and top with preferred sauce and fresh parmesan cheese.

Recipe guide:

Egg Bites



PREP TIME: 20 MIN

COOK TIME: 35-40 MIN

TOTAL TIME: 55-60 MINS

INGREDIENTS:

- *3 eggs*
- *2/3 cups cottage cheese (low-fat or full fat)*
- *1/2 yellow onion*
- *1 TBS grass fed butter*
- *1 TBS extra virgin olive oil*
- *1/2 cup shredded cheddar cheese*
- *1 tsp garlic powder*
- *1 tsp salt*

INSTRUCTIONS:

1. Preheat oven to 275°F.
2. Finely chop 1/2 yellow onion and sauté in extra virgin olive oil and butter until translucent.
3. Add all ingredients into a bowl and use an immersion blender (or other mixing device) until thoroughly mixed.
4. Pour into a greased muffin tin and bake in oven for 30-40 minutes.
5. Allow to cool and serve!

Recipe guide:

Roasted Smash Brussels Sprouts



PREP TIME: 15 MIN

COOK TIME: 40 MIN

TOTAL TIME: 55 MIN

INGREDIENTS:

- *1/2 cup high-quality, extra virgin olive oil*
- *~1 lb Brussel sprouts*
- *Sea Salt or seasoning of choice; to taste*

INSTRUCTIONS:

1. Rinse and dry Brussels sprouts.
2. Trim the ends of the Brussels sprouts off and cut length-wise.
3. In a medium-large sauce pot, boil Brussels sprouts in salted water for about 20 minutes; until softened.
4. Allow sprouts to cool and then smash until flattened. Use the bottom of a cup or a plate to smash.
5. Preheat oven to 450°F. Line a large baking sheet and place sprouts spaced apart. Then drizzle with extra virgin olive oil and sprinkle with seasoning of choice. Place in oven for 20 minutes.
6. After 20 minutes, increase oven temperature to 475°F, flip sprouts, and bake for another 10 minutes or until crispy and brown.

Recipe guide:

Stuffed Baked Sweet Potatoes



PREP TIME: 10 MIN
COOK TIME: 50 MIN
TOTAL TIME: 1 HR

INGREDIENTS:

- *2 Large Sweet Potatoes*
- *1 Cup Tri-Colored Quinoa*
- *1/3 Cup Dried Cranberries*
- *4 Cups fresh Curly Kale*
- *Fresh Pearled Mozzarella*
- *Good Olive Oil*
- *Fig Balsamic Vinegar*
- *Salt*
- *Pepper*
- *1-2 Cloves Fresh Minced Garlic*

INSTRUCTIONS:

1. Line a baking sheet with parchment paper and place two halved large sweet potatoes face up. Drizzle with good olive oil and sprinkle lightly with salt and pepper. Place in oven for 30 minutes or until soft.
2. While potatoes roast, in a large pan on the stovetop, saute kale and garlic in olive oil until kale is darker green and slightly wilted.
3. In a medium sauce pan, boil quinoa for about 10 minutes or as listed on package.
4. In a separate mixing bowl. Mix quinoa, kale mixture, pearled cheese, and cranberries.
5. Once potatoes are cooked, spoon a small crater out of the potato to create bowl for stuffing.
6. Spoon in stuffing mixture onto potato and top with drizzle of fig balsamic vinegar.
7. Optional: top with walnuts, pecans, or nut of your choice.

Recipe guide:

No Tomato Caprese Salad



PREP TIME: 5 MIN
COOK TIME: 10 MIN
TOTAL TIME: 15 MIN

INGREDIENTS:

- *One fresh mozzarella log*
- *One large package of fresh basil*
- *½ cup pine nuts*
- *1 tsp extra virgin olive oil*
- *Balsamic glaze or fig glaze*

INSTRUCTIONS:

1. Wash, dry, and destem fresh basil and place on large serving dish.
2. Slice fresh mozzarella into semi-circles and layer on dish atop fresh basil.
3. In a saucepan on medium-low heat sauté pine nuts in extra virgin olive oil until golden brown and scatter on top of basil and mozzarella.
4. Drizzle desired amount of fig or balsamic glaze over salad.

Recipe guide:

Zucchini Chips



PREP TIME: 15 MIN

COOK TIME: 12-20 MIN

TOTAL TIME: 27-35 MIN

INGREDIENTS:

- *2-3 medium-sized zucchini*
- *2 eggs; beaten*
- *1/2-3/4 cup parmesan cheese; freshly grated or prepared*
- *2 TBS extra virgin olive oil*
- *Salt and Pepper (to taste)*

INSTRUCTIONS:

1. Wash and thinly slice zucchini width wise, leaving you with circle slices. The thinner to slice the zucchini the crispier your chips will be.
2. Prepare zucchini slices by dredging them through beaten egg and coating them in freshly grated parmesan cheese.
3. If using an air fryer, line inside with fryer safe paper, lay zucchini chips out flat, drizzle with olive oil, and fry for 12-20 minutes. Top with salt and pepper to taste.
4. If using the oven, preheated to 425°F. Line a baking sheet with parchment paper, lay zucchini chips out flat, drizzle with olive oil, and bake for 25-30 minutes or until browned and crispy. Top with salt and pepper to taste.

Chef's Notes:

5. To make dairy-free, substitute breadcrumbs for the parmesan.
6. To make dairy-free and gluten-free, substitute panko for the parmesan and use a mix of olive oil and water to dip.

Recipe guide:

Vegetable Omelette



PREP TIME: 10 MIN
COOK TIME: 10 MIN
TOTAL TIME: 20 MIN

INGREDIENTS:

- *A quarter of a yellow onion; diced*
- *4 baby Bella mushrooms; diced*
- *A handful of fresh spinach; julianned*
- *1/4 of a red pepper; diced*
- *1 TBS grass-fed butter*
- *3 eggs*
- *Salt and Pepper; to taste*

INSTRUCTIONS:

1. Wash and prepare all vegetables as directed above.
2. In a medium sauté pan over medium heat, sauté onion in butter until translucent. Then add remaining vegetables and sauté for another 5 minutes.
3. In a small mixing bowl, crack 3 eggs and whisk. Add in pinch of salt and pepper and whisk again.
4. Pour egg mixture over vegetables, stir and allow to cook. Once egg is solidified, flip in pan, cook for one minute or less, and fold in half.
5. Plate and serve.

Recipe guide:

Air-Fried Smashed Broccoli



PREP TIME: 15 MIN

COOK TIME: 20 MIN

TOTAL TIME: 35 MIN

INGREDIENTS:

- *1 12 -ounce package of broccoli florets*
- *3/4 cup whole grain or regular panko*
- *3/4 cup grated parmesan cheese*
- *1/2 cup extra virgin olive oil*
- *salt*

INSTRUCTIONS:

1. Steam broccoli according to package directions. Once ready, remove from package and cut stem off broccoli, only leaving the crown.
2. Using a small bowl or mug, with parchment paper underneath, Smash each broccoli crown individually.
3. In a medium or small sauce pan, toast Panko in about 3 TBS of extra virgin olive oil until brown. Make sure to stir often to avoid burning.
4. Mix parmesan and Panko in a bowl.
5. Place smashed broccoli crowns on air frier pan and place a spoonful of Panko/parmesan mixture on top and press in with bottom of the spoon.
6. Add pan into the air fryer and drizzle more extra virgin olive oil on each crown.
7. Set air fryer to 350°F for about 18 minutes, checking 1/2 way through cooking cycle.
8. Remove, sprinkle with salt to taste, and plate!