

The GLP-1 cookbook

30 recipes for a smaller appetite, protein first, organised around the dose week.

Free from foodose.co. October 2026.

Every recipe's nutrition is calculated from USDA FoodData Central. The recipes have been checked on paper and not yet cooked or photographed, so times and yields are estimates. Meal ideas, not individual nutrition prescriptions: talk to the clinician who prescribes for you before changing how you eat.

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FOR THE DAYS AFTER THE SHOT

Small, soft and mild, for the days when a full plate is too much. Each still carries protein.

Chicken and rice congee with ginger

A loose, savoury rice porridge with fine shreds of poached chicken and a little ginger. It is mild, there is almost nothing to chew, and it is easy to eat a few spoonfuls at a time on a day when a full plate is too much.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
2	About 1 hr 20 min	385 kcal	42 g	2 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

1100 ml chicken stock, ready to use, low-salt
20 g fresh ginger, peeled and cut into 4 thick slices
300 g chicken breast, skinless, boneless, 2 small breasts
70 g white rice, long-grain, dry weight
80 g spinach, fresh leaves, baby leaves
10 g soy sauce, reduced-salt
1 tsp toasted sesame oil
2 spring onions, green parts only, finely sliced

Method

1. Put the stock and the sliced ginger in a 3 litre heavy pan and bring to a bare simmer over medium heat. Lower in the chicken breasts, cover and poach at a gentle tremble, never a boil, for 15 to 18 minutes, until the chicken reaches 74°C in the thickest part. Cooked when: 74°C / 165°F in the thickest part.
2. Lift the chicken onto a plate to cool. Rinse the rice in a sieve under cold water for 30 seconds and add it to the stock.
3. Bring back to the boil, then turn the heat to its lowest setting and simmer, partly covered, for 45 to 50 minutes. Stir every 5 minutes, scraping the base of the pan, until the grains have burst and the pot looks like a loose porridge. If it thickens past that, add hot water 100 ml at a time.
4. Meanwhile, pull the chicken into fine shreds with two forks. Lift the slices of ginger out of the pot.
5. Stir the shredded chicken and the spinach into the congee and warm for 2 to 3 minutes, until the spinach has wilted and the chicken is hot through.
6. Take the pan off the heat and stir in the soy sauce. Ladle into bowls and leave for 5 minutes to cool a little, then finish each with a few drops of the sesame oil and the spring onion.

Worth knowing: Poach the chicken in the stock before the rice goes in. The stock takes on the chicken's flavour, and the breast cooks at a gentle tremble instead of spending 45 minutes in a thick, bubbling pot, where it would turn dry and stringy.

Keeping it: Cool it quickly, cover and refrigerate within 2 hours. The FDA chart gives soups and stews 3 to 4 days. It sets thick in the fridge. Loosen it with hot water as it reheats. The same chart gives soups and stews 2 to 3 months in the freezer for best quality.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/chicken-rice-congee-ginger

Poached chicken with soft mashed potato and carrots

Chicken breast poached slowly in stock with thyme, sliced and served with a smooth mash and soft carrots. A plain, mild plate in a modest portion, with a cup of the poaching broth alongside.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
2	About 45 min	430 kcal	42 g	7 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

350 g potatoes, floury, peeled
 600 ml chicken stock, ready to use, low-salt
 2 g fresh thyme leaves, 2 or 3 sprigs
 200 g carrot, peeled
 300 g chicken breast, skinless, boneless, 2 small breasts
 80 ml milk, semi-skimmed (2%), warmed
 10 g butter, unsalted
 5 g parsley, finely chopped

Method

1. Cut the potatoes into 4 cm pieces, put them in a pan, cover with cold water and bring to the boil. Simmer for 15 to 18 minutes, until a knife slides through with no resistance.
2. Meanwhile, put the stock and the thyme in a 20 cm pan with a lid and bring to a bare simmer. Add the carrots, cut into 1 cm rounds, and cook for 5 minutes.
3. Lower in the chicken breasts so they are just covered, adding a little hot water if they are not. Cover and keep the liquid at a gentle tremble, never a boil, for 14 to 16 minutes, until the chicken reaches 74°C in the thickest part. Cooked when: 74°C / 165°F in the thickest part.
4. Turn off the heat and leave the chicken to rest in the stock for 5 minutes while you make the mash.
5. Drain the potatoes and let them steam dry in the colander for 1 minute. Mash them with the warm milk and the butter until completely smooth.
6. Slice the chicken thinly across the grain. Serve it with the mash and the carrots, spoon 2 or 3 tablespoons of the stock over each plate and scatter with the parsley. Lift out the thyme and pour the rest of the stock into two cups to sip alongside.

Worth knowing: Poach the chicken at a tremble, not a boil, and rest it in the liquid. At a rolling boil the outside of a breast tightens and pushes out its juice before the middle is cooked; at a bare simmer it cooks evenly and stays soft enough to cut with a fork.

Keeping it: Cool, cover and refrigerate within 2 hours of cooking. Eat within 3 to 4 days. Keep the sliced chicken in a little of the stock so it does not dry out, and the mash separately. The FDA chart gives cooked poultry dishes 4 to 6 months in the freezer for best quality.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/poached-chicken-soft-mashed-potato-carrots

Smooth chicken, potato and carrot soup

A GLP-1 friendly chicken soup blended completely smooth, with the chicken worked into the soup itself rather than left in chunks. A small bowl is mild, soft and still substantial.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
2	About 50 min	400 kcal	37 g	6 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

10 ml olive oil
 100 g leek, white part, sliced
 250 g potatoes, peeled
 150 g carrot, peeled
 2 g fresh thyme leaves, leaves only
 800 ml chicken stock, ready to use, low-salt
 250 g chicken breast, skinless, boneless
 100 ml milk, semi-skimmed (2%)
 5 g parsley, finely chopped

Method

1. Warm the oil in a 3 litre pan over medium-low heat. Add the leek and cook gently for 6 to 8 minutes, stirring now and then, until soft but not coloured.
2. Add the potato and carrot, both cut into 2 cm pieces, with the thyme leaves and the stock. Bring to the boil, then lower the heat to a simmer.
3. Lower in the chicken breasts, cover and poach at a gentle simmer for 15 to 18 minutes, until the chicken reaches 74°C in the thickest part and the potato and carrot are completely soft. Cooked when: 74°C / 165°F in the thickest part.
4. Lift out the chicken. Add the milk to the pan and blend the soup until completely smooth, with a stick blender or in batches in a jug blender with the lid vented.
5. Shred the chicken finely with two forks. Blend half of it into the soup for body, and stir the rest through.
6. Warm the soup through without letting it boil. Ladle into bowls, leave for a few minutes to cool a little, and finish with the parsley.

Worth knowing: Blend half the chicken into the soup. It thickens the soup with protein instead of cream or flour, and the half left as fine shreds gives the bowl some body without much to chew.

Keeping it: Cool it quickly, cover and refrigerate within 2 hours. The FDA chart gives soups and stews 3 to 4 days. It thickens as it cools; loosen it with a splash of water as it reheats. The same chart gives soups and stews 2 to 3 months in the freezer for best quality.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/smooth-chicken-potato-carrot-soup

Milk-poached cod with mashed potato and spinach

Cod poached gently in milk, served on a soft mash made with that same milk, with wilted spinach. A mild, tender plate that flakes apart with a fork.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
2	About 35 min	385 kcal	36 g	6 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

400 g potatoes, floury, peeled
200 ml milk, semi-skimmed (2%)
300 g cod, skinless, 2 fillets
150 g spinach, fresh leaves, baby leaves
10 g butter, unsalted
5 g parsley, finely chopped

Method

1. Cut the potatoes into 4 cm pieces, put them in a pan, cover with cold water and bring to the boil. Simmer for 15 to 18 minutes, until completely tender.
2. When the potatoes have about 10 minutes left, pour the milk into a 20 cm frying pan with a lid and warm it over medium-low heat until it steams. Lay in the cod, cover and poach over the lowest heat, with the milk barely moving, for 6 to 8 minutes, until the cod reaches 63°C and flakes easily. Cooked when: 63°C / 145°F, or until the flesh is opaque and flakes easily.
3. Lift the cod onto a warm plate and cover it. Add the spinach to the milk in the pan and turn it for 1 minute until wilted, then lift it out with a slotted spoon, pressing it against the side of the pan to drain.
4. Drain the potatoes and let them steam dry for 1 minute. Mash with the butter and enough of the poaching milk to make a soft, loose mash.
5. Serve the cod on the mash with the spinach beside it, spoon over the rest of the poaching milk and scatter with the parsley. Check for bones as you break into the fish.

Worth knowing: Poach the cod in the milk you will mash with. The fish flavours the milk as it cooks, and the milk carries that flavour into the potato, which is why the mash needs nothing else.

Keeping it: Cool, cover and refrigerate within 2 hours of cooking. Eat within 3 to 4 days. Keep the mash separately if you can; it reheats better loosened with a splash of milk. The FDA chart gives cooked fish 4 to 6 months in the freezer for best quality.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/milk-poached-cod-mashed-potato-spinach

Miso soup with silken tofu, egg and spinach

A single bowl of miso soup made more substantial with silken tofu and soft ribbons of egg. It is light, mild and quick, and the tofu needs no chewing at all.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
1	About 15 min	300 kcal	30 g	3 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

400 ml water
 5 g fresh ginger, sliced
 250 g silken tofu
 40 g spinach, fresh leaves, baby leaves
 1 egg, large
 1½ tbsp white miso, white
 1 spring onion, finely sliced

Method

1. Put the water and the sliced ginger in a small pan, bring to a simmer and let it bubble gently for 5 minutes. Lift out the ginger.
2. Cut the silken tofu into 2 cm cubes and slide them into the pan with the spinach. Warm for 2 minutes over low heat without stirring, so the cubes hold together.
3. Beat the egg in a jug. With the soup at a gentle simmer, pour it in a thin stream while slowly stirring the surface in one direction with a fork, then leave it for 1 minute until the ribbons are set. Cooked when: the eggs are firm throughout, with no visible liquid egg.
4. Take the pan off the heat. Put the miso in a ladle, dip the ladle into the soup and stir with the fork until the paste has dissolved, then stir it gently through the pan.
5. Pour into a bowl, scatter with the spring onion, and let it stand for 2 or 3 minutes before eating.

Worth knowing: Add the miso last, off the heat. Boiled miso loses its aroma and turns grainy, so it is dissolved in a ladle of soup that has stopped bubbling, and the soup is not heated again.

Keeping it: Best eaten as soon as it is made. If you keep it, cool it, cover and refrigerate within 2 hours, and eat it within 3 to 4 days; the tofu softens further as it stands.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/miso-soup-silken-tofu-egg-spinach

Greek yoghurt with mashed banana, honey and vanilla

A cold pot of fat-free Greek yoghurt with ripe banana folded through, a little vanilla and a trickle of honey. It takes three minutes and is soft, mild and small.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
1	About 3 min	265 kcal	27 g	3 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

250 g Greek yoghurt, plain, fat-free

1 banana (about 100 g), small and ripe, peeled weight

½ tsp vanilla extract

1 tsp honey

Method

1. Mash the banana on a plate with a fork until it is almost smooth, with a few soft lumps left.
2. Stir the vanilla into the Greek yoghurt until it is evenly mixed.
3. Fold two thirds of the banana through the yoghurt, spoon it into a glass or bowl, and top with the rest.
4. Trickle the honey over the top and eat straight away, while the banana is still pale.

Worth knowing: Use a banana with brown freckles on its skin. It mashes in seconds with a fork, and it is sweet enough that one teaspoon of honey is all the pot needs.

Keeping it: Best eaten straight away; mashed banana browns as it stands. Keep the yoghurt refrigerated and do not leave the finished pot out of the fridge for more than 2 hours.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/greek-yoghurt-mashed-banana-honey-vanilla

SMOOTHIES AND SHAKES

A cold glass is often easier than a plate. Each of these carries at least 25 g of protein.

Peanut butter and banana protein shake

A peanut butter and banana shake built on milk and a scoop of whey, about 350 ml. For the mornings when you are not hungry but know you need something, it is a drink you can finish slowly.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
1	About 5 min	360 kcal	31 g	4 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

220 ml milk, semi-skimmed (2%)
25 g whey protein powder, unflavoured or vanilla, about 1 scoop
15 g peanut butter, smooth, no added salt, about 1 level tablespoon
80 g bananas, ripe, half a large banana, peeled, sliced and frozen

Method

1. Pour the milk into the blender jug and add the protein powder.
2. Blend on low for 10 seconds, until no dry protein powder is left on the surface or the sides of the jug.
3. Add the peanut butter and the frozen banana. Blend on high for 30 to 45 seconds, until smooth and lightly frothy.
4. Pour into a glass. If it is too thick to drink comfortably, blend in 2 to 3 tablespoons of cold water.

Worth knowing: Blend the protein powder into the milk before anything thick goes in. Added last, it sits on top of the banana and peanut butter, sticks to the jug walls and leaves dry pockets; blended first, it dissolves in seconds.

Keeping it: Best drunk straight away. If you keep it, cover it and refrigerate within 2 hours, and drink it within 24 hours; it separates, so shake or stir it first.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/peanut-butter-banana-protein-shake

Peach and vanilla skyr smoothie with oats

A soft peach and vanilla smoothie with skyr and a few oats, about 400 ml and mild all the way through. A good one for a warm morning when a plate does not appeal.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
1	About 8 min	280 kcal	28 g	3 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

80 ml milk, semi-skimmed (2%)
 15 g rolled oats, rolled
 220 g plain skyr
 1 peach (about 120 g), ripe, stoned and sliced, or 120 g frozen slices
 ½ tsp vanilla extract

Method

1. Pour the milk into the blender jug, add the oats and leave for 5 minutes to soften.
2. Add the skyr, the sliced peach and the vanilla. There is no need to peel the peach; the blender takes care of the skin.
3. Blend on high for about 1 minute, until smooth and the oats can no longer be felt.
4. Pour into a glass. If the peach was not frozen, it will be cool rather than cold; chill the skyr and milk beforehand for a colder glass.

Worth knowing: Flavour here depends almost entirely on the peach. A ripe one gives slightly at the stem and smells of peach; an underripe one tastes of nothing once blended. Out of season, frozen peach slices are the better choice.

Keeping it: Best drunk straight away. If you keep it, cover it and refrigerate within 2 hours, and drink it within 24 hours; it separates, so shake or stir it first. The oats will thicken it; loosen it with a splash of milk.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/peach-vanilla-skyr-smoothie-oats

Blueberry and oat protein smoothie

A filling blueberry and oat smoothie with milk and whey, soaked for ten minutes so the oats blend smooth. About 375 ml, and gentle enough for a morning when solid food does not appeal.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
1	About 15 min	340 kcal	28 g	6 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

250 ml milk, semi-skimmed (2%)
25 g rolled oats, rolled
½ tsp ground cinnamon
20 g whey protein powder, unflavoured or vanilla
80 g frozen blueberries, unsweetened

Method

1. Put the milk, oats and cinnamon in the blender jug and leave for 10 minutes, so the oats soften. You can do this the night before, covered in the fridge.
2. Add the protein powder and blend on low for 10 seconds, until no dry powder is left.
3. Add the frozen blueberries and blend on high for about 1 minute, until no oat texture is left when you rub a drop between your fingers.
4. Pour into a glass. If it has thickened too far to drink easily, blend in 2 to 3 tablespoons of water.

Worth knowing: Soak the oats in the milk before you blend. Ten minutes softens them enough to blend to a smooth drink; unsoaked, they leave a fine grit that no amount of blending removes.

Keeping it: Best drunk straight away. If you keep it, cover it and refrigerate within 2 hours, and drink it within 24 hours; it separates, so shake or stir it first. The oats keep absorbing liquid, so it will be thicker; loosen it with a splash of milk.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/blueberry-oat-protein-smoothie

Mixed berry smoothie with skyr and flaxseed

A thick, sharp-sweet smoothie of three berries and plain skyr, about 400 ml in the glass. On a morning when a plate looks like too much, a cold drink is often easier to start than a bowl.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
1	About 5 min	275 kcal	28 g	7 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

80 ml milk, semi-skimmed (2%)
220 g plain skyr
40 g frozen strawberries, unsweetened
40 g frozen blueberries, unsweetened
30 g raspberries, fresh or frozen
10 g ground flaxseed

Method

1. Pour the milk into the blender jug first, then add the skyr. Liquid at the bottom lets the blades turn freely before they meet anything thick or frozen.
2. Add the frozen strawberries, frozen blueberries, raspberries and ground flaxseed on top.
3. Blend on low for 10 seconds to break up the fruit, then on high for 45 to 60 seconds, until no flecks of berry skin are left and the smoothie falls from a spoon in a thick ribbon. If the blades stall, stop, scrape down the jug with a spatula and add 1 to 2 tablespoons of water.
4. Pour into a glass and drink it within 10 minutes, before the flaxseed thickens it further.

Worth knowing: Ground flaxseed keeps thickening the drink after the blender stops, so a smoothie that pours well now is a spoonable one in twenty minutes. Drink it promptly, or blend in 2 tablespoons of water if it has to wait.

Keeping it: Best drunk straight away. If you keep it, cover it and refrigerate within 2 hours, and drink it within 24 hours; it separates, so shake or stir it first. The flaxseed will have set it thick, so loosen it with a splash of milk.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/mixed-berry-smoothie-skyr-flaxseed

BREAKFASTS

A morning when you can only manage a few mouthfuls is the morning those mouthfuls should be protein.

Tofu scramble with mushrooms and spinach on toast

Crumbled tofu cooked with mushrooms, turmeric and spinach on toast.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
2	About 35 min	530 kcal	46 g	9 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

400 g firm tofu
250 g mushrooms
15 ml rapeseed or other neutral oil
1 tsp ground turmeric
150 g spinach, fresh leaves
2 slices sourdough bread (about 100 g)
10 g chives

Method

1. Press the tofu between sheets of kitchen paper under a plate for 15 minutes, then break it into rough pieces with your hands rather than cutting it.
2. Slice the mushrooms thickly and brown them hard in the oil over medium-high heat for 5 minutes, leaving them undisturbed for the first 2.
3. Add the turmeric and stir for 30 seconds, then add the broken tofu.
4. Cook for 6 to 8 minutes, turning occasionally, until the edges of the tofu have caught and coloured.
5. Stir in the spinach until it wilts, toast the sourdough bread, and serve the scramble on top with the chives.

Worth knowing: Break the tofu with your hands instead of dicing it. The ragged edges catch the pan and brown, which is where the flavour comes from; a neat cube presents flat faces and stays pale.

Keeping it: Cool, cover and refrigerate within 2 hours of cooking. Eat within 3 to 4 days. The scramble keeps 3 to 4 days and reheats well in a dry pan. Freezing keeps food safe indefinitely; the texture is best if it is eaten sooner rather than later.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/tofu-scramble-mushrooms-spinach-toast

Poached haddock with egg and spinach on toast

Haddock poached in milk with a soft egg and wilted spinach.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
2	About 25 min	365 kcal	40 g	5 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

300 ml milk, semi-skimmed (2%)
250 g haddock, fresh, not smoked
200 g spinach, fresh leaves
2 eggs, large
2 slices wholemeal bread (about 80 g)
5 g chives

Method

1. Bring the milk to a bare simmer in a shallow pan, lower in the haddock and poach gently for 6 to 8 minutes. The surface should barely move. Cooked when: 63°C / 145°F, or until the flesh is opaque and flakes easily.
2. Lift the fish out onto a plate and flake it, discarding any skin and checking for bones.
3. Wilt the spinach in a dry pan for 2 minutes, then press it in a sieve until it stops dripping.
4. Poach the eggs in a separate pan of barely simmering water for 3 to 4 minutes. Cooked when: the whites are set and the yolks are firm.
5. Toast the wholemeal bread, pile on the spinach and the flaked haddock, top each with an egg and scatter over the chives.

Worth knowing: Keep the milk at a bare simmer and never let it boil. Haddock is a delicate fish and boiling tightens it within a minute into dry threads that no amount of sauce will fix.

Keeping it: Cool, cover and refrigerate within 2 hours of cooking. Eat within 3 to 4 days. Poached eggs do not keep; make those fresh. The FDA chart gives cooked fish 4 to 6 months in the freezer for best quality.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/poached-haddock-egg-spinach-toast

Bread, egg and cheddar strata with spinach

Bread soaked in savoury custard and baked with spinach and cheddar.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
2	About 1 hr 15 min	570 kcal	38 g	6 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

200 g spinach, fresh leaves
3 slices wholemeal bread (about 130 g)
80 g cheddar
4 eggs, large
300 ml milk, semi-skimmed (2%)
10 g Dijon mustard

Method

1. Wilt the spinach in a dry pan, press it in a sieve until it stops dripping, and chop it.
2. Tear the wholemeal bread into rough pieces and scatter them in an ovenproof dish with the spinach and three quarters of the grated cheddar.
3. Beat the eggs with the milk and the Dijon mustard and pour the mixture evenly over the top.
4. Press everything down with the back of a spoon so the bread is submerged, and leave it to soak for 20 minutes. Heat the oven to 180°C / 350°F (160°C fan) while it stands.
5. Scatter the remaining cheese over and bake for 30 to 40 minutes, until puffed and set in the middle. Cooked when: 71°C / 160°F in the centre.
6. Rest for 5 minutes before cutting.

Worth knowing: Give it the full twenty minutes to soak, and push the bread under. Bread that has not taken up the custard stays dry in the middle and burns on top, which is the only way this dish goes wrong.

Keeping it: Cool, cover and refrigerate within 2 hours of cooking. Eat within 3 to 4 days. It can be assembled the night before and baked in the morning, which is the point of the dish. Freezing keeps food safe indefinitely; the texture is best if it is eaten sooner rather than later.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/bread-egg-cheddar-strata-spinach

Spinach, feta and red pepper egg bites

Soft, custardy egg bites made with whole eggs, egg whites and blended cottage cheese, baked a dozen at a time. Three make a small breakfast you can eat in a few minutes, and they come out of the freezer as well as they went in.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
4	About 40 min	410 kcal	35 g	4 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

8 eggs, large
 250 ml egg whites, large
 200 g cottage cheese, about 4% fat
 150 g spinach, fresh leaves
 150 g red pepper, finely diced
 80 g feta
 3 spring onions
 5 ml olive oil
 4 slices wholemeal bread (about 160 g)

Method

1. Heat the oven to 160°C / 325°F (140°C fan) and set a roasting tin of just-boiled water on the lowest shelf. Brush a 12-hole muffin tin, or 12 silicone cups, with the olive oil.
2. Wilt the spinach in a dry pan over medium heat for 2 minutes, tip it into a sieve and press out as much liquid as you can with the back of a spoon, then chop it. Finely dice the red pepper and slice the spring onions.
3. Blend the eggs, egg whites and cottage cheese for about 30 seconds, until completely smooth. Divide the spinach, red pepper and spring onions between the cups, break the feta into small pieces over them, and pour in the egg mixture to three-quarters full.
4. Bake on the middle shelf for 22 to 25 minutes, until puffed, set at the edges and with only a faint wobble in the middle. In an air fryer, bake them in silicone cups at 150°C / 300°F for 12 to 14 minutes, in batches. A thermometer pushed into the centre of one should read 71°C. Cooked when: 71°C / 160°F in the centre.
5. Leave them in the tin for 5 minutes; they sink a little as they cool, which is normal. Eat three with a slice of toasted wholemeal bread.
6. To prep ahead, cool the rest on a rack for no more than an hour. Box three to a container for the fridge, or freeze them spread apart on a lined tray for 2 hours before bagging, so they do not stick together.

Worth knowing: The tin of hot water on the shelf below is what makes these soft rather than rubbery. Steam keeps the oven humid, so the edges do not tighten and rise before the middle has set, and the bites bake through evenly.

Keeping it: Cool, cover and refrigerate within 2 hours of baking. Eat within 3 to 4 days. Freeze them spread apart, then bag them. The FDA chart has no row for egg bakes; freezing keeps food safe indefinitely, and the texture is best if they are eaten sooner rather than later.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/spinach-feta-red-pepper-egg-bites

Turkey, sage and apple hash with a fried egg

Turkey browned with potato, apple and sage, topped with an egg.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
2	About 32 min	435 kcal	33 g	5 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

250 g potatoes
10 ml olive oil
250 g turkey mince, 93% lean
½ tsp dried sage
1 apple (about 150 g)
2 eggs, large
5 g parsley

Method

1. Cut the potatoes into 1.5 cm dice and boil for 6 to 7 minutes, until a knife just enters. Drain well and let the steam escape.
2. Warm half the oil in a large frying pan over medium-high heat. Add the turkey mince and the sage and break it up, cooking for 6 to 8 minutes until browned. Cooked when: 74°C / 165°F in the thickest part.
3. Add the drained potatoes and the diced apple. Spread everything into a single layer and leave it alone for 4 minutes, then turn once and leave it again, so the edges catch.
4. Push the hash to one side, add the remaining oil, and fry the eggs for 3 to 4 minutes. Cooked when: the whites are set and the yolks are firm.
5. Serve the hash topped with an egg and the chopped parsley.

Worth knowing: Parboil the potatoes, then leave them alone in the pan. Stirring a hash is what stops it crisping; the browning happens in the four minutes you are not touching it.

Keeping it: Cool, cover and refrigerate the hash within 2 hours of cooking. Eat within 3 to 4 days. Fry the eggs fresh.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/turkey-sage-apple-hash-fried-egg

Turkey, egg and black bean freezer breakfast burritos

Six breakfast burritos filled with spiced turkey, soft scrambled egg, black beans and cheddar, rolled and frozen for the mornings when there is no time to cook. One is a complete breakfast that reheats from frozen in a few minutes.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
6	About 55 min	490 kcal	32 g	6 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

10 ml olive oil
 1 onion (about 150 g)
 150 g red pepper, diced
 400 g turkey mince, 93% lean
 1 tsp ground cumin
 1 tsp smoked paprika
 240 g black beans, tinned, low salt, one 400 g tin, drained and rinsed
 6 eggs, large
 150 ml egg whites, large
 60 g cheddar, grated
 120 g tomato salsa, jarred, ready to serve
 6 tortillas (about 385 g), wheat, large, about 25 cm (10 inch) across

Method

1. Warm half the oil in a large non-stick frying pan over medium-high heat. Soften the diced onion and red pepper for 5 minutes, then add the turkey, cumin and smoked paprika and break it up with a spatula. Cook for 7 to 8 minutes, until no pink remains and it reaches 74°C. Cooked when: 74°C / 165°F in the thickest part.
2. Stir in the drained black beans and warm them through for 2 minutes, then spread the mixture over a large tray to cool.
3. Wipe out the pan, add the remaining oil and set it over low heat. Beat the eggs with the egg whites, pour them in and stir slowly for 3 to 4 minutes, until set into soft curds with no liquid egg left. Spread them on the tray beside the turkey. Cooked when: the eggs are firm throughout, with no visible liquid egg.
4. When the filling has stopped steaming, after about 15 minutes, warm the tortillas for 10 seconds each in the dry pan so they fold without cracking. Lay a sixth of the turkey and egg across the lower third of each, then top with the grated cheddar and 20 g of salsa.
5. Fold in the sides, roll each one up tightly away from you and wrap it closely in foil or baking paper. Put them in a freezer bag, press out the air, label and freeze.
6. To eat, unwrap a burrito, cover it with a damp paper towel and microwave from frozen for 2 to 3 minutes, turning it over halfway, then rest it for 1 minute. In the oven, bake from frozen in its foil at 180°C / 350°F for 35 to 40 minutes. Either way, it should reach 74°C in the centre. Cooked when: 74°C / 165°F, steaming hot throughout.

Worth knowing: Cool the filling completely before you roll. Warm filling steams inside the tortilla, which turns it soggy in the fridge and covers it in ice crystals in the freezer; a cool, dry filling keeps the tortilla intact for reheating.

Keeping it: Cool the filling within 2 hours of cooking. Rolled burritos keep 3 to 4 days in the fridge. Freezing keeps food safe indefinitely, and the FDA chart's times are for quality: it gives cooked poultry dishes 4 to 6 months. The scrambled egg is the

part whose texture changes first, so eat the oldest burritos first.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/turkey-egg-black-bean-freezer-breakfast-burritos

Instant Pot Mexican shredded chicken with black beans

Spiced chicken breasts cooked in tomato in an Instant Pot or slow cooker, shredded, and folded through black beans with lime. A bowl that suits a family dinner and still works on a small appetite, because the beans and chicken carry the meal and the rice is a measured portion.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
4	About 55 min	520 kcal	51 g	15 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

600 g chicken breast, skinless, boneless, 3 breasts
 2 tsp ground cumin
 2 tsp chilli powder
 1 tsp smoked paprika
 1 tsp dried oregano
 1 onion (about 150 g)
 1 red pepper (about 150 g)
 2 garlic (about 10 g)
 120 ml chicken stock, ready to use
 400 g chopped tomatoes, tinned
 480 g black beans, tinned, low salt, 2 tins, drained and rinsed
 30 g lime juice
 400 g cooked brown rice, long-grain, cooked
 150 g sweetcorn, tinned, drained
 150 g Greek yoghurt, plain, fat-free
 15 g fresh coriander

Method

1. Mix the cumin, chilli powder, smoked paprika and oregano, and rub half of the mix over the chicken breasts. Slice the onion and the red pepper and grate the garlic.
2. Pressure cooker: pour the stock into the pot, scatter in the onion, red pepper and garlic, and lay the chicken on top in one layer. Sprinkle over the rest of the spice mix and pour the tomatoes over without stirring. Seal, cook at high pressure for 10 minutes, let the pressure release naturally for 10 minutes, then quick release the rest. The thickest breast should read 74°C. Cooked when: 74°C / 165°F in the thickest part.
3. Slow cooker: layer everything in the same order, cover and cook on LOW for 4 to 5 hours or HIGH for 2 to 3 hours, until the thickest breast reads 74°C. Cooked when: 74°C / 165°F in the thickest part.
4. Lift the chicken onto a board and shred it with two forks. Stir the black beans into the sauce and let it bubble for 5 to 10 minutes, on Sauté in the pressure cooker or with the lid off on HIGH in the slow cooker, until it has thickened. Return the chicken and stir in the lime juice.
5. Warm the cooked brown rice and the drained sweetcorn. Serve the chicken and beans over the rice with the sweetcorn, a spoonful of the Greek yoghurt and the chopped coriander.

Worth knowing: The black beans go in after the chicken is cooked, not before. Tinned beans are already cooked, and ten minutes at pressure or five hours on LOW splits them into a grey paste. Added at the end, they heat through in the

minutes the sauce needs to thicken, and the shredded chicken soaks up that sauce as it sits.

Keeping it: Cool, cover and refrigerate within 2 hours of cooking. Eat within 3 to 4 days. Keep the yoghurt and coriander separate. The FDA chart gives cooked poultry dishes 4 to 6 months in the freezer for best quality. Freeze the chicken and beans in their sauce, without the rice, yoghurt or coriander.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/instant-pot-mexican-shredded-chicken-black-beans

Chicken poached in lemon and thyme with white beans

Chicken poached gently, then folded through white beans with lemon and thyme.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
2	About 30 min	470 kcal	51 g	11 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

300 ml chicken stock, ready to use
 1 tsp fresh thyme leaves
 300 g chicken breast, skinless, boneless
 400 g white beans
 10 ml olive oil
 100 g spinach, fresh leaves
 15 ml lemon juice

Method

1. Bring the stock and thyme to a bare simmer in a pan just wide enough to hold the chicken in one layer. The surface should barely move.
2. Lower in the chicken breasts, cover and poach for 14 to 16 minutes, turning once. Never let it boil. Cooked when: 74°C / 165°F in the thickest part.
3. Lift the chicken out onto a board and leave it to rest for 5 minutes.
4. Add the drained beans and the oil to the poaching stock and warm for 3 minutes, then stir in the spinach until it wilts.
5. Slice the chicken thickly, stir the lemon juice into the beans and return the chicken with any juices from the board.

Worth knowing: A bare simmer, never a boil. Moving water pulls chicken breast tight and squeezes the moisture out of it within a couple of minutes, and no amount of sauce puts it back.

Keeping it: Cool, cover and refrigerate within 2 hours of cooking. Eat within 3 to 4 days. The beans absorb the liquid as they sit, so keep a little stock back to loosen them. The FDA chart gives cooked poultry dishes 4 to 6 months in the freezer for best quality.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/chicken-poached-lemon-thyme-white-beans

Turkey goulash with paprika and potato

Turkey braised with sweet paprika, peppers and potato, finished with yoghurt.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
2	About 53 min	545 kcal	50 g	11 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

15 ml rapeseed or other neutral oil
 300 g turkey breast, skinless
 1 onion (about 150 g)
 1 tbsp paprika
 400 g passata
 400 ml chicken stock, ready to use
 200 g roasted red peppers from a jar
 300 g potatoes
 100 g Greek yoghurt, plain, 2% fat

Method

1. Warm the oil in a lidded pan over medium-high heat and brown the diced turkey in a single layer for 4 minutes. Lift it out.
2. Lower the heat and soften the sliced onion for 8 minutes.
3. Take the pan off the heat entirely, stir in the paprika and let it sizzle in the residual heat for 20 seconds.
4. Return to the heat, add the passata, stock, sliced peppers and diced potato, and simmer for 18 to 22 minutes until the potato is tender.
5. Return the turkey and cook for 5 minutes more. Cooked when: 74°C / 165°F in the thickest part.
6. Take the pan off the heat, let it stop bubbling, and stir in the yoghurt.

Worth knowing: Add the paprika off the heat. It is a ground spice with a high sugar content and it burns in seconds over a flame, turning the whole pan bitter in a way nothing later can fix.

Keeping it: Cool, cover and refrigerate within 2 hours of cooking. Eat within 3 to 4 days. Better on the second day. The yoghurt may look grainy on reheating. The FDA chart gives cooked poultry dishes 4 to 6 months in the freezer for best quality.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/turkey-goulash-paprika-potato

Turkey and mushroom stroganoff

Turkey and mushrooms in a paprika sauce with yoghurt and noodles.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
2	About 35 min	475 kcal	50 g	4 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

100 g egg noodles, dry weight
 10 ml rapeseed or other neutral oil
 250 g mushrooms, sliced
 60 g onion, sliced
 280 g turkey breast, skinless, cut into strips
 ½ tsp paprika
 150 ml chicken stock, ready to use
 100 g Greek yoghurt, plain, 2% fat

Method

1. Cook the noodles in boiling water, following the packet, then drain them.
2. Meanwhile, warm the oil in a large frying pan over medium-high heat. Add the mushrooms and cook for 6 to 8 minutes, until their liquid has evaporated and they have browned.
3. Add the onion and cook for 4 minutes, until soft. Add the turkey and paprika and cook for 2 minutes, turning.
4. Pour in the stock and simmer for 6 to 8 minutes, until the turkey is cooked through and the sauce has reduced a little. Cooked when: 74°C / 165°F in the thickest part.
5. Take the pan off the heat and wait until it stops bubbling, then stir in the yoghurt. Serve over the noodles.

Worth knowing: Let the bubbling stop before adding yoghurt. Stirred into a simmering pan its proteins tighten and the sauce turns grainy, and no amount of stirring brings it back.

Keeping it: Cool, cover and refrigerate within 2 hours of cooking. Eat within 3 to 4 days. The FDA chart gives cooked poultry dishes 4 to 6 months in the freezer for best quality. The yoghurt may separate when thawed; stirring brings most of it back.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/turkey-mushroom-stroganoff

Halibut with warm lentils, tomato and parsley

Halibut over warm lentils dressed with tomato, lemon and parsley.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
2	About 32 min	475 kcal	48 g	18 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

1 onion (about 120 g)
 15 ml olive oil
 400 g cooked lentils
 200 g tomatoes
 300 g halibut
 15 ml lemon juice
 15 g parsley

Method

1. Soften the finely diced onion in half the oil over medium-low heat for 8 minutes.
2. Add the drained lentils and the chopped tomatoes and warm through for 5 minutes, turning rather than stirring so the lentils stay whole.
3. Pat the halibut dry. Warm the remaining oil in a non-stick frying pan over medium-high heat and cook the fillets for 3 to 4 minutes on each side. Cooked when: 63°C / 145°F, or until the flesh is opaque and flakes easily.
4. Stir the lemon juice and most of the parsley through the lentils while they are still hot.
5. Spoon the lentils onto plates, set the halibut on top and finish with the remaining parsley.

Worth knowing: Dress the lentils while they are hot. Warm pulses are still open and take the lemon juice and oil right in; dressed cold, they sit in it and taste of nothing.

Keeping it: Cool, cover and refrigerate within 2 hours of cooking. Eat within 3 to 4 days. The lentils are good cold as a salad the next day. The FDA chart gives cooked fish 4 to 6 months in the freezer for best quality.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/halibut-warm-lentils-tomato-parsley

Baked beef meatballs in tomato sauce with mozzarella

Tender meatballs of lean ground beef baked in a garlicky tomato and spinach sauce under melted mozzarella. Five small meatballs and a slice of toast make a plate that is easy to finish.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
4	About 55 min	545 kcal	47 g	5 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

500 g lean beef mince, 93% lean, raw
 40 g dried breadcrumbs, plain
 1 egg, large
 20 g Parmesan, finely grated
 3 garlic (about 15 g), finely grated
 1½ tsp dried oregano
 10 ml olive oil
 500 g passata
 200 g spinach, fresh leaves
 125 g mozzarella, part-skim, 1 ball, drained and torn
 15 g fresh basil
 160 g sourdough bread, 4 slices, toasted

Method

1. Heat the oven to 220°C / 425°F (200°C fan). Put the beef, breadcrumbs, egg, Parmesan, half the garlic and half the oregano in a bowl with a good pinch of salt. Mix with your hand only until the egg and breadcrumbs disappear, then roll into 20 meatballs, each about 4 cm across, with damp hands.
2. Brush a baking dish about 30 by 20 cm with half the oil, add the meatballs in one layer and roast for 12 minutes, until browned on top.
3. Meanwhile, warm the rest of the oil in a saucepan over medium-low heat and cook the rest of the garlic and oregano for 1 minute without letting it colour. Add the passata, simmer for 5 minutes, then stir in the spinach until it wilts.
4. Spoon off any fat from the baking dish, pour the sauce around the meatballs and bake for 10 minutes. Scatter the mozzarella over and bake for 5 to 8 minutes more, until it has melted and the meatballs are cooked through to the centre. Cooked when: 71°C / 160°F in the centre, with no pink left.
5. Tear the basil over the top and serve five meatballs each with the sauce and a slice of the toasted sourdough bread.

Worth knowing: Mix only until the breadcrumbs and egg disappear into the beef. Working lean mince longer makes it springy and dense, closer to a sausage than a meatball; a light hand keeps it tender.

Keeping it: Cool, cover and refrigerate within 2 hours of cooking. The FDA chart gives cooked meat dishes 3 to 4 days. Keep the bread separate. The same chart gives cooked meat dishes 2 to 3 months in the freezer for best quality. Freeze the meatballs in their sauce; the mozzarella turns a little grainy but is fine stirred in.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/baked-beef-meatballs-tomato-sauce-mozzarella

Pork loin steaks with mustard leeks and potatoes

Golden pork loin steaks on soft leeks in a mustard and yoghurt sauce, with new potatoes and green beans. A plain, comforting plate that is ready in 35 minutes.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
2	About 35 min	475 kcal	46 g	8 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

300 g potatoes, new potatoes, halved
 150 g green beans, trimmed
 300 g pork loin steaks, fat trimmed, raw, 2 boneless steaks
 10 ml olive oil
 250 g leek, halved lengthways and sliced
 1 tsp fresh thyme leaves
 100 ml vegetable stock, ready to use
 15 g Dijon mustard
 80 g Greek yoghurt, plain, 2% fat
 5 g parsley, chopped

Method

1. Boil the potatoes in salted water for 15 to 18 minutes, adding the green beans for the last 4 minutes, until the potatoes are tender to a knife. Drain.
2. Meanwhile, pat the pork dry and season it. Warm half the oil in a large frying pan over medium-high heat and cook the pork for 4 to 5 minutes a side, until golden. Move them to a plate, cover loosely and rest for at least 3 minutes. Cooked when: 63°C / 145°F, then left to rest for 3 minutes before slicing.
3. Lower the heat to medium, add the rest of the oil, the leeks and the thyme, and cook for 6 to 8 minutes, stirring, until the leeks are soft and silky. Pour in the stock and let it bubble for 1 minute.
4. Take the pan off the heat and stir in the Dijon mustard, then the Greek yoghurt and any juices from the resting pork.
5. Serve the pork on the mustard leeks with the potatoes and beans, scattered with the parsley.

Worth knowing: Add the yoghurt off the heat. Strained yoghurt has too little fat to survive a boil and curdles into grains; stirred into a pan that has stopped bubbling, it turns the leeks into a smooth sauce.

Keeping it: Cool and refrigerate within 2 hours of cooking. The FDA chart gives cooked meat 3 to 4 days.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/pork-loin-steaks-mustard-leeks-potatoes

Salmon with peas, mint and yoghurt

Salmon fillets with crushed peas, mint and a spoonful of yoghurt.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
2	About 30 min	545 kcal	46 g	7 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

150 g potatoes
300 g salmon, Atlantic, farmed
250 g frozen peas
10 g fresh mint
15 ml lemon juice
5 ml olive oil
150 g Greek yoghurt, plain, 2% fat

Method

1. Heat the oven to 200°C / 400°F (180°C fan). Boil the potatoes for 15 to 18 minutes.
2. Put the salmon on a lined tray and roast for 11 to 14 minutes depending on thickness. Cooked when: 63°C / 145°F, or until the flesh is opaque and flakes easily.
3. Cook the peas in boiling water for 3 minutes only, then drain them well.
4. Tip the peas into a bowl with the chopped mint, lemon juice and oil, and crush them with a fork or the back of a spoon. Stop while plenty of whole peas remain.
5. Serve the salmon with the crushed peas, the potatoes and a spoonful of yoghurt.

Worth knowing: Crush the peas, do not blend them. A food processor turns the whole thing into a smooth green paste, and the texture of half-crushed peas is the entire point of the dish.

Keeping it: Cool, cover and refrigerate within 2 hours of cooking. Eat within 3 to 4 days. The crushed peas dull in colour overnight but taste the same. The FDA chart gives cooked fish 4 to 6 months in the freezer for best quality.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/salmon-peas-mint-yoghurt

Air-fryer pork schnitzel with apple slaw

Thin pork loin cutlets in a crisp crumb, cooked in the air fryer with a spoonful of oil, with a sharp apple and cabbage slaw. Thin and crisp is easier to eat than a thick steak.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
2	About 35 min	405 kcal	45 g	6 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

300 g pork loin steaks, fat trimmed, raw, 2 boneless steaks
 100 g Greek yoghurt, plain, fat-free
 15 g Dijon mustard
 40 g dried breadcrumbs, plain
 ½ tsp paprika
 10 ml rapeseed or other neutral oil
 200 g cabbage, finely shredded
 1 apple (about 150 g), cut into matchsticks
 2 tsp cider vinegar
 5 g parsley, chopped

Method

1. Lay each piece of pork between two sheets of baking paper and beat it with a rolling pin to an even 5 mm thickness. Cut each in half and season with salt.
2. Mix 30 g of the Greek yoghurt with 5 g of the Dijon mustard in a shallow dish, and mix the breadcrumbs with the paprika in a second. Coat each piece of pork thinly in the mustard yoghurt, then press it into the breadcrumbs on both sides.
3. Heat the air fryer to 200°C / 400°F. Brush or spray both sides of the schnitzels with the oil, lay them in the basket in a single layer, in two batches if needed, and cook for 8 to 10 minutes, turning halfway, until deep golden. Rest them for 3 minutes. In an oven, bake on a rack over a tray at 220°C / 425°F (200°C fan) for 12 to 15 minutes. Cooked when: 63°C / 145°F in the thickest part, then left to rest for 3 minutes.
4. While they cook, toss the cabbage and apple with the rest of the Greek yoghurt and Dijon mustard, the cider vinegar and the parsley.
5. Serve two schnitzels each with the slaw alongside.

Worth knowing: Beat the pork to an even 5 mm. A loin steak is thicker at one edge than the other, and an uneven cutlet either scorches its crust at the thin end or leaves the thick end short of temperature; flattened evenly, the coating browns in the time the pork takes to cook.

Keeping it: Refrigerate the schnitzels within 2 hours of cooking and eat within 3 to 4 days. The slaw softens as it sits; keep it covered in the fridge and eat it within the same time.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/air-fryer-pork-schnitzel-apple-slaw

Slow cooker chicken, white bean and kale stew

A Tuscan-style stew of chicken, white beans, tomato and kale, made in a slow cooker or a pressure cooker and finished with parmesan. Brothy and soft, it is an easy bowl to finish on a day when a plated dinner feels like too much.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
4	About 4 hr 30 min	460 kcal	49 g	11 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

15 ml olive oil
1 onion (about 150 g)
2 carrot (about 150 g)
2 celery sticks (about 100 g)
3 garlic (about 15 g)
1 tsp fresh rosemary, finely chopped
600 g chicken breast, skinless, boneless, 3 breasts, left whole
480 g white beans, 2 tins, drained and rinsed
400 g chopped tomatoes, tinned
750 ml chicken stock, ready to use
150 g kale
15 ml lemon juice
30 g Parmesan

Method

1. Dice the onion, carrots and celery into 1 cm pieces. Warm the oil in a frying pan over medium heat, or in the pressure cooker on Sauté, and cook them for 8 minutes until the onion is soft, adding the sliced garlic and the rosemary for the last minute.
2. Slow cooker: tip the softened onion, carrots and celery into the pot with the white beans, the tomatoes and the stock. Push the whole chicken breasts under the liquid, cover and cook on LOW for 4 to 5 hours or HIGH for 2 to 3 hours, until the thickest breast reads 74°C. Cooked when: 74°C / 165°F in the thickest part.
3. Pressure cooker: pour the stock over the softened onion, carrots and celery and scrape the base clean, add the white beans and the chicken, then pour the tomatoes on top without stirring. Seal, cook at high pressure for 10 minutes, let the pressure release naturally for 10 minutes, then quick release the rest. The thickest breast should read 74°C. Cooked when: 74°C / 165°F in the thickest part.
4. Lift out the chicken, shred it with two forks and return it to the pot. Strip the kale from its stems, tear it into bite-sized pieces and stir it in. Give it 15 minutes on HIGH with the lid on in the slow cooker, or 3 minutes on Sauté in the pressure cooker, until tender.
5. Press a ladleful of the white beans against the side of the pot with the back of a spoon and stir them through to thicken the broth. Add the lemon juice and serve with the parmesan finely grated over each bowl.

Worth knowing: Mash a ladleful of the beans into the broth at the end. Their starch thickens the stew in a minute, without flour, cream or an hour of reducing, which a covered slow cooker cannot do anyway. The kale goes in last for the same reason the beans are mashed late: it stays green and holds its shape.

Keeping it: Cool it quickly, cover and refrigerate within 2 hours. The FDA chart gives soups and stews 3 to 4 days. It thickens as it stands; loosen it with a splash of water when reheating, and add the parmesan when you serve. The same chart gives soups

and stews 2 to 3 months in the freezer for best quality.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/slow-cooker-chicken-white-bean-kale-stew

Air fryer chicken shawarma skewers with garlic yoghurt

Chicken breast marinated in yoghurt, cumin and paprika, threaded with pepper and onion and charred in the air fryer, served with pita, romaine and garlic yoghurt. A dinner the whole family can assemble at the table, with each plate built to its own appetite.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
4	About 1 hr 10 min	475 kcal	49 g	7 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

600 g chicken breast, skinless, boneless
 300 g Greek yoghurt, plain, 2% fat
 30 ml lemon juice
 15 ml olive oil
 3 garlic (about 15 g)
 2 tsp ground cumin
 2 tsp paprika
 ¼ tsp ground cinnamon
 1 red pepper (about 150 g)
 1 red onion (about 150 g)
 150 g romaine lettuce
 200 g tomatoes
 4 pitas (about 240 g), wholemeal

Method

1. Cut the chicken into 3 cm cubes. Mix 100 g of the Greek yoghurt with half the lemon juice, the oil, two of the grated garlic cloves, the cumin, paprika and cinnamon, and turn the chicken through it. Cover and refrigerate for at least 30 minutes and up to 24 hours.
2. If using wooden skewers, soak 8 of them in water for 30 minutes and trim them to fit the basket. Cut the red pepper and the onion into 3 cm pieces and thread them onto the skewers between the chicken cubes.
3. Air fry at 200°C / 400°F for 12 to 14 minutes in a single layer, in two batches if needed, turning the skewers halfway, until the edges have charred in places and the thickest cube reads 74°C. Cooked when: 74°C / 165°F in the thickest part.
4. While the chicken cooks, stir the rest of the garlic and the rest of the lemon juice into the remaining 200 g of Greek yoghurt. Shred the romaine and chop the tomatoes.
5. Warm the pitas in the air fryer for 1 minute. Serve two skewers each with a pita, the romaine and tomatoes, and the garlic yoghurt.

Worth knowing: The yoghurt in the marinade is what chars. Its milk sugars and protein brown in the air fryer's dry heat well before the chicken can overcook, which gives the edges the colour a shawarma spit gets from hours of turning, and the acid keeps lean breast meat tender in the meantime.

Keeping it: Cool, cover and refrigerate within 2 hours of cooking. Eat within 3 to 4 days. Keep the garlic yoghurt in its own covered pot. The FDA chart gives cooked poultry dishes 4 to 6 months in the freezer for best quality. Freeze the cooked chicken and vegetables off the skewers, without the yoghurt, pita or salad.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/air-fryer-chicken-shawarma-skewers-garlic-yoghurt

Slow cooker turkey breast with potatoes, carrots and gravy

A boneless turkey breast joint cooked over potatoes and carrots in a slow cooker or pressure cooker, with gravy made from the cooking liquid. A roast dinner for six without the oven, and the slices are easy to portion to whatever appetite is at the table.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
6	About 5 hr	405 kcal	46 g	8 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

1000 g turkey breast, skinless, one boneless joint
 10 ml olive oil
 2 tsp fresh thyme leaves
 3 garlic (about 15 g)
 900 g potatoes
 450 g carrot
 1 onion (about 150 g)
 500 ml chicken stock, ready to use
 20 g plain flour, all-purpose
 450 g green beans

Method

1. Pat the turkey breast dry and rub it all over with the oil, the thyme and the grated garlic. Cut the potatoes into 4 cm chunks, the carrots into 3 cm lengths and the onion into thick wedges.
2. Slow cooker: put the potatoes, carrots and onion in the base, pour over 350 ml of the stock and sit the turkey on top. Cover and cook on LOW for 4 to 5 hours or HIGH for 2.5 to 3 hours, until the thickest part of the joint reads 74°C. Cooked when: 74°C / 165°F in the thickest part.
3. Pressure cooker: pour 350 ml of the stock into the pot, set the trivet in it and sit the turkey on the trivet with the onion around it. Seal and cook at high pressure for 15 minutes for a 1 kg joint, then let the pressure release naturally for 15 minutes. If the thickest part reads under 74°C, seal it again for 3 minutes. Lift out the turkey and the trivet, add the potatoes and carrots to the liquid, seal, cook at high pressure for 4 minutes and quick release. Cooked when: 74°C / 165°F in the thickest part.
4. Rest the turkey on a board, loosely covered with foil, for 10 minutes. Lift the potatoes, carrots and onion into a warm dish.
5. Whisk the flour into the remaining 150 ml of cold stock until smooth. Pour the cooking liquid into a pan, or leave it in the pressure cooker on Sauté, whisk in the flour mixture and simmer for 3 to 4 minutes, stirring, until it thickens into gravy.
6. Boil the green beans for 4 to 5 minutes, until just tender. Slice the turkey and serve with the potatoes, carrots, green beans and gravy.

Worth knowing: Go by the thermometer, not the clock. Boneless turkey breast is lean and turns dry quickly once it passes 74°C, and slow cookers vary by an hour or more on LOW. Start checking at the low end of the range, and lift the joint out the moment the thickest part reads 74°C; the vegetables underneath can keep cooking without it.

Keeping it: Cool, cover and refrigerate within 2 hours of cooking. Eat within 3 to 4 days. Store the sliced turkey with a little gravy over it so it does not dry out. The FDA chart gives cooked poultry dishes 4 to 6 months in the freezer for best quality.

Freeze the sliced turkey in its gravy; the potatoes turn grainy when frozen, so freeze them only if you do not mind that.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/slow-cooker-turkey-breast-potatoes-carrots-gravy

Slow-cooker pulled pork with crunchy slaw

Trimmed pork shoulder cooked low and slow in a smoky, tangy sauce, pulled and piled into wholemeal buns with a yoghurt slaw. The tender pork is easy to eat, and the rest freezes for later.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
4	About 8 hr 40 min	520 kcal	45 g	9 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

600 g pork shoulder, boneless, raw, outer fat trimmed, cut into 4 pieces
 2 tsp smoked paprika
 1 tsp garlic powder
 1 tsp ground cumin
 1 onion (about 150 g), sliced
 60 g tomato purée, concentrated, unsalted
 30 ml cider vinegar
 1 tbsp honey
 250 ml water
 300 g cabbage, finely shredded
 150 g carrot, coarsely grated
 160 g Greek yoghurt, plain, fat-free
 4 wholemeal burger buns (about 280 g)

Method

1. Mix the smoked paprika, garlic powder and cumin with a good pinch of salt and rub it all over the pork.
2. Lay the onion in the slow cooker and put the pork on top. Whisk the tomato purée, 20 ml of the cider vinegar, the honey and the water, and pour it over. Cover and cook on low for 8 to 9 hours or on high for 5 to 6 hours, until the pork falls apart when pressed with a fork. Cooked when: 63°C / 145°F in the thickest part, then left to rest for 3 minutes.
3. For a pressure cooker, layer everything in the same order, seal and cook on high pressure for 50 minutes, then let the pressure release naturally for 15 minutes.
4. Lift the pork onto a board and pull it into shreds with two forks, discarding any fat. Skim the fat from the cooking liquid, then boil it hard in a pan, or on the sauté setting, for 5 to 10 minutes, until reduced to about 200 ml of thick sauce. Fold it through the pork.
5. For the slaw, toss the cabbage and carrot with the Greek yoghurt and the rest of the cider vinegar.
6. Split the buns, pile in the pork and top with some of the slaw; serve the rest alongside.

Worth knowing: Trim the outer fat before cooking, not after. In a slow cooker it does not render away as it would in a hot oven; it melts into the sauce, so the pork is only as lean as your trimming. The figures assume it has gone.

Keeping it: Cool, cover and refrigerate within 2 hours of cooking. The FDA chart gives cooked meat dishes 3 to 4 days. Keep the pork in its sauce and the slaw separately from the buns. The same chart gives cooked meat dishes 2 to 3 months in the freezer for best quality. Freeze the pork in its sauce in portions, and make the slaw fresh.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/slow-cooker-pulled-pork-crunchy-slaw

Air fryer honey garlic pork rice bowls with broccoli

Cubes of lean pork loin glazed in honey, garlic, ginger and soy, cooked in the air fryer and boxed with brown rice, broccoli and carrots. Four lunches from about half an hour of cooking.

SERVES	TIME	ENERGY	PROTEIN	FIBRE
4	About 50 min	480 kcal	45 g	7 g

Nutrition per serving, calculated from USDA FoodData Central.

Ingredients

600 g pork loin steaks, boneless, fat trimmed, raw, in 2.5 cm cubes
 45 g soy sauce, reduced-salt
 1 tbsp honey
 3 garlic (about 15 g)
 15 g fresh ginger
 1 tbsp cider vinegar
 2 tsp toasted sesame oil
 400 g broccoli
 200 g carrot
 600 g cooked brown rice, long-grain, cooked
 3 spring onions

Method

1. Mix the soy sauce, honey, grated garlic, grated ginger and cider vinegar in a bowl. Add the pork, turn to coat, cover and leave in the fridge for at least 15 minutes and up to 8 hours.
2. Heat the air fryer to 200°C / 400°F. Lift the pork out of the marinade, keeping the marinade, and toss it with the sesame oil. Cook in a single layer for 10 to 12 minutes, shaking the basket halfway, until browned at the edges and 63°C in the centre of the largest cube, then rest it for 3 minutes. In the oven, roast it on a lined tray at 220°C / 425°F (200°C fan) for 12 to 15 minutes. Cooked when: 63°C / 145°F in the thickest part, then left to rest for 3 minutes.
3. While the pork cooks, cut the broccoli into small florets and the carrots into thin batons. Steam them over boiling water for 4 to 5 minutes, until just tender, and spread them on a plate to stop them cooking.
4. Boil the reserved marinade in a small pan for 2 minutes, until glossy and slightly syrupy, then toss the pork in it.
5. Divide the brown rice between four containers and add the pork, broccoli and carrots. Scatter with the sliced spring onions. To prep ahead, divide it between containers, leave them uncovered until the steam stops, no more than an hour, then cover and refrigerate or freeze.

Worth knowing: Pork loin has almost no fat to forgive overcooking. Take it out at 63°C and let it rest: it is safe, still juicy, and will survive being reheated later in the week, which a cube cooked to 75°C will not.

Keeping it: Cool, cover and refrigerate within 2 hours of cooking. The FDA chart gives cooked meat dishes 3 to 4 days. Keep the boxes on the bottom shelf. The same chart gives cooked meat dishes 2 to 3 months in the freezer for best quality. The broccoli softens after freezing; it is still good, just less crisp.

US measures, swaps and the full calculation: foodose.co/glp1-recipes/air-fryer-honey-garlic-pork-rice-bowls-broccoli

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Foodose, the iPhone app from the team behind this book, plates a day of food every morning around your GLP-1 dose week: lighter on the days after the shot, protein first on every plate, and gentler on a day you log nausea.

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- Your dose logged in one tap, from the app, a widget, your Apple Watch or Siri.
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