

50 recipes for everyday appetites

Breakfasts, lunches, dinners, soups, snacks and smoothies. Clear portions, practical methods and a smaller-serving option on every page.



A collection of meal ideas to adapt to your preferences and appetite. Each recipe can be printed separately from this book.

Nutrition figures are estimates. Smaller portions provide less energy and protein. This collection is not a prescribed meal plan or a treatment for medication side effects.

Recipe development: GLP-3 Wiki. Images are AI-generated illustrations. Recipes have not been physically kitchen-tested. September 2026 edition.

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Before you cook

Portions and batch sizes

The ingredient list makes the stated number of servings. Nutrition is for one serving, including the listed sides and toppings. A serving can be split into smaller portions; the smaller portion provides less nutrition. For another batch size, use the ingredient scaler on the recipe's webpage. Pan size and cooking time may need adjusting.

Ingredient weights

Weigh the edible ingredient in the state listed: raw or cooked, dry or drained. Eggs are large. Milk, broth and other liquids use approximate volume-to-weight conversions. Use plain dairy and the type of tofu specified; their protein content varies by brand. Choose vegetarian-labeled cheese when needed.

Food storage

Keep the fridge at 40°F / 4°C or below. Refrigerate perishable food promptly, within 2 hours, or 1 hour above 90°F / 32°C. Use shallow containers. Previously cooked ingredients keep their original storage deadline; making a salad or soup does not restart the clock. Follow shorter package use-by instructions.

Cook and reheat thoroughly

Use a food thermometer: poultry and reheated leftovers 165°F / 74°C; ground beef and egg dishes 160°F / 71°C; fish and shrimp 145°F / 63°C. Cool rice quickly, ideally within 1 hour, refrigerate and use within 24 hours. Reheat rice only once. See each recipe for its storage instructions.

Nutrition and allergens

Estimates use USDA FoodData Central ingredient data, not lab testing of the finished food. Brands, substitutions, cooking losses and portion size change the figures. Some source records omit fiber; the soba recipe notes this limitation. Allergen notes cover identified ingredients, not every possible brand or cross-contact risk. Check labels.

Review and sources

These original recipe drafts have not been physically kitchen-tested. Illustrations may differ from your result. Methods reference FoodSafety.gov's safe minimum temperature chart, USDA's Leftovers and Food Safety guidance, and the UK Food Standards Agency's rice guidance. Nutrition source: fdc.nal.usda.gov. Further methodology and the live recipes: www.glp3.wiki/recipes.

Blueberry overnight oats

Creamy oats, Greek yogurt and blueberries, mixed the night before for a breakfast you can take straight from the fridge.



Makes 2 servings | One serving: 1 portion

Prep 5 min | Cook 0 min | Rest/chill 8 hr | Total 8 hr 5 min

Per serving: 24.5 g protein | 5.9 g fiber | 292 kcal

38.8 g carbohydrate | 4.9 g fat | 91 mg sodium

Contains: milk. Check ingredient labels for allergens.

INGREDIENTS

60 g Rolled oats

340 g Plain nonfat Greek yogurt

120 ml 1% milk

100 g Blueberries

10 g Chia seeds

METHOD

1. Mix the base

Stir the oats, yogurt, milk and chia together until no dry pockets remain. Scrape the bottom of the bowl so the seeds do not collect there.

2. Chill overnight

Divide between covered containers and refrigerate for at least 8 hours. The oats should be soft and the mixture spoonable.

3. Add the berries

Wash the blueberries and fold them in or spoon them on top just before eating. Add a small splash of water if the oats have thickened more than you like.

FOR A SMALLER PORTION

Start with half of one serving and keep the rest refrigerated in a separate container. A smaller serving supplies less energy and protein; have more later if you want it.

STORAGE AND NOTES

Refrigerate in a covered container at 40°F / 4°C or below. Use within 3 days.

Use rolled oats rather than steel-cut oats. Lactose-free Greek yogurt and milk work too; check their labels if you track nutrition.

Open this recipe online | Nutrition estimates | AI-generated illustration

Apple cinnamon yogurt oats

Warm cinnamon apples over creamy oats, with yogurt stirred in after cooking so it stays smooth.



Makes 1 serving | One serving: 1 portion

Prep 5 min | Cook 10 min | Total 15 min

Per serving: 25.5 g protein | 5.2 g fiber | 307 kcal

43.9 g carbohydrate | 3.9 g fat | 119 mg sodium

Contains: milk. Check ingredient labels for allergens.

INGREDIENTS

30 g Rolled oats
120 ml 1% milk
60 ml Water
80 g Apple (cut into small dice)
0.5 g Ground cinnamon
170 g Plain nonfat Greek yogurt

METHOD

1. Soften the apple

Put the diced apple, cinnamon and half the water in a small saucepan. Cover and cook gently for 4-5 minutes until the apple softens, adding a splash of water if the pan dries out.

2. Cook the oats

Reserve a spoonful of apple for the top. Add the oats, milk and remaining water to the saucepan. Simmer gently for about 5 minutes, stirring, until the oats are tender.

3. Finish with yogurt

Take the pan off the heat and let the bubbling stop. Stir in most of the yogurt, then spoon into a bowl and top with the reserved apple and yogurt.

FOR A SMALLER PORTION

Serve half the finished bowl first. If you prefer a smoother texture, peel the apple before cooking; this changes the fiber estimate.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

The yogurt is added off the heat to reduce splitting. Reheated oats may need a splash of water.

[Open this recipe online](#) | [Nutrition estimates](#) | [AI-generated illustration](#)

Spinach cottage cheese egg bites

Tender baked egg bites with spinach and cottage cheese. Make a small tray and reheat only what you need.



Makes 3 servings | One serving: 3 egg bites

Prep 10 min | Cook 25 min | Rest/chill 5 min | Total 40 min

Per serving: 23.1 g protein | 0.7 g fiber | 208 kcal

5.8 g carbohydrate | 10 g fat | 448 mg sodium

Contains: egg, milk. Check ingredient labels for allergens.

INGREDIENTS

- 4 Large egg
- 150 g Pasteurized liquid egg whites
- 240 g 2% cottage cheese
- 90 g Baby spinach (finely chopped)
- 5 g Olive oil (for the muffin tin)
- 0.3 g Ground black pepper

METHOD

1. Prepare the tin

Heat the oven to 350°F / 180°C. Brush 9 standard muffin wells with the oil. For a larger batch, use another tin rather than filling the wells deeper.

2. Mix the eggs

Whisk the eggs and egg whites until combined. Stir in the cottage cheese, chopped spinach and pepper. Break up any large clumps of spinach.

3. Bake until set

Divide the mixture evenly among the prepared wells, keeping them no more than three-quarters full. Bake for 20-25 minutes, until the centers are fully set and reach 160°F / 71°C.

4. Cool and portion

Rest in the tin for 5 minutes, then loosen the edges with a spatula. Three bites make one base serving.

FOR A SMALLER PORTION

Start with one or two bites. Refrigerate the others promptly rather than leaving the tray out while you eat.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Freeze cooled bites separately, then store together for up to 2 months. Thaw in the fridge and reheat thoroughly.

Open this recipe online | Nutrition estimates | AI-generated illustration

Turkey breakfast burritos

Freezer-friendly breakfast burritos with turkey, scrambled egg, beans and sweet pepper, without a long list of toppings.



Makes 4 servings | One serving: 1 small burrito

Prep 15 min | Cook 15 min | Total 30 min

Per serving: 24.4 g protein | 7.1 g fiber | 344 kcal

27.4 g carbohydrate | 15.2 g fat | 361 mg sodium

Contains: egg, wheat. Check ingredient labels for allergens.

INGREDIENTS

240 g 93% lean ground turkey, raw

4 Large egg

120 g Cooked black beans, drained

100 g Red bell pepper (finely diced)

160 g Whole wheat tortilla (4 small tortillas, about 40 g each)

5 g Olive oil

1 g Ground cumin

METHOD

1. Cook the filling

Heat the oil in a large nonstick skillet. Add turkey, pepper and cumin. Break the turkey into small crumbles and cook for 7-9 minutes, until it reaches 165°F / 74°C.

2. Scramble the eggs

Whisk the eggs. Push the turkey mixture to one side, pour the eggs into the other side and stir gently until fully set. Fold in the beans and heat through.

3. Fill the tortillas

Warm the tortillas briefly so they bend. Divide the filling evenly between them, fold in the sides and roll snugly. Serve one burrito per person.

4. Pack the extras

For meal prep, cool the filling briefly in a shallow container before wrapping. Refrigerate or freeze promptly; do not leave the batch at room temperature to cool completely.

FOR A SMALLER PORTION

Cut one burrito in half and serve the other half later. If bread feels too much, spoon a little filling into a bowl instead; nutrition will differ.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Freeze individually for up to 2 months. Thaw in the fridge, remove foil if used, then microwave covered, turning midway, until the center reaches 165°F / 74°C.

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Banana yogurt pancakes

Small oat pancakes with banana in the batter and cool yogurt on top. No protein powder needed.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 10 min | Rest/chill 5 min | Total 25 min

Per serving: 23.6 g protein | 4.6 g fiber | 335 kcal

39.2 g carbohydrate | 9.9 g fat | 237 mg sodium

Contains: egg, milk. Check ingredient labels for allergens.

INGREDIENTS

60 g Rolled oats (blended to flour)

120 g Banana, peeled

2 Large egg

250 g Plain nonfat Greek yogurt
(two-fifths for the batter, three-fifths to serve)

3 g Baking powder

5 g Olive oil

METHOD

1. Blend the batter

Blend the oats to flour. Add most of the banana, the eggs, the yogurt reserved for the batter and baking powder. Blend until smooth, keeping a few banana slices for serving.

2. Let it thicken

Rest the batter for 5 minutes. It should drop slowly from a spoon; stir in a little water if it is too thick to spread.

3. Cook small pancakes

Brush a nonstick skillet with the oil and heat over medium-low. Spoon in small rounds. Cook for 2-3 minutes per side, until golden and cooked through with no wet batter in the center.

4. Serve

Divide the pancakes between two plates and add the remaining yogurt and banana. Keep the pancakes small so you can serve a few at a time.

FOR A SMALLER PORTION

Begin with one pancake and a spoonful of yogurt, adding more as wanted. Keep the remaining yogurt chilled.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Use certified gluten-free oats if needed. Oat pancakes are more delicate than wheat pancakes, so wait until the underside is set before turning.

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Savory egg and spinach oats

A savory oat bowl with spinach, a fully cooked egg and a little grated cheese for breakfast or a quick lunch.



Makes 1 serving | One serving: 1 portion

Prep 5 min | Cook 10 min | Total 15 min

Per serving: 27.7 g protein | 4.5 g fiber | 363 kcal

31.5 g carbohydrate | 13.8 g fat | 403 mg sodium

Contains: egg, milk. Check ingredient labels for allergens.

INGREDIENTS

- 35 g** Rolled oats
- 100 ml** 1% milk
- 100 ml** Water
- 80 g** Pasteurized liquid egg whites
- 40 g** Baby spinach
- 1** Large egg
- 10 g** Vegetarian hard cheese, finely grated
- 3 g** Olive oil
- 0.2 g** Ground black pepper

METHOD

1. Simmer the oats

Bring the oats, milk and water to a gentle simmer in a small saucepan. Cook for 5 minutes, stirring frequently.

2. Stir in the whites

Lower the heat. Pour in the pasteurized egg whites slowly while stirring continuously, then add the spinach. Cook for 2-3 minutes until the whites are fully cooked and the mixture reaches 160°F / 71°C.

3. Cook the egg

Meanwhile, heat the oil in a small nonstick pan. Cook the egg over low heat, covered, until both white and yolk are firm.

4. Finish the bowl

Stir the cheese into the oats, add pepper and place the egg on top. Add a splash of hot water if you prefer looser oats.

FOR A SMALLER PORTION

Spoon out half the oats and half the cooked egg for a smaller plate. Keep the remaining portion for later rather than forcing a full bowl.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Choose a hard cheese labeled vegetarian if this matters to you. The estimate uses parmesan as a nutrient equivalent.

[Open this recipe online](#) | [Nutrition estimates](#) | [AI-generated illustration](#)

Tofu scramble on toast

Crumbled tofu with soft tomato and spinach, served with toast for an egg-free breakfast.



Makes 1 serving | One serving: 1 portion

Prep 5 min | Cook 10 min | Total 15 min

Per serving: 32 g protein | 7.3 g fiber | 370 kcal

23.4 g carbohydrate | 19.6 g fat | 331 mg sodium

Contains: soy, wheat. Check ingredient labels for allergens.

INGREDIENTS

150 g Firm calcium-set tofu, drained (pat dry)
40 g Baby spinach
60 g Tomato (diced)
35 g Whole grain bread (1 small slice)
5 g Olive oil
0.5 g Ground turmeric
0.2 g Ground black pepper
0.3 g Table salt

METHOD

1. Crumble the tofu

Pat the drained tofu dry, then crumble it into irregular bite-sized pieces with your fingers or a fork.

2. Cook the vegetables

Warm the oil in a nonstick skillet. Add tomato and cook for 3-4 minutes until soft. Stir in turmeric, salt and pepper.

3. Scramble

Add tofu and cook for 4-5 minutes, stirring gently. Add spinach and a splash of water, then cook until the spinach wilts and everything is piping hot.

4. Toast and serve

Toast the bread and spoon the scramble alongside. Cut the toast into manageable pieces if you prefer.

FOR A SMALLER PORTION

Start with half the scramble and half the toast. For a softer meal, serve the scramble by itself; the nutrition shown includes the bread.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Firm tofu varies considerably in protein. This estimate uses calcium-set firm tofu; check the package when substituting silken or regular tofu.

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Peach chia yogurt pot

A chilled peach and yogurt pot thickened with a small spoonful of chia, ready to make ahead.



Makes 1 serving | One serving: 1 portion

Prep 5 min | Cook 0 min | Rest/chill 2 hr 10 min | Total 2 hr 15 min

Per serving: 24.8 g protein | 4.6 g fiber | 226 kcal

22.2 g carbohydrate | 4.6 g fat | 100 mg sodium

Contains: milk. Check ingredient labels for allergens.

INGREDIENTS

200 g Plain nonfat Greek yogurt
60 ml 1% milk
10 g Chia seeds
80 g Peach, stone removed (diced)
1 g Vanilla extract

METHOD

1. Combine

Stir the yogurt, milk, chia and vanilla together in a covered container until the seeds are evenly dispersed.

2. Chill and stir again

Refrigerate for 10 minutes, stir once more to break up clumps, then chill for at least another 2 hours until the seeds have softened.

3. Top with peach

Wash and dice the peach, discarding the stone. Spoon it over the chilled yogurt just before serving.

FOR A SMALLER PORTION

Try half the pot first. If seeds do not suit you, leave out the chia and use less milk for a thicker yogurt bowl; that version has less fiber.

STORAGE AND NOTES

Refrigerate in a covered container at 40°F / 4°C or below. Use within 3 days.

Frozen peach works if thawed in the fridge and drained. The total time includes chilling.

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Banana baked oat cups

Soft banana oat cups you can bake once and portion through the week, with yogurt mixed into the batter.



Makes 3 servings | One serving: 3 oat cups

Prep 10 min | Cook 25 min | Rest/chill 10 min | Total 45 min

Per serving: 19.4 g protein | 4.2 g fiber | 281 kcal

34.9 g carbohydrate | 7.5 g fat | 200 mg sodium

Contains: egg, milk. Check ingredient labels for allergens.

INGREDIENTS

- 90 g** Rolled oats
- 120 g** Banana, peeled
- 2** Large egg
- 300 g** Plain nonfat Greek yogurt
- 60 ml** 1% milk
- 4 g** Baking powder
- 1 g** Ground cinnamon
- 5 g** Olive oil (for the tin)

METHOD

1. Prepare

Heat the oven to 350°F / 180°C. Lightly oil 9 standard muffin wells. Mash the banana until mostly smooth.

2. Mix

Whisk the eggs, yogurt and milk into the banana. Stir in oats, baking powder and cinnamon. Let stand for 5 minutes while the oats absorb some liquid.

3. Bake

Divide evenly between the prepared wells, keeping them no more than three-quarters full. Bake for 22-25 minutes, until the centers are firm, reach 160°F / 71°C and a skewer comes out without wet batter.

4. Cool

Let the cups stand in the tin for 5 minutes, then lift onto a rack. Three cups make one base serving. These are moist baked oats rather than fluffy flour muffins.

FOR A SMALLER PORTION

Serve one oat cup now and save the second. You can cut it into small pieces and add a spoonful of yogurt if that texture is easier for you.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Freeze cooled cups for up to 2 months. Use certified gluten-free oats if needed.

Open this recipe online | Nutrition estimates | AI-generated illustration

Mushroom spinach frittata

A small pan of mushroom and spinach frittata, with cottage cheese for a tender filling.



Makes 2 servings | One serving: 1/2 of the small frittata

Prep 10 min | Cook 25 min | Rest/chill 5 min | Total 40 min

Per serving: 25.4 g protein | 1.3 g fiber | 237 kcal

7.6 g carbohydrate | 11.7 g fat | 447 mg sodium

Contains: egg, milk. Check ingredient labels for allergens.

INGREDIENTS

- 3 Large egg
- 100 g Pasteurized liquid egg whites
- 150 g 2% cottage cheese
- 120 g White mushrooms (thinly sliced)
- 60 g Baby spinach
- 5 g Olive oil
- 0.3 g Ground black pepper

METHOD

1. Prepare the pan

Heat the oven to 350°F / 180°C. Use a small ovenproof skillet, about 8 inches / 20 cm across, or a similarly sized baking dish.

2. Cook out the moisture

Heat the oil in the skillet. Cook the mushrooms for 5-6 minutes until softened and their released liquid has mostly evaporated. Add spinach and stir until wilted.

3. Add the eggs

Whisk eggs, egg whites, cottage cheese and pepper. Spread the vegetables evenly, then pour in the egg mixture. If using a baking dish, transfer everything to it now.

4. Bake and slice

Bake for 18-20 minutes until the middle is fully set and reaches 160°F / 71°C. Rest for 5 minutes, then cut into two base portions.

FOR A SMALLER PORTION

Cut one portion into smaller wedges and start with half. Save the rest in the fridge for another meal.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Cooking the mushroom liquid off first keeps the frittata from turning watery. Use a larger pan for a larger batch so the layer stays a similar depth.

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Lemon yogurt chicken salad

Shredded chicken with lemon, dill and a light yogurt dressing, ready for toast or a small lunch bowl.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 0 min | Total 10 min

Per serving: 37.7 g protein | 2.6 g fiber | 273 kcal

18.3 g carbohydrate | 4.7 g fat | 265 mg sodium

Contains: milk, wheat. Check ingredient labels for allergens.

INGREDIENTS

180 g Cooked skinless chicken breast
(cooled and shredded)

100 g Plain nonfat Greek yogurt

50 g Celery (finely diced)

15 g Lemon juice

5 g Fresh dill (chopped)

70 g Whole grain bread (2 small
slices)

0.3 g Ground black pepper

METHOD

1. Make the dressing

Mix the yogurt, lemon juice, dill and pepper in a bowl. Taste before adding anything else; the lemon should be noticeable without overwhelming the yogurt.

2. Fold in the chicken

Add the shredded chicken and finely diced celery. Fold gently until lightly coated, breaking up any long strands of chicken.

3. Serve or pack

Divide the salad between two containers. Serve each portion with a slice of bread, toasted if you like. Pack bread separately to keep it from becoming soggy.

FOR A SMALLER PORTION

Try half the chicken salad on half the toast. If crunchy celery is unappealing, leave it out or grate it finely; the estimate includes it.

STORAGE AND NOTES

Refrigerate in a covered container at 40°F / 4°C or below. Use within 3 days.

Use chicken that is already safely cooked and chilled. Its original storage time still counts; mixing it into salad does not restart the clock.

Open this recipe online | Nutrition estimates | AI-generated illustration

Tuna and white bean salad

A pantry lunch of tuna, white beans and cucumber, with enough lemon dressing to bring it together.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 0 min | Total 10 min

Per serving: 25.2 g protein | 6.7 g fiber | 258 kcal

27.3 g carbohydrate | 6.3 g fat | 208 mg sodium

Contains: fish. Check ingredient labels for allergens.

INGREDIENTS

160 g Canned light tuna in water, drained
180 g Cooked white beans, drained
100 g Cucumber (diced)
100 g Tomato (diced)
20 g Lemon juice
10 g Olive oil
6 g Fresh parsley (chopped)
0.3 g Ground black pepper

METHOD

1. Drain well

Drain the tuna and beans. If using canned beans, rinse them first and weigh after draining. Let excess water drip away so the dressing stays flavorful.

2. Dress the beans

Whisk lemon juice, olive oil and pepper in a bowl. Toss in the beans, cucumber, tomato and parsley.

3. Add the tuna

Flake the tuna into the bowl and fold gently so some larger pieces remain. Divide into two small lunch portions and serve cold.

FOR A SMALLER PORTION

Start with half a serving. You can mash some of the beans with a fork for a softer texture, or use fewer beans if that suits your tolerance; nutrition changes with the swap.

STORAGE AND NOTES

Refrigerate in a covered container at 40°F / 4°C or below. Use within 3 days.

Nutrition uses cooked unsalted white beans. Canned beans and tuna vary in sodium, even after draining; check their labels.

[Open this recipe online](#) | [Nutrition estimates](#) | [AI-generated illustration](#)

Turkey hummus pita

A small pita with roast turkey, hummus and cucumber for a lunch that needs only a cutting board.



Makes 1 serving | One serving: 1 portion

Prep 8 min | Cook 0 min | Total 8 min

Per serving: 29.5 g protein | 4.8 g fiber | 299 kcal

29.9 g carbohydrate | 7.7 g fat | 373 mg sodium

Contains: wheat, sesame. Check ingredient labels for allergens.

INGREDIENTS

75 g Cooked skinless turkey breast
(thinly sliced)

30 g Hummus

40 g Whole wheat pita (1 small pita)

40 g Cucumber (thinly sliced)

40 g Tomato (diced)

METHOD

1. Prepare the filling

Slice the turkey and cucumber into thin pieces. Dice the tomato and drain away excess juice.

2. Open the pita

Cut the pita across the middle and gently open each pocket. If it cracks, warm it briefly until flexible, then let it cool.

3. Fill

Spread hummus inside the pockets. Divide the turkey, cucumber and tomato between the halves, keeping the filling loose enough to bite easily.

FOR A SMALLER PORTION

Eat one pita half first and refrigerate the other. For an open plate, serve the turkey and hummus with a few pita strips instead.

STORAGE AND NOTES

Best assembled just before eating. Keep the filling chilled and use cooked turkey within its original 3-day storage window.

Hummus commonly contains sesame. Check the ingredient list; a sesame-free bean spread is a possible substitute.

Open this recipe online | Nutrition estimates | AI-generated illustration

Chickpea yogurt toast

Roughly mashed chickpeas with yogurt and celery on toast, for a meat-free sandwich-style lunch.



Makes 1 serving | One serving: 1 portion

Prep 10 min | Cook 0 min | Total 10 min

Per serving: 24.3 g protein | 10.6 g fiber | 331 kcal

49.9 g carbohydrate | 4.5 g fat | 247 mg sodium

Contains: milk, wheat. Check ingredient labels for allergens.

INGREDIENTS

100 g Cooked chickpeas, drained

100 g Plain nonfat Greek yogurt

25 g Celery (finely diced)

10 g Lemon juice

3 g Fresh parsley (chopped)

40 g Whole grain bread (1 slice)

0.2 g Ground black pepper

METHOD

1. Mash the chickpeas

Drain the chickpeas well. Mash with a fork until most are broken but a few small pieces remain.

2. Mix the filling

Fold in the yogurt, celery, lemon, parsley and pepper. The mixture should hold together on a spoon; drain any excess liquid before spreading.

3. Toast and top

Toast the bread, spoon the chickpea mixture on top and cut into halves or quarters. Keep any filling you are saving separate from the toast.

FOR A SMALLER PORTION

Try half the toast with half the filling. Mash the chickpeas more thoroughly if you prefer a smoother texture.

STORAGE AND NOTES

Refrigerate in a covered container at 40°F / 4°C or below. Use within 3 days.

For an egg-free vegetarian lunch, this uses yogurt rather than mayonnaise. A plain soy yogurt swap changes the protein estimate.

Open this recipe online | Nutrition estimates | AI-generated illustration

Egg salad toast

Chopped hard-boiled eggs with yogurt, mustard and dill, spooned onto a single slice of toast.



Makes 1 serving | One serving: 1 portion

Prep 10 min | Cook 17 min | Total 27 min

Per serving: 24.5 g protein | 2.7 g fiber | 280 kcal

19.4 g carbohydrate | 11.2 g fat | 400 mg sodium

Contains: egg, milk, wheat, mustard. Check ingredient labels for allergens.

INGREDIENTS

- 2 Large egg
- 70 g Plain nonfat Greek yogurt
- 5 g Yellow mustard
- 20 g Celery (finely diced)
- 3 g Fresh dill (chopped)
- 35 g Whole grain bread (1 small slice)
- 0.2 g Ground black pepper

METHOD

1. Hard-boil the eggs

Put the eggs in a small saucepan and cover with cold water. Bring to a boil, turn off the heat, cover and leave for about 12 minutes. Check that both whites and yolks are firm.

2. Cool and chop

Cool the eggs in cold water, peel and chop into small pieces. Drain away water before mixing.

3. Make the salad

Fold the eggs together with yogurt, mustard, celery, dill and pepper. Toast the bread and spoon the salad over it just before eating.

FOR A SMALLER PORTION

Serve half the egg salad on half the toast first. Save the remaining filling in a covered container in the fridge.

STORAGE AND NOTES

Refrigerate in a covered container at 40°F / 4°C or below. Use within 3 days.

Use ready-cooked hard-boiled eggs to shorten preparation. This time estimate assumes you cook the eggs from raw.

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Salmon cucumber rice bowl

Cooked salmon, rice and edamame with cool cucumber and a spoonful of lemon yogurt dressing.



Makes 1 serving | One serving: 1 portion

Prep 10 min | Cook 5 min | Total 15 min

Per serving: 31.3 g protein | 2.7 g fiber | 373 kcal

30.4 g carbohydrate | 13.7 g fat | 74 mg sodium

Contains: fish, soy, milk. Check ingredient labels for allergens.

INGREDIENTS

90 g Cooked salmon (flaked; no skin or bones)

80 g Cooked white rice

40 g Shelled edamame, cooked

60 g Cucumber (diced)

40 g Plain nonfat Greek yogurt

10 g Lemon juice

METHOD

1. Prepare the bowl

Check the cooked salmon carefully for bones. Dice the cucumber and mix the yogurt with the lemon juice.

2. Warm the base

If serving warm, reheat the rice, salmon and cooked edamame in a covered microwave-safe bowl with a small splash of water. Stir halfway and heat until the center reaches 165°F / 74°C.

3. Finish

Let the bowl stop steaming, then add cucumber and lemon yogurt. Alternatively, use safely chilled ingredients and serve the whole bowl cold.

FOR A SMALLER PORTION

Spoon out half the bowl and keep the rest refrigerated. Leave the cucumber on the side if mixing warm and cold textures is not appealing.

STORAGE AND NOTES

Use promptly chilled cooked rice and fish. For this mixed bowl, refrigerate immediately and use within 24 hours; reheat only once.

The stated time assumes the rice, edamame and salmon are already cooked. Cook raw salmon to 145°F / 63°C before using.

Open this recipe online | Nutrition estimates | AI-generated illustration

Edamame quinoa bowl

Quinoa and edamame with cucumber, sweet pepper and feta: a colorful lunch that travels well.



Makes 2 servings | One serving: 1 portion

Prep 12 min | Cook 0 min | Total 12 min

Per serving: 19.8 g protein | 8.7 g fiber | 349 kcal

32 g carbohydrate | 17.3 g fat | 301 mg sodium

Contains: soy, milk. Check ingredient labels for allergens.

INGREDIENTS

200 g Shelled edamame, cooked

160 g Cooked quinoa

100 g Cucumber (diced)

80 g Red bell pepper (diced)

50 g Feta (crumbled)

20 g Lemon juice

10 g Olive oil

6 g Fresh parsley

METHOD

1. Cool the base

Use cooked quinoa and edamame that have been promptly chilled. If cooking them now, follow their package instructions and allow extra time to cool safely.

2. Chop and dress

Dice the cucumber and pepper. Whisk the lemon juice and oil in a mixing bowl, then add the quinoa, edamame, vegetables and chopped parsley.

3. Add feta

Fold in the crumbled feta without mashing it. Divide evenly between two lunch containers and refrigerate until needed.

FOR A SMALLER PORTION

Start with half a serving. If beans or raw vegetables feel too bulky, choose a smaller portion rather than treating the whole bowl as a target to finish.

STORAGE AND NOTES

Refrigerate in a covered container at 40°F / 4°C or below. Use within 3 days.

Use feta made with vegetarian rennet if needed. For a dairy-free version, omit feta or use a suitable alternative; nutrition will differ.

Open this recipe online | Nutrition estimates | AI-generated illustration

Cottage cheese pizza toast

Toast with tomato, cottage cheese and melted mozzarella, finished with basil for a quick pizza-style lunch.



Makes 1 serving | One serving: 1 portion

Prep 5 min | Cook 8 min | Total 13 min

Per serving: 23.1 g protein | 3.2 g fiber | 263 kcal

26.5 g carbohydrate | 7.4 g fat | 684 mg sodium

Contains: milk, wheat. Check ingredient labels for allergens.

INGREDIENTS

40 g Whole grain bread (1 slice)
15 g No-salt-added tomato paste
120 g 2% cottage cheese
20 g Part-skim mozzarella (grated)
3 g Fresh basil
0.3 g Dried oregano

METHOD

1. Heat the oven

Heat the oven to 425°F / 220°C. Place the bread on a small baking tray and toast for 2 minutes so the topping does not immediately soak in.

2. Add the topping

Spread the tomato paste thinly over the bread. Spoon on the cottage cheese, then scatter with mozzarella and oregano.

3. Bake

Return to the oven for 5-6 minutes until the cheese melts and the center is piping hot. Watch the edges of the bread so they do not burn.

4. Finish

Tear the basil over the top. Let the toast stand briefly, then cut into quarters to make it easier to handle.

FOR A SMALLER PORTION

Start with two quarters and save the rest. If tomato aggravates reflux for you, choose another recipe rather than assuming this version will suit everyone.

STORAGE AND NOTES

Best eaten immediately. Refrigerate leftovers within 2 hours and use within 24 hours, reheating to 165°F / 74°C.

Drain very wet cottage cheese briefly before topping the toast. Choose vegetarian cheeses if needed.

Open this recipe online | Nutrition estimates | AI-generated illustration

Chicken and pepper quesadilla

A small chicken quesadilla with sweet pepper and mozzarella, served with plain yogurt for dipping.



Makes 1 serving | One serving: 1 portion

Prep 8 min | Cook 10 min | Total 18 min

Per serving: 36.4 g protein | 5.2 g fiber | 369 kcal

24.1 g carbohydrate | 13.7 g fat | 470 mg sodium

Contains: milk, wheat. Check ingredient labels for allergens.

INGREDIENTS

70 g Cooked skinless chicken breast (shredded)

60 g Red bell pepper (thinly sliced)

25 g Part-skim mozzarella (grated)

40 g Whole wheat tortilla (1 small tortilla)

3 g Olive oil

40 g Plain nonfat Greek yogurt

METHOD

1. Soften the pepper

Warm the oil in a nonstick skillet over medium-low heat. Cook the pepper for 4-5 minutes until soft, then lift it out.

2. Fill the tortilla

Lay the tortilla flat. Spread the shredded chicken, cooked pepper and cheese over one half, leaving a little space at the edge. Fold the other half over.

3. Toast gently

Cook the folded tortilla in the skillet for about 2-3 minutes per side. Press lightly with a spatula. The cheese should melt and the chicken filling should reach 165°F / 74°C.

4. Cut and serve

Rest for a minute, cut into wedges and serve with the yogurt on the side.

FOR A SMALLER PORTION

Serve a wedge or two with some yogurt first. Keep the remaining wedges for later if you are full.

STORAGE AND NOTES

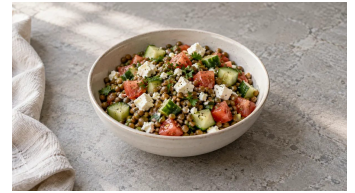
Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Keep the heat moderate so the tortilla does not burn before the filling warms through. The chicken must be cooked before assembly.

Open this recipe online | Nutrition estimates | AI-generated illustration

Lentil feta lunch bowl

Lentils, feta and chopped vegetables with a lemon dressing, using cooked lentils to keep preparation short.



Makes 2 servings | One serving: 1 portion

Prep 12 min | Cook 0 min | Total 12 min

Per serving: 22 g protein | 11.2 g fiber | 315 kcal

33.8 g carbohydrate | 11.3 g fat | 368 mg sodium

Contains: milk. Check ingredient labels for allergens.

INGREDIENTS

260 g Cooked lentils, drained
60 g Feta (crumbled)
100 g Cucumber (diced)
100 g Tomato (diced)
100 g Plain nonfat Greek yogurt
20 g Lemon juice
8 g Olive oil
6 g Fresh parsley

METHOD

1. Drain the lentils

Use cooked green or brown lentils that hold their shape. Drain thoroughly; if canned, rinse before weighing.

2. Mix the salad

Toss the lentils, cucumber, tomato, parsley and feta in a bowl. Keep the tomato pieces small enough to distribute through the lentils.

3. Dress

Mix yogurt, lemon and oil separately, then fold through the salad. Divide into two containers and keep chilled until serving.

FOR A SMALLER PORTION

Serve half a portion to begin with. If lentils are new to you or tend to cause discomfort, use a smaller amount and build up only as tolerated.

STORAGE AND NOTES

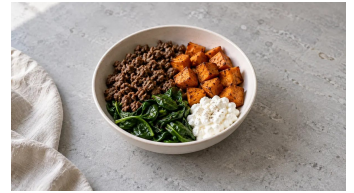
Refrigerate in a covered container at 40°F / 4°C or below. Use within 3 days.

Red lentils break down more during cooking and work better in soup than in this salad. Use vegetarian feta if needed.

Open this recipe online | Nutrition estimates | AI-generated illustration

Beef and sweet potato bowl

Roasted sweet potato, lean beef and spinach with cottage cheese on the side: a smaller take on the popular beef bowl.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 25 min | Total 35 min

Per serving: 29.3 g protein | 4.7 g fiber | 344 kcal

28.5 g carbohydrate | 12.5 g fat | 416 mg sodium

Contains: milk. Check ingredient labels for allergens.

INGREDIENTS

200 g 93% lean ground beef, raw
240 g Sweet potato (cut into 1/2-inch / 1 cm cubes)
80 g Baby spinach
100 g 2% cottage cheese
8 g Olive oil
1 g Paprika
1 g Ground cumin
0.5 g Table salt

METHOD

1. Roast the sweet potato

Heat the oven to 425°F / 220°C. Toss the sweet potato with half the oil and spread on a baking tray in one layer. Roast for 20-25 minutes, turning once, until fork-tender.

2. Brown the beef

Meanwhile, heat the remaining oil in a skillet. Add beef, paprika, cumin and salt. Break into small crumbles and cook for 7-9 minutes until the meat reaches 160°F / 71°C.

3. Wilt the spinach

Add spinach and a splash of water to the beef. Stir until the spinach wilts and the meat is moist rather than dry.

4. Build the bowls

Divide the sweet potato and beef mixture evenly between two bowls. Add the cottage cheese on the side and serve.

FOR A SMALLER PORTION

Serve half a bowl first, with a little of each component. Sweet potato can be mashed if you want a softer texture.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Keep cottage cheese separate when packing leftovers. This version leaves hot sauce and honey out; add flavor only if it suits you.

Open this recipe online | Nutrition estimates | AI-generated illustration

Lemon chicken couscous

Lemon chicken with quick couscous and tender zucchini, cooked in one skillet while the grains soak.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 15 min | Total 25 min

Per serving: 30.4 g protein | 2.7 g fiber | 319 kcal

31.1 g carbohydrate | 7.4 g fat | 160 mg sodium

Contains: wheat. Check ingredient labels for allergens.

INGREDIENTS

220 g Skinless chicken breast, raw
(cut into bite-sized pieces)

70 g Dry couscous

100 ml Water

160 g Zucchini (small dice)

8 g Olive oil

20 g Lemon juice

6 g Fresh parsley

4 g Garlic (finely chopped)

0.5 g Table salt

METHOD

1. Soak the couscous

Put couscous in a heatproof bowl. Add the measured water, boiling hot, and cover for 5 minutes. Check the package ratio and add a little more boiling water if needed; fluff when tender.

2. Cook the chicken

Heat the oil in a skillet over medium heat. Add chicken and salt and cook for 5 minutes, turning the pieces so they color evenly.

3. Add zucchini

Stir in zucchini and garlic with a splash of water. Cover and cook for another 5-7 minutes, until the zucchini is tender and the largest chicken piece reaches 165°F / 74°C.

4. Finish

Fold in the couscous, lemon juice and chopped parsley. Divide between two bowls, spooning over any pan juices.

FOR A SMALLER PORTION

Start with half a portion and keep the rest for another sitting. Chop the cooked chicken smaller if that makes it more manageable.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Instant couscous brands absorb different amounts of water. Follow the package ratio; the dry grain weight is the basis of the nutrition estimate.

Open this recipe online | Nutrition estimates | AI-generated illustration

Ginger chicken and rice

Tender strips of chicken with ginger, soft vegetables and rice, using a light soy dressing instead of a thick sweet sauce.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 15 min | Total 25 min

Per serving: 28.7 g protein | 2.4 g fiber | 308 kcal

30 g carbohydrate | 7.4 g fat | 360 mg sodium

Contains: soy, wheat. Check ingredient labels for allergens.

INGREDIENTS

220 g Skinless chicken breast, raw
(thinly sliced)

160 g Cooked white rice

100 g Carrot (thinly sliced)

100 g Zucchini (thinly sliced)

8 g Fresh ginger (finely grated)

15 g Reduced-sodium soy sauce

8 g Olive oil

60 ml Water

METHOD

1. Prepare the sauce

Stir the grated ginger, reduced-sodium soy sauce and water together. Have the vegetables ready before heating the skillet.

2. Cook the chicken

Heat the oil over medium heat. Add chicken in a single layer and cook for 3-4 minutes, turning once; use two batches if the skillet is crowded.

3. Steam the vegetables

Add carrot, zucchini and ginger sauce. Cover and simmer gently for 6-8 minutes until the vegetables soften and the chicken reaches 165°F / 74°C.

4. Serve with rice

Warm the cooked rice until steaming hot, reaching 165°F / 74°C if reheating leftovers. Divide between bowls and spoon the chicken, vegetables and sauce over it.

FOR A SMALLER PORTION

Take a smaller scoop of each component. Ginger is included for flavor; this recipe is not a treatment for nausea.

STORAGE AND NOTES

Cool cooked rice promptly in a shallow container, refrigerate and use within 24 hours. Reheat once to 165°F / 74°C.

Choose a gluten-free tamari if required and check its sodium content; the estimate uses reduced-sodium wheat-containing soy sauce.

[Open this recipe online](#) | [Nutrition estimates](#) | [AI-generated illustration](#)

Turkey zucchini meatballs

Small turkey meatballs with grated zucchini, baked and warmed in tomato sauce with a little whole wheat pasta.



Makes 4 servings | One serving: 4 small meatballs with pasta

Prep 15 min | Cook 25 min | Total 40 min

Per serving: 26.9 g protein | 4.7 g fiber | 341 kcal

33.2 g carbohydrate | 12.4 g fat | 502 mg sodium

Contains: egg, wheat. Check ingredient labels for allergens.

INGREDIENTS

400 g 93% lean ground turkey, raw

160 g Zucchini (grated)

1 Large egg

30 g Plain dry breadcrumbs

300 g Plain canned tomato sauce

120 g Dry whole wheat pasta

5 g Olive oil

1 g Dried oregano

4 g Garlic (finely grated)

METHOD

1. Mix gently

Heat the oven to 400°F / 200°C. Squeeze excess liquid from the grated zucchini. Mix with turkey, egg, breadcrumbs, garlic and oregano just until combined.

2. Shape and bake

Brush a baking tray with the oil. Shape the mixture into small, equally sized meatballs, about 16 for the base batch. Bake for 18-22 minutes, until their centers reach 165°F / 74°C.

3. Cook the pasta

Meanwhile, cook the pasta in boiling water according to the package instructions. Drain, reserving a little cooking water.

4. Warm the sauce

Gently heat the tomato sauce in a wide pan. Add meatballs and a splash of pasta water if needed. Serve each portion with a quarter of the pasta and sauce.

FOR A SMALLER PORTION

Start with two meatballs and a few forkfuls of pasta. Mash the meatballs into the sauce if you prefer smaller pieces.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Freeze the meatballs and sauce separately from the pasta for up to 2 months. If tomato does not suit you, choose a different dish or use a tolerated sauce and recalculate nutrition.

Open this recipe online | Nutrition estimates | AI-generated illustration

Baked cod with potatoes

A simple tray of flaky cod, roasted potato and zucchini, with lemon added after cooking.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 35 min | Total 45 min

Per serving: 23.4 g protein | 3.5 g fiber | 244 kcal

24.5 g carbohydrate | 5.9 g fat | 506 mg sodium

Contains: fish. Check ingredient labels for allergens.

INGREDIENTS

260 g Cod fillet, raw (thawed if frozen)

240 g Potato (cut into small wedges)

160 g Zucchini (thick half-moons)

10 g Olive oil

20 g Lemon juice

6 g Fresh parsley (chopped)

0.5 g Table salt

0.3 g Ground black pepper

METHOD

1. Start the potatoes

Heat the oven to 425°F / 220°C. Toss potato wedges with half the oil and spread on a tray. Roast for 20 minutes, turning once.

2. Add the fish

Pat cod dry and check for bones. Add zucchini to the tray and place the cod alongside. Brush with remaining oil and season with salt and pepper.

3. Finish roasting

Roast for another 12-15 minutes, depending on fish thickness, until the cod reaches 145°F / 63°C and flakes easily. Potatoes should be tender all the way through.

4. Serve

Divide the fish and vegetables between two plates. Add lemon juice and parsley just before eating.

FOR A SMALLER PORTION

Flake half a fish portion and mash a few potato pieces for a smaller, softer plate. Serve the rest separately if wanted.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

If the fish is ready before the potatoes, move it to a warm plate and return the potatoes to the oven. Cooking time depends on thickness.

Open this recipe online | Nutrition estimates | AI-generated illustration

Salmon and pea orzo

Orzo with salmon, peas and dill, finished off the heat with yogurt for a lightly creamy sauce.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 15 min | Total 25 min

Per serving: 30.8 g protein | 3.5 g fiber | 410 kcal

35.5 g carbohydrate | 15.6 g fat | 129 mg sodium

Contains: fish, milk, wheat. Check ingredient labels for allergens.

INGREDIENTS

180 g Salmon fillet, raw (skinless; checked for bones)

70 g Dry pasta (orzo shape)

100 g Frozen peas

100 g Plain nonfat Greek yogurt

15 g Lemon juice

5 g Fresh dill (chopped)

5 g Olive oil

0.3 g Ground black pepper

METHOD

1. Cook the orzo

Bring a saucepan of water to a boil. Add orzo and cook according to the package instructions, adding peas for the last 3 minutes. Reserve some cooking water before draining.

2. Cook the salmon

Heat the oil in a nonstick skillet. Cook the salmon over medium-low heat for about 4-5 minutes per side, until the thickest part reaches 145°F / 63°C. Flake into large pieces.

3. Make it creamy

Let the drained orzo stop steaming vigorously. Stir a spoonful of warm pasta water into the yogurt, then fold the yogurt, lemon and dill into the orzo and peas off the heat.

4. Fold and serve

Gently fold in salmon and pepper. Loosen with another splash of pasta water if needed and divide between two bowls.

FOR A SMALLER PORTION

Serve half a portion first. The peas can be lightly mashed into the orzo if you prefer less texture.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Do not boil the yogurt sauce; it can split. Check pasta and yogurt labels for additional allergens.

Open this recipe online | Nutrition estimates | AI-generated illustration

Shrimp and pea fried rice

A small skillet of shrimp fried rice with peas, carrot and egg, using cooked rice for a quick dinner.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 12 min | Total 22 min

Per serving: 28.6 g protein | 3.1 g fiber | 322 kcal

34.6 g carbohydrate | 7.4 g fat | 436 mg sodium

Contains: crustacean shellfish, egg, soy, wheat. Check ingredient labels for allergens.

INGREDIENTS

200 g Raw peeled shrimp (peeled and deveined)

180 g Cooked white rice (cooked and promptly chilled)

80 g Frozen peas

60 g Carrot (finely diced)

1 Large egg

12 g Reduced-sodium soy sauce

8 g Olive oil

5 g Fresh ginger (grated)

METHOD

1. Prepare the shrimp

Thaw shrimp in the fridge if frozen, then pat dry. Break up any clumps of chilled rice with a fork.

2. Cook shrimp and vegetables

Heat the oil in a large skillet. Add carrot with a splash of water and cook for 3 minutes. Add shrimp, peas and ginger; stir-fry until shrimp are opaque and reach 145°F / 63°C.

3. Scramble the egg

Push the mixture to one side. Add the beaten egg to the empty space and stir until fully set, then fold into the shrimp and vegetables.

4. Heat the rice

Add rice and soy sauce. Stir-fry for 3-4 minutes until rice is hot throughout and reaches 165°F / 74°C. Divide evenly between two bowls.

FOR A SMALLER PORTION

Start with half a serving and cut the shrimp into smaller pieces if preferred. Put the remaining portion in the fridge promptly.

STORAGE AND NOTES

Use rice chilled within 1 hour of cooking and kept refrigerated for no more than 24 hours. Reheat only once; this dish is best made in the quantity you will eat.

Use a wider pan or cook in batches when increasing the yield so the rice heats evenly.

Open this recipe online | Nutrition estimates | AI-generated illustration

Tofu peanut soba noodles

Soba noodles with tofu, soft vegetables and a light peanut sauce for a meat-free dinner.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 15 min | Total 25 min

Per serving: 30 g protein | 5.4 g fiber | 406 kcal

38.5 g carbohydrate | 18.6 g fat | 625 mg sodium

Contains: peanut, soy, wheat. Check ingredient labels for allergens.

INGREDIENTS

240 g Firm calcium-set tofu, drained (pat dry and cube)

70 g Dry soba noodles

100 g Carrot (thin ribbons)

60 g Baby spinach

20 g Smooth unsalted peanut butter

15 g Reduced-sodium soy sauce

15 g Lemon juice

60 ml Water

5 g Olive oil

METHOD

1. Mix the sauce

Whisk peanut butter with soy sauce, lemon and warm water until smooth. It should pour from a spoon; add a little extra water if needed.

2. Cook the noodles

Cook soba according to the package directions, adding carrot ribbons for the final 2 minutes. Drain and rinse briefly with warm water to loosen excess starch.

3. Brown the tofu

Heat oil in a nonstick skillet. Add tofu cubes and cook for 6-8 minutes, turning gently until lightly golden. Stir in spinach with a splash of water until wilted.

4. Toss together

Add noodles, carrot and peanut sauce. Toss over low heat just until everything is hot and lightly coated, then divide into two portions.

FOR A SMALLER PORTION

Try half a portion. If a peanut sauce feels too rich for you, choose a broth-based option from the collection instead.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Most soba contains wheat. For gluten-free needs, use verified 100% buckwheat noodles and gluten-free tamari; the estimate will change.

The fiber estimate excludes the soba noodles because the source record does not report it. Check the packet for their additional fiber.

Open this recipe online | Nutrition estimates | AI-generated illustration

Chicken broccoli pasta

Chicken and broccoli pasta with a blended cottage cheese sauce, kept light enough to coat rather than bury the pasta.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 15 min | Total 25 min

Per serving: 40.2 g protein | 5.8 g fiber | 401 kcal

40.4 g carbohydrate | 9.7 g fat | 384 mg sodium

Contains: milk, wheat. Check ingredient labels for allergens.

INGREDIENTS

140 g Cooked skinless chicken breast (bite-sized pieces)

80 g Dry whole wheat pasta (penne or another short shape)

160 g Broccoli (small florets)

150 g 2% cottage cheese

60 ml 1% milk

10 g Vegetarian hard cheese, finely grated

3 g Garlic (finely grated)

5 g Olive oil

METHOD

1. Cook pasta and broccoli

Boil the pasta according to its package directions. Add broccoli for the last 4-5 minutes so it becomes tender. Reserve a little cooking water, then drain.

2. Blend the sauce

Blend cottage cheese, milk and grated cheese until smooth. Scrape down the blender sides so no large curds remain.

3. Warm the chicken

Heat oil in a skillet over medium-low. Add garlic and stir for 30 seconds, then add the cooked chicken and a splash of pasta water. Heat the chicken through to 165°F / 74°C.

4. Combine gently

Lower the heat. Add the blended sauce, pasta and broccoli, stirring gently until hot. Avoid a hard boil and thin with a little pasta water if needed. Divide into two bowls.

FOR A SMALLER PORTION

Start with half a bowl, cutting the broccoli and chicken smaller if helpful. You can cook the broccoli longer for a softer texture.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

The chicken is weighed cooked. Substituting the same weight of raw chicken would reduce the protein in the finished recipe.

Open this recipe online | Nutrition estimates | AI-generated illustration

Turkey black bean taco bowl

A simple taco bowl with turkey, black beans and rice, finished with yogurt and tomato instead of a pile of toppings.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 15 min | Total 25 min

Per serving: 33 g protein | 7.4 g fiber | 406 kcal

40.8 g carbohydrate | 12.8 g fat | 98 mg sodium

Contains: milk. Check ingredient labels for allergens.

INGREDIENTS

220 g 93% lean ground turkey, raw

120 g Cooked black beans, drained

140 g Cooked white rice

100 g Red bell pepper (diced)

100 g Tomato (diced)

80 g Plain nonfat Greek yogurt

5 g Olive oil

1 g Ground cumin

1 g Paprika

40 ml Water

METHOD

1. Cook the turkey

Heat oil in a skillet. Add turkey and pepper and cook for 7-9 minutes, breaking the meat into small crumbles, until turkey reaches 165°F / 74°C.

2. Season and soften

Stir in cumin, paprika, black beans and water. Simmer for 3-4 minutes until the beans are hot and the mixture is moist.

3. Warm the rice

Heat the cooked rice until steaming hot, reaching 165°F / 74°C if reheating. Divide it between two small bowls.

4. Finish the bowls

Add equal portions of the turkey mixture, then top with diced tomato and yogurt. Serve promptly.

FOR A SMALLER PORTION

Start with half a bowl. If beans or raw tomato do not suit you today, choose smaller amounts or another meal; the nutrition estimate includes both.

STORAGE AND NOTES

For meal prep, chill the cooked components promptly and store toppings separately. Use mixed rice meals within 24 hours and reheat once to 165°F / 74°C.

Paprika and cumin give flavor without chili heat. Check spice blends if substituting them for the single spices.

Open this recipe online | Nutrition estimates | AI-generated illustration

Chicken white bean soup

Shredded chicken and white beans in a light broth with soft carrot and spinach.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 15 min | Total 25 min

Per serving: 38.3 g protein | 8.2 g fiber | 333 kcal

31.8 g carbohydrate | 6 g fat | 645 mg sodium

Check ingredient labels for allergens.

INGREDIENTS

160 g Cooked skinless chicken breast (shredded)

180 g Cooked white beans, drained

100 g Carrot (small dice)

60 g Baby spinach

450 ml Reduced-sodium chicken broth

5 g Olive oil

50 g Onion (finely diced)

5 g Fresh parsley

METHOD

1. Soften the vegetables

Heat oil in a saucepan. Add onion and carrot and cook gently for 5 minutes, stirring and adding a splash of broth if the vegetables begin to stick.

2. Simmer

Add the remaining broth and white beans. Bring to a gentle simmer and cook for 7-8 minutes until the carrot is soft enough to mash with a fork.

3. Add the chicken

Stir in chicken and spinach. Simmer until the spinach wilts and the chicken is heated through to 165°F / 74°C.

4. Serve

Stir in chopped parsley and divide between two bowls. Mash a few beans against the side of the pan if you want a slightly thicker broth.

FOR A SMALLER PORTION

Ladle out half a serving with some chicken and beans as well as broth. A broth-only portion has substantially less protein and energy.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

For freezing, cool quickly in shallow containers and freeze for up to 2 months. Check broth labels for allergens and sodium.

Open this recipe online | Nutrition estimates | AI-generated illustration

Chicken rice ginger soup

A warming bowl of rice, shredded chicken and finely cut carrots, with fresh ginger for flavor.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 15 min | Total 25 min

Per serving: 30.9 g protein | 2.2 g fiber | 292 kcal

27.5 g carbohydrate | 5.9 g fat | 619 mg sodium

Check ingredient labels for allergens.

INGREDIENTS

160 g Cooked skinless chicken breast (shredded)

140 g Cooked white rice

100 g Carrot (finely diced)

100 g Zucchini (finely diced)

450 ml Reduced-sodium chicken broth

6 g Fresh ginger (finely grated)

5 g Olive oil

METHOD

1. Start the vegetables

Heat the oil in a saucepan. Add carrot and ginger and stir for 2 minutes without browning the ginger.

2. Simmer gently

Pour in broth and add zucchini. Simmer for 8-10 minutes until both vegetables are very tender.

3. Heat through

Add cooked rice and shredded chicken. Stir and simmer until every part of the soup is hot and the chicken and rice reach 165°F / 74°C.

4. Adjust and serve

Add a little hot water if the rice has absorbed more broth than you like. Divide evenly, including chicken and rice in both bowls.

FOR A SMALLER PORTION

Try a small cup with some chicken and rice, then have more if wanted. Cut long chicken strands short so they are easier to spoon.

STORAGE AND NOTES

Use promptly chilled rice and keep any remaining soup refrigerated for no more than 24 hours. Reheat only once to 165°F / 74°C.

Fresh ginger adds flavor; tolerance varies and this soup is not a remedy for persistent nausea.

Open this recipe online | Nutrition estimates | AI-generated illustration

Turkey lentil chili

A mild turkey and lentil chili with tomato and sweet pepper, made for small portions and freezer containers.



Makes 4 servings | One serving: 1 portion

Prep 15 min | Cook 30 min | Total 45 min

Per serving: 28.9 g protein | 9.3 g fiber | 316 kcal

28 g carbohydrate | 11.3 g fat | 405 mg sodium

Check ingredient labels for allergens.

INGREDIENTS

400 g 93% lean ground turkey, raw
300 g Cooked lentils, drained
400 g Canned crushed tomatoes
160 g Red bell pepper (diced)
80 g Onion (diced)
250 ml Reduced-sodium chicken broth
8 g Olive oil
3 g Ground cumin
2 g Paprika
6 g Garlic (minced)

METHOD

1. Cook the base

Heat oil in a large saucepan. Cook onion and pepper for 5 minutes until soft. Add garlic, cumin and paprika and stir for 30 seconds.

2. Brown the turkey

Add turkey and break into small crumbles. Cook for 7-9 minutes until no large clumps remain and the meat reaches 165°F / 74°C.

3. Simmer

Add cooked lentils, crushed tomatoes and broth. Simmer partly covered for 15 minutes, stirring occasionally, until the chili thickens and the vegetables are tender.

4. Portion

Divide into four portions. If it is thicker than you like, loosen each portion with a splash of hot water before serving.

FOR A SMALLER PORTION

Start with a small bowl. Lentils add fiber and volume, so use a portion that suits you rather than pushing through fullness.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Freeze cooled portions for up to 2 months. This is a mild chili; hot peppers are not required for the recipe.

Open this recipe online | Nutrition estimates | AI-generated illustration

Red lentil carrot soup

A smooth carrot and red lentil soup, blended with tofu for a creamy finish without dairy.



Makes 3 servings | One serving: 1 portion

Prep 10 min | Cook 30 min | Total 40 min

Per serving: 24 g protein | 8.2 g fiber | 352 kcal

47.6 g carbohydrate | 8.3 g fat | 855 mg sodium

Contains: soy. Check ingredient labels for allergens.

INGREDIENTS

150 g Dry red lentils (rinsed)

240 g Carrot (thinly sliced)

450 g Firm silken tofu

60 g Onion (diced)

750 ml Vegetable broth

8 g Olive oil

2 g Ground cumin

15 g Lemon juice

METHOD

1. Soften the onion

Heat oil in a saucepan. Add onion and cook gently for 4-5 minutes. Stir in cumin for 30 seconds.

2. Cook the lentils

Add carrots, rinsed lentils and broth. Bring to a boil, reduce the heat and simmer for 20-25 minutes until both lentils and carrots are very soft. Stir occasionally to prevent sticking.

3. Blend with tofu

Remove from the heat, add drained silken tofu and blend with a stick blender until smooth. If using a jug blender, let the soup cool and follow its hot-liquid instructions; do not seal boiling soup in it.

4. Warm and finish

Return to gentle heat until hot throughout. Stir in lemon juice and divide into three portions, adding water if you prefer it thinner.

FOR A SMALLER PORTION

Pour half a serving into a mug or small bowl. The lentils remain part of the soup even when blended, so start small if legumes tend to bother you.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Choose vegetable broth that fits your dietary needs. Silken tofu protein varies by brand, so the estimate may differ from your package.

Open this recipe online | Nutrition estimates | AI-generated illustration

Miso tofu egg soup

A mild miso broth with tofu, edamame and ribbons of fully cooked egg, ready in one saucepan.



Makes 1 serving | One serving: 1 portion

Prep 5 min | Cook 10 min | Total 15 min

Per serving: 25.4 g protein | 4 g fiber | 258 kcal

12.3 g carbohydrate | 12.4 g fat | 536 mg sodium

Contains: soy, egg. Check ingredient labels for allergens.

INGREDIENTS

160 g Firm silken tofu (cut into cubes)

50 g Shelled edamame, cooked

1 Large egg

10 g Miso paste

200 ml Water

30 g Baby spinach

METHOD

1. Warm the broth

Bring the water to a gentle simmer. Add tofu and cooked edamame and simmer for 3-4 minutes until heated through.

2. Add egg ribbons

Beat the egg in a cup. Slowly pour it into the simmering soup while moving a spoon gently around the pan. Simmer until the ribbons are fully set and reach 160°F / 71°C, then add spinach to wilt.

3. Stir in miso

Turn off the heat. Mix miso with a spoonful of hot broth in a small bowl until smooth, then stir it back into the soup. Serve promptly.

FOR A SMALLER PORTION

Serve a small cup first, including some tofu and egg. Keep the remaining soup refrigerated if you will not finish it soon.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Use plain vegetarian miso rather than an instant mix containing fish stock. Some miso includes barley or other grains; check the label for gluten and other allergens.

Open this recipe online | Nutrition estimates | AI-generated illustration

Chicken taco stew

Chicken, black beans and sweet pepper in a tomato broth, with taco flavors and no chili heat required.



Makes 3 servings | One serving: 1 portion

Prep 10 min | Cook 25 min | Total 35 min

Per serving: 37.2 g protein | 10.5 g fiber | 334 kcal

33.4 g carbohydrate | 6.5 g fat | 593 mg sodium

Contains: milk. Check ingredient labels for allergens.

INGREDIENTS

300 g Skinless chicken breast, raw
(cut into small pieces)
240 g Cooked black beans, drained
300 g Canned crushed tomatoes
150 g Red bell pepper (diced)
60 g Onion (diced)
450 ml Reduced-sodium chicken broth
8 g Olive oil
2 g Ground cumin
1.5 g Paprika
90 g Plain nonfat Greek yogurt (to
serve)

METHOD

1. Soften the vegetables

Heat oil in a saucepan. Cook onion and pepper for 5 minutes until softened. Add cumin and paprika and stir briefly.

2. Add chicken and broth

Add chicken, crushed tomatoes and broth. Bring to a gentle simmer and cook for 12-15 minutes, stirring occasionally, until the largest chicken piece reaches 165°F / 74°C.

3. Add the beans

Stir in black beans and simmer for another 5 minutes until heated through. If you prefer shredded chicken, lift it out, shred with two forks and return it to the pan.

4. Serve

Divide between three bowls and spoon yogurt onto each portion just before eating.

FOR A SMALLER PORTION

Start with half a serving, keeping chicken and beans in the portion. If tomato or beans trigger discomfort for you, another soup may be a better choice.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Freeze the stew without yogurt for up to 2 months. Add the yogurt after reheating rather than freezing it into the broth.

Open this recipe online | Nutrition estimates | AI-generated illustration

Broccoli cottage cheese soup

Blended broccoli soup with milk and cottage cheese, making a creamy bowl without a roux.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 20 min | Total 30 min

Per serving: 23 g protein | 3.6 g fiber | 242 kcal

23.5 g carbohydrate | 7.4 g fat | 843 mg sodium

Contains: milk. Check ingredient labels for allergens.

INGREDIENTS

240 g Broccoli (small florets and peeled stem pieces)

300 g 2% cottage cheese

200 ml 1% milk

200 ml Vegetable broth

50 g Onion (diced)

5 g Olive oil

0.3 g Ground black pepper

METHOD

1. Cook the onion

Heat the oil in a saucepan. Add onion and cook gently for 4-5 minutes without browning.

2. Soften the broccoli

Add broccoli and broth, cover and simmer for 10-12 minutes until the stems are very tender. Add a splash of water if needed to prevent the pan drying out.

3. Blend

Remove from heat. Add milk and cottage cheese and blend carefully with a stick blender until smooth. For a jug blender, cool first and follow its hot-liquid guidance.

4. Warm gently

Return to low heat and stir until hot throughout, avoiding a rolling boil. Add pepper, thin with water if desired and divide into two bowls.

FOR A SMALLER PORTION

Begin with a small cup. Broccoli can still cause gas when blended; choose your portion according to your own tolerance.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

The cottage cheese supplies much of the protein. Using a dairy-free alternative changes the estimate substantially.

Open this recipe online | Nutrition estimates | AI-generated illustration

Tomato white bean soup

A tomato and white bean soup with blended tofu for body, finished with basil.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 20 min | Total 30 min

Per serving: 24.3 g protein | 10.4 g fiber | 349 kcal

46.4 g carbohydrate | 9 g fat | 711 mg sodium

Contains: soy. Check ingredient labels for allergens.

INGREDIENTS

220 g Cooked white beans, drained

300 g Canned crushed tomatoes

300 g Firm silken tofu

250 ml Vegetable broth

50 g Onion (diced)

8 g Olive oil

4 g Garlic (minced)

6 g Fresh basil

METHOD

1. Cook the aromatics

Heat oil in a saucepan. Cook onion for 5 minutes until soft, then add garlic and stir for 30 seconds.

2. Simmer the soup

Add white beans, tomatoes and vegetable broth. Simmer for 12-15 minutes until the onion is fully tender and the flavors have combined.

3. Blend in tofu

Take off the heat, add drained silken tofu and blend with a stick blender until mostly smooth. Leave some beans intact if you like texture. Follow the blender manufacturer's guidance for hot liquids.

4. Finish

Warm gently until hot throughout and stir in torn basil. Divide into two portions.

FOR A SMALLER PORTION

Start with half a bowl. Tomato can aggravate reflux for some people; this is an option for days when it suits you.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Nutrition uses cooked unsalted beans and the listed canned tomatoes. Packaged versions can differ considerably in sodium.

Open this recipe online | Nutrition estimates | AI-generated illustration

Herbed cottage cheese dip

A smooth cottage cheese and herb dip with cucumber and crackers for a small savory snack.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 0 min | Total 10 min

Per serving: 20.2 g protein | 1.9 g fiber | 205 kcal

20.7 g carbohydrate | 5.3 g fat | 527 mg sodium

Contains: milk, wheat. Check ingredient labels for allergens.

INGREDIENTS

250 g 2% cottage cheese

100 g Plain nonfat Greek yogurt

5 g Fresh dill (chopped)

5 g Fresh parsley (chopped)

10 g Lemon juice

100 g Cucumber (cut into sticks)

30 g Whole wheat crackers

METHOD

1. Blend the dip

Blend cottage cheese, yogurt and lemon juice until smooth. Pause to scrape the sides so the curds blend evenly.

2. Fold in herbs

Stir in finely chopped dill and parsley. If the dip is too thick, loosen with a teaspoon or two of water.

3. Portion and serve

Divide into two small containers and serve each with half the cucumber and crackers. Keep the crackers separate until you are ready to eat.

FOR A SMALLER PORTION

Serve a few spoonfuls of dip with a couple of crackers. You can leave the cucumber aside if raw vegetables do not sound appealing.

STORAGE AND NOTES

Refrigerate in a covered container at 40°F / 4°C or below. Use within 3 days.

Use clean utensils to portion the dip. Pack individual servings before eating rather than storing a bowl that has been repeatedly dipped into.

Open this recipe online | Nutrition estimates | AI-generated illustration

Tuna cucumber boats

A quick tuna and yogurt filling spooned into cucumber halves, with dill and lemon for flavor.



Makes 1 serving | One serving: 2 small cucumber boats

Prep 10 min | Cook 0 min | Total 10 min

Per serving: 19.6 g protein | 0.7 g fiber | 110 kcal

6.7 g carbohydrate | 1 g fat | 195 mg sodium

Contains: fish, milk. Check ingredient labels for allergens.

INGREDIENTS

70 g Canned light tuna in water, drained

50 g Plain nonfat Greek yogurt

120 g Cucumber (small cucumber)

3 g Fresh dill (chopped)

5 g Lemon juice

METHOD

1. Make the boats

Wash the cucumber, halve lengthwise and scoop out the soft seed core with a teaspoon. Pat the cut surfaces dry.

2. Mix the tuna

Drain the tuna thoroughly. Flake into a bowl and mix with yogurt, lemon and chopped dill.

3. Fill

Divide the filling between the cucumber halves. Cut into shorter pieces if easier to handle and serve immediately.

FOR A SMALLER PORTION

Start with one cucumber half. If the crunch is not appealing, eat some filling from a small bowl instead; the estimate includes cucumber.

STORAGE AND NOTES

Store filling separately in a covered container at 40°F / 4°C or below for up to 2 days. Fill the cucumber just before serving.

Check canned tuna labels for added salt and other ingredients.

Open this recipe online | Nutrition estimates | AI-generated illustration

Edamame smash and crackers

A chunky edamame and lemon spread with crackers, made from cooked shelled beans.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 0 min | Total 10 min

Per serving: 11.7 g protein | 6.3 g fiber | 207 kcal

21.7 g carbohydrate | 9.5 g fat | 166 mg sodium

Contains: soy, wheat. Check ingredient labels for allergens.

INGREDIENTS

160 g Shelled edamame, cooked

15 g Lemon juice

5 g Olive oil

20 ml Water

4 g Fresh parsley

40 g Whole wheat crackers

METHOD

1. Prepare the beans

Use cooked, shelled edamame. If starting with frozen beans, cook according to the package directions, then cool promptly before making the spread.

2. Mash or pulse

Mash the edamame with lemon, oil and water, or pulse briefly in a food processor. Keep a little texture and add more water a teaspoon at a time if needed.

3. Serve

Stir in chopped parsley. Divide into two small portions and serve with the crackers alongside.

FOR A SMALLER PORTION

Try a few spoonfuls and a couple of crackers. Blending more smoothly changes the texture but does not remove the fiber.

STORAGE AND NOTES

Refrigerate in a covered container at 40°F / 4°C or below. Use within 3 days.

The stated preparation time starts with cooked beans. This is a snack portion, not a complete meal plan.

[Open this recipe online](#) | [Nutrition estimates](#) | [AI-generated illustration](#)

Apple slices with peanut yogurt dip

Apple slices with a creamy peanut and yogurt dip, ready in a few minutes.



Makes 1 serving | One serving: 1 portion

Prep 5 min | Cook 0 min | Total 5 min

Per serving: 18.9 g protein | 3.3 g fiber | 231 kcal

22.8 g carbohydrate | 8.5 g fat | 58 mg sodium

Contains: milk, peanut. Check ingredient labels for allergens.

INGREDIENTS

150 g Plain nonfat Greek yogurt
15 g Smooth unsalted peanut butter
100 g Apple (cored and sliced)
0.3 g Ground cinnamon

METHOD

1. Mix the dip

Stir the peanut butter into the yogurt until evenly combined. Add cinnamon and stir again, scraping the sides of the bowl.

2. Prepare the apple

Wash, core and slice the apple into thin wedges. Cut smaller pieces if you prefer using a spoon.

3. Serve

Spoon the dip into a small bowl and put the apple alongside. Portion out what you want to eat and keep the rest chilled.

FOR A SMALLER PORTION

Start with half the apple and dip. For a softer option, gently cook the apple slices with a little water and cool them before serving.

STORAGE AND NOTES

Refrigerate in a covered container at 40°F / 4°C or below. Use within 3 days.

Use smooth peanut butter made without added salt for the closest match to the estimate. A seed-butter swap changes both allergens and nutrition.

Open this recipe online | Nutrition estimates | AI-generated illustration

Chocolate yogurt pot

A thick chocolate yogurt pot with cocoa and a little maple syrup, for a simple spoonable snack.



Makes 1 serving | One serving: 1 portion

Prep 5 min | Cook 0 min | Total 5 min

Per serving: 22 g protein | 3 g fiber | 165 kcal

18.7 g carbohydrate | 1.9 g fat | 75 mg sodium

Contains: milk. Check ingredient labels for allergens.

INGREDIENTS

200 g Plain nonfat Greek yogurt

8 g Unsweetened cocoa powder

10 g Maple syrup

1 g Vanilla extract

METHOD

1. Make a cocoa paste

Put the cocoa and maple syrup in a small bowl. Stir in a spoonful of the yogurt until you have a smooth paste with no dry cocoa pockets.

2. Fold together

Add the remaining yogurt and vanilla and stir until the color is even. Scrape the bottom of the bowl where cocoa can collect.

3. Serve or chill

Spoon into a small pot. Eat straight away, or cover and chill until wanted. It will firm slightly in the fridge.

FOR A SMALLER PORTION

Serve half the pot first. It is a snack to add to the day, not a replacement for every meal.

STORAGE AND NOTES

Refrigerate in a covered container at 40°F / 4°C or below. Use within 3 days.

The estimate includes the maple syrup. More sweetener or toppings will change the totals; unsweetened cocoa is different from drinking-chocolate powder.

Open this recipe online | Nutrition estimates | AI-generated illustration

Pumpkin oat muffins

Soft pumpkin and oat muffins with yogurt in the batter, lightly sweetened and easy to portion.



Makes 6 servings | One serving: 2 muffins

Prep 10 min | Cook 25 min | Rest/chill 5 min | Total 40 min

Per serving: 10.5 g protein | 3.1 g fiber | 165 kcal

22.2 g carbohydrate | 4.1 g fat | 102 mg sodium

Contains: egg, milk. Check ingredient labels for allergens.

INGREDIENTS

120 g Rolled oats (blend to flour)

180 g Canned pumpkin puree

300 g Plain nonfat Greek yogurt

2 Large egg

60 ml 1% milk

30 g Maple syrup

4 g Baking powder

2 g Ground cinnamon

5 g Olive oil (for the tin)

METHOD

1. Prepare

Heat the oven to 350°F / 180°C and lightly oil 12 standard muffin wells. Blend the oats into a fine flour.

2. Mix the batter

Whisk pumpkin, yogurt, eggs, milk and maple syrup until smooth. Fold in oat flour, baking powder and cinnamon just until combined.

3. Bake

Divide evenly between the wells, keeping them no more than three-quarters full, and bake for 22-25 minutes, until the tops spring back, centers reach 160°F / 71°C and a skewer comes out without wet batter.

4. Cool and portion

Rest in the tin for 5 minutes, then transfer to a rack. Two muffins make one base serving; a single muffin is a smaller snack.

FOR A SMALLER PORTION

Have one muffin first and save the second. These are moist oat muffins, so warm gently if you prefer a softer crumb.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

Use plain pumpkin puree, not sweetened pumpkin pie filling. Freeze cooled muffins for up to 2 months.

Open this recipe online | Nutrition estimates | AI-generated illustration

White bean spinach dip

A warm white bean and spinach dip blended with tofu, served with a few crackers.



Makes 2 servings | One serving: 1 portion

Prep 10 min | Cook 5 min | Total 15 min

Per serving: 19.7 g protein | 9.2 g fiber | 319 kcal

43.5 g carbohydrate | 8.5 g fat | 226 mg sodium

Contains: soy, wheat. Check ingredient labels for allergens.

INGREDIENTS

200 g Cooked white beans, drained

200 g Firm silken tofu

60 g Baby spinach

5 g Olive oil

15 g Lemon juice

3 g Garlic (minced)

40 g Whole wheat crackers

METHOD

1. Wilt the spinach

Heat oil in a small skillet. Stir in garlic for 30 seconds, then add spinach and a splash of water. Cook until wilted.

2. Blend

Blend the drained white beans, silken tofu and lemon until mostly smooth. Add the cooked spinach and pulse briefly so small green flecks remain.

3. Warm and serve

Return to low heat and stir until hot throughout. Divide into two small bowls and serve with crackers on the side. Add a little warm water if the dip is too thick.

FOR A SMALLER PORTION

Start with a few spoonfuls and some crackers. Beans can be filling, so a smaller portion may be more comfortable.

STORAGE AND NOTES

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F / 32°C. Keep at 40°F / 4°C or below for up to 3 days; reheat the portion you need to 165°F / 74°C.

For a cold dip, chill promptly after preparation. The crackers are included in the nutrition estimate.

Open this recipe online | Nutrition estimates | AI-generated illustration

Berry yogurt bark

Thin frozen yogurt pieces with berries, made on a small tray and portioned into snack bags.



Makes 4 servings | One serving: 1/4 of the tray

Prep 10 min | Cook 0 min | Rest/chill 4 hr | Total 4 hr 10 min

Per serving: 10.9 g protein | 1.7 g fiber | 99 kcal

11.7 g carbohydrate | 1.3 g fat | 37 mg sodium

Contains: milk. Check ingredient labels for allergens.

INGREDIENTS

400 g Plain nonfat Greek yogurt

100 g Strawberries (thinly sliced)

50 g Blueberries

10 g Chia seeds

20 g Maple syrup

METHOD

1. Prepare the tray

Line a small tray, about 8 inches / 20 cm square, with baking paper. Make sure it fits flat in the freezer.

2. Spread

Mix yogurt, maple syrup and chia, then spread in an even layer about 3/8 inch / 1 cm thick. Press the berries gently into the surface.

3. Freeze

Freeze flat for at least 4 hours until firm all the way through. Lift out using the paper and break into pieces.

4. Portion

Divide the pieces into four equal snack portions and store in sealed freezer containers. Let a portion stand for 2-3 minutes before biting if it is very hard.

FOR A SMALLER PORTION

Take a small piece first and leave the rest frozen. If frozen textures are uncomfortable, eat the same mixture chilled instead.

STORAGE AND NOTES

Keep frozen and use within 1 month for the best texture. Do not repeatedly thaw and refreeze the whole tray.

This is a frozen snack rather than a full meal. Total time includes freezing; it is not a ten-minute ready-to-eat recipe.

Open this recipe online | Nutrition estimates | AI-generated illustration

Strawberry tofu smoothie

A dairy-free strawberry smoothie made creamy with silken tofu and a little peanut butter.



Makes 1 serving | One serving: 1 portion

Prep 5 min | Cook 0 min | Total 5 min

Per serving: 21.3 g protein | 3 g fiber | 280 kcal

17.2 g carbohydrate | 14.8 g fat | 98 mg sodium

Contains: soy, peanut. Check ingredient labels for allergens.

INGREDIENTS

250 g Firm silken tofu

100 g Strawberries

15 g Smooth unsalted peanut butter

100 ml Water

1 g Vanilla extract

METHOD

1. Prepare

Drain the silken tofu and wash and hull the strawberries. Use chilled ingredients for a cold drink without needing lots of ice.

2. Blend

Blend tofu, strawberries, peanut butter, water and vanilla until completely smooth. Scrape down once, then blend again if any tofu pieces remain.

3. Adjust

Add water a tablespoon at a time until the texture suits you. Pour into a glass, or split between two smaller glasses and refrigerate one.

FOR A SMALLER PORTION

Start with half the smoothie and keep the other half chilled. Sip at a comfortable pace rather than treating the glass as something you must finish.

STORAGE AND NOTES

Best freshly made. Refrigerate immediately in a covered container and use within 24 hours. Stir or re-blend if it separates.

Silken tofu brands vary in protein. This estimate uses firm silken tofu and includes the peanut butter.

Open this recipe online | Nutrition estimates | AI-generated illustration

Mango yogurt lassi

A simple mango lassi with plain Greek yogurt and milk, blended smooth without protein powder.



Makes 1 serving | One serving: 1 portion

Prep 5 min | Cook 0 min | Total 5 min

Per serving: 23.9 g protein | 1.6 g fiber | 212 kcal

26.2 g carbohydrate | 1.9 g fat | 110 mg sodium

Contains: milk. Check ingredient labels for allergens.

INGREDIENTS

200 g Plain nonfat Greek yogurt

100 g Mango, peeled

80 ml 1% milk

50 ml Water

METHOD

1. Prepare the mango

Peel the mango and cut the flesh away from the stone. Use the measured amount of flesh, or thaw frozen mango in the fridge.

2. Blend

Blend mango, yogurt, milk and water until smooth. Pause to scrape the sides if fruit is stuck above the blades.

3. Serve

Add another small splash of water if you want a thinner drink. Pour into a glass and serve cold. Split into smaller portions if that is more useful.

FOR A SMALLER PORTION

Pour half into a small glass and refrigerate the rest. Lactose-free yogurt and milk can be used if those suit you better.

STORAGE AND NOTES

Best freshly blended. Keep covered at 40°F / 4°C or below and use within 24 hours.

The natural sweetness depends on the mango. Added sugar or honey is not included in this recipe or its nutrition estimate.

Open this recipe online | Nutrition estimates | AI-generated illustration

Banana cocoa peanut shake

Banana, cocoa and peanut butter blended with milk and yogurt for a familiar chocolate-peanut flavor.



Makes 1 serving | One serving: 1 portion

Prep 5 min | Cook 0 min | Total 5 min

Per serving: 25 g protein | 4 g fiber | 279 kcal

30.4 g carbohydrate | 8.7 g fat | 111 mg sodium

Contains: milk, peanut. Check ingredient labels for allergens.

INGREDIENTS

60 g Banana, peeled

170 g Plain nonfat Greek yogurt

100 ml 1% milk

12 g Smooth unsalted peanut butter

5 g Unsweetened cocoa powder

60 ml Water

METHOD

1. Load the blender

Add milk and water first, followed by yogurt, banana, peanut butter and cocoa. Starting with liquid helps the blades move through the thicker ingredients.

2. Blend until smooth

Blend until the cocoa is evenly mixed and no banana pieces remain. Scrape down the sides and blend briefly again.

3. Adjust the texture

Add water a tablespoon at a time if you prefer it thinner. Serve cold, or divide between two covered containers and chill one for later.

FOR A SMALLER PORTION

Start with half the shake. Peanut butter adds fat and energy; if that feels too rich, try a fruit-and-yogurt option from the collection.

STORAGE AND NOTES

Refrigerate promptly and use within 24 hours. Stir well if the shake separates.

No protein powder is required. The nutrition estimate includes the banana and peanut butter, not just the milk and yogurt.

[Open this recipe online](#) | [Nutrition estimates](#) | [AI-generated illustration](#)

Peach kefir oat smoothie

Peach, kefir and oats blended with yogurt for a tangy smoothie with a little more body.



Makes 1 serving | One serving: 1 portion

Prep 5 min | Cook 0 min | Rest/chill 15 min | Total 20 min

Per serving: 23.9 g protein | 3.2 g fiber | 250 kcal

32.5 g carbohydrate | 3.3 g fat | 117 mg sodium

Contains: milk. Check ingredient labels for allergens.

INGREDIENTS

100 g Peach, stone removed
150 ml Plain lowfat kefir
150 g Plain nonfat Greek yogurt
15 g Rolled oats
50 ml Water
0.3 g Ground cinnamon

METHOD

1. Soften the oats

Stir the oats into the kefir and refrigerate for 15 minutes. This softens them before blending and reduces a gritty texture.

2. Prepare the fruit

Wash the peach, remove the stone and cut the flesh into pieces. Use thawed frozen peach if fresh fruit is unavailable.

3. Blend

Blend the oat-kefir mixture with peach, yogurt, water and cinnamon until smooth. Add a little water if needed and serve cold.

FOR A SMALLER PORTION

Serve half in a small glass and save the remainder in the fridge. If the tang of kefir is not appealing, use milk you tolerate; nutrition will change.

STORAGE AND NOTES

Keep covered at 40°F / 4°C or below and use within 24 hours. Total time includes the short oat soak.

Use plain unsweetened kefir and certified gluten-free oats if needed. Kefir is a food choice here, not a treatment for digestive symptoms.

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