

STILL LOVE FOOD

The seven-day bonus meal plan

New meals. One kitchen. Room for the whole family.

By Ray Sierengowski | Fire In The Kitchen, LLC

A companion to Still Love Food: The GLP-1 Cookbook. These meal ideas and seven dinner recipes are additional to the 48 recipes in the book.

Make this week your own

Start with the protein food, then add the starch, fruit, vegetables and other foods you need. The menu is a flexible set of ideas, not a calorie prescription or a promise to meet your daily nutrition needs. Adjust it to your appetite, food tolerance and care team's advice. You can repeat a favorite meal instead of buying every ingredient.

Each dinner makes four modest servings. Serve one share to begin with and add more as comfortable; a half-share is an option on a low-appetite day. Larger family appetites may need more of the main dish as well as sides. Multiply the full recipe if needed. Children and adults need portions suited to their own needs.

Your scale belongs on the counter

Weigh cooked protein foods using a matching cooked-food nutrition entry. Raw ingredient weights in a recipe are for shopping and preparation. For mixed dishes, weigh the finished batch and calculate the share eaten from its total nutrition. Do not apply a raw-food label directly to a cooked portion's weight.

Yogurt brands can be swapped by weight. Compare protein per equal serving weight and use your own label. This bonus does not assign protein totals to meals with unspecified brands or optional sides.

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Your week at a glance

Day 1

Breakfast: Cottage cheese with unsweetened applesauce and cinnamon

Lunch: Turkey, mozzarella and soft pita pockets

Dinner: Rosemary pork tenderloin with soft fennel

Optional snack: High-protein yogurt with soft melon

Day 2

Breakfast: Warm wheat cereal stirred with skim milk powder

Lunch: Salmon and avocado sandwich triangles

Dinner: Haddock baked in milk with chives

Optional snack: Low-fat string cheese and crackers

Day 3

Breakfast: Egg-white and mild cheddar English muffin

Lunch: Chopped shrimp with small pasta and plain yogurt

Dinner: Chicken and mushroom vermicelli skillet

Optional snack: Cottage cheese with drained mandarin segments

Day 4

Breakfast: High-protein yogurt with stewed plums

Lunch: Chicken and soft potato salad

Dinner: Turkey and zucchini stuffed peppers

Optional snack: A tolerated ready-to-drink protein shake

Your week, continued

Day 5

Breakfast: Cottage-cheese toast with soft apricot

Lunch: Salmon and mashed potato cakes

Dinner: Tilapia packets with yellow squash

Optional snack: Low-fat ricotta with cinnamon and soft pear

Day 6

Breakfast: Warm rice pudding with skim milk powder

Lunch: Turkey, cheese and soft tortilla roll-ups

Dinner: Egg-white and potato tortilla

Optional snack: High-protein yogurt with unsweetened applesauce

Day 7

Breakfast: Mild cheese omelet with tender mushrooms

Lunch: Lentil and mozzarella couscous

Dinner: Ginger tofu with soft rice noodles

Optional snack: Low-fat string cheese and soft fruit

Add sides and extra eating opportunities as needed. Snacks are options, not a limit. Keep fluids available and follow any personal fluid restrictions. Choose lactose-free products if needed and check every label for allergens.

Breakfasts without a big project

Day 1

Combine cottage cheese with a spoonful of unsweetened applesauce and cinnamon. Choose the cottage-cheese amount using your label and appetite.

Day 2

Cook wheat cereal according to its package. Whisk skim milk powder into the cooking liquid before heating, using the powder's label for the amount and protein contribution.

Day 3

Cook egg whites until set and serve with a little mild reduced-fat cheddar on a soft English muffin. Start with an open-faced half if a whole muffin feels too large.

Day 4

Simmer pitted plums with a little water until soft, cool, then spoon over a high-protein yogurt you enjoy. Remove skins if preferred for texture.

Day 5

Spread cottage cheese on toast and top with drained canned apricot or a softly cooked fresh apricot. Use softer bread if toast feels dry.

Day 6

Warm cooked rice with skim milk and milk powder until creamy. Follow safe leftover handling and reheat leftover rice to 165°F. Add cinnamon if you like.

Day 7

Make an egg and egg-white omelet with a little mild reduced-fat cheese and finely chopped, thoroughly cooked mushrooms. Cook until set, reaching 160°F.

Seven simple lunches

Day 1

Fill a soft pita with cooked turkey, reduced-fat mozzarella and a little plain yogurt. Chop turkey finely and offer extra filling separately if bread fills you quickly.

Day 2

Mash canned salmon with a little ripe avocado and plain yogurt. Spread on soft bread and cut into triangles. Avocado adds fat, so start with a small amount.

Day 3

Toss fully cooked chopped shrimp with soft small pasta and a little plain yogurt. Add chopped herbs if tolerated. Chill promptly.

Day 4

Combine cooked chicken with tender peeled potato cubes and plain yogurt. Add chives if you like. Keep chicken a clear part of the serving, not just a garnish.

Day 5

Mix drained canned salmon with mashed potato and a beaten egg, using just enough potato and egg to bind. Shape into small cakes and bake at 400°F until the center reaches 160°F. Timing depends on thickness.

Day 6

Roll cooked turkey and reduced-fat cheese in a soft tortilla. Warm gently or serve cold, then cut into short pieces. Offer extra turkey beside the wrap.

Day 7

Combine cooked couscous with well-cooked lentils and reduced-fat mozzarella. Warm until cheese softens. Start with a little lentil if beans commonly cause gas.

Rosemary pork tenderloin with soft fennel

Oven | About 50 minutes

Ingredients

450 g raw pork tenderloin, trimmed; 300 g fennel, thinly sliced; 120 ml (1/2 cup) low-sodium broth; 1 tsp olive oil; 1/2 tsp dried rosemary.

Make it

Heat oven to 400°F. Put fennel and broth in a covered baking dish and bake 15 minutes. Rub pork with oil and rosemary, place over fennel and bake uncovered about 18-25 minutes, until pork reaches 145°F. Rest 3 minutes, then slice across the grain.

For you and your family

Serve with mashed potatoes. Offer extra fennel and potatoes separately. Divide the cooked protein food into four equal shares, or portion the finished mixed dish by weight. Take a smaller share if needed and save the rest safely.

Texture and tolerance

Slice thinly and moisten with pan juices; reduce fennel if its fiber does not suit you. Choose amounts of fiber-containing sides that agree with you; adding more fiber is not always helpful when fullness is severe.

Save another meal

Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F. Use refrigerated leftovers within 3-4 days or freeze sooner. Reheat leftovers to 165°F. Fish and egg dishes may lose texture after freezing.

Ingredients are listed in their raw state unless marked cooked or drained. Cups are approximate; grams are the clearer measure. Check milk, egg, wheat, soy, fish and other ingredient labels for your household's allergies.

Haddock baked in milk with chives

Oven | About 25 minutes

Ingredients

450 g raw haddock fillets; 180 ml (3/4 cup) skim milk; 1 tsp olive oil; 1 tbsp chopped chives; 240 g cooked green beans, very tender.

Make it

Heat oven to 375°F. Oil a shallow dish, add fish and milk, and cover. Bake about 15-22 minutes, until the thickest fish reaches 145°F. Sprinkle with chives and serve with warmed green beans.

For you and your family

Add couscous and more green beans to larger plates. Divide the cooked protein food into four equal shares, or portion the finished mixed dish by weight. Take a smaller share if needed and save the rest safely.

Texture and tolerance

Flake the fish and spoon over a little warm milk. Cut beans small or offer them separately. Choose amounts of fiber-containing sides that agree with you; adding more fiber is not always helpful when fullness is severe.

Save another meal

Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F. Use refrigerated leftovers within 3-4 days or freeze sooner. Reheat leftovers to 165°F. Fish and egg dishes may lose texture after freezing.

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Chicken and mushroom vermicelli skillet

Stovetop | About 30 minutes

Ingredients

450 g raw skinless chicken breast, thinly sliced; 150 g mushrooms, sliced; 100 g dry vermicelli, broken; 480 ml (2 cups) low-sodium broth, plus more if needed; 1 tsp olive oil; 1/2 tsp dried thyme.

Make it

Soften mushrooms in oil with 2 tbsp broth in a covered skillet for 5 minutes. Add remaining broth and vermicelli; simmer according to pasta directions. Add thin chicken slices for the final 6-10 minutes, stirring, until every piece reaches 165°F and pasta is tender. Add hot broth if the pan dries out.

For you and your family

Offer bread and a cooked vegetable; spoon extra noodles onto larger plates. Divide the cooked protein food into four equal shares, or portion the finished mixed dish by weight. Take a smaller share if needed and save the rest safely.

Texture and tolerance

Serve the chicken first with a little pasta. Finely chop mushrooms or leave them out if they bother you. Choose amounts of fiber-containing sides that agree with you; adding more fiber is not always helpful when fullness is severe.

Save another meal

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Turkey and zucchini stuffed peppers

Oven + stovetop | About 45 minutes

Ingredients

450 g raw 99% lean ground turkey; 2 large bell peppers, halved and seeded; 150 g grated zucchini; 150 g (about 3/4 cup) cooked rice; 180 ml (3/4 cup) low-sodium broth; 1 tsp olive oil; 1/2 tsp dried oregano.

Make it

Heat oven to 375°F. Set pepper halves in a dish with half the broth, cover and bake 15 minutes. Meanwhile cook turkey, zucchini and oil in a skillet, breaking turkey apart until it reaches 165°F. Stir in rice, oregano and remaining broth. Fill peppers, cover and bake about 15 minutes until peppers are tender and filling is hot.

For you and your family

Serve a pepper half with extra rice or bread. Cut a filled half into a smaller portion as needed. Divide the cooked protein food into four equal shares, or portion the finished mixed dish by weight. Take a smaller share if needed and save the rest safely.

Texture and tolerance

The soft filling can be served without the pepper skin. Choose amounts of fiber-containing sides that agree with you; adding more fiber is not always helpful when fullness is severe.

Save another meal

Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F. Use refrigerated leftovers within 3-4 days or freeze sooner. Reheat leftovers to 165°F. Fish and egg dishes may lose texture after freezing.

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Tilapia packets with yellow squash

Oven | About 25 minutes

Ingredients

450 g raw tilapia fillets; 300 g yellow squash, thinly sliced; 4 tbsp low-sodium broth; 1 tsp olive oil; 1 tbsp chopped parsley.

Make it

Heat oven to 400°F. Divide squash, fish, broth and oil among four parchment packets, leaving room for steam. Seal and set on a baking tray. Bake about 15-20 minutes, then carefully open a packet away from your face and check fish reaches 145°F. Sprinkle with parsley.

For you and your family

Add boiled potatoes and serve packets opened at the table. Divide the cooked protein food into four equal shares, or portion the finished mixed dish by weight. Take a smaller share if needed and save the rest safely.

Texture and tolerance

Flake fish into a small bowl with its juices. Offer soft squash separately. Choose amounts of fiber-containing sides that agree with you; adding more fiber is not always helpful when fullness is severe.

Save another meal

Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F. Use refrigerated leftovers within 3-4 days or freeze sooner. Reheat leftovers to 165°F. Fish and egg dishes may lose texture after freezing.

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Egg-white and potato tortilla

Stovetop | About 30 minutes

Ingredients

4 large eggs (about 200 g without shells); 300 g liquid egg whites; 250 g peeled potato, cut in small cubes; 60 ml (1/4 cup) skim milk; 1 tsp olive oil; 1 tbsp chopped chives.

Make it

Simmer potato in water until tender, about 10 minutes, then drain. Whisk eggs, whites, milk and chives. Oil a 10-inch nonstick skillet, add potatoes and pour over eggs. Cover and cook on low about 12-18 minutes, until center reaches 160°F and is set. Cut into wedges.

For you and your family

Offer toast and cooked vegetables alongside larger wedges. Divide the cooked protein food into four equal shares, or portion the finished mixed dish by weight. Take a smaller share if needed and save the rest safely.

Texture and tolerance

Serve a soft wedge, avoiding a heavily browned crust. Do not keep cooking after the center is set. Choose amounts of fiber-containing sides that agree with you; adding more fiber is not always helpful when fullness is severe.

Save another meal

Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F. Use refrigerated leftovers within 3-4 days or freeze sooner. Reheat leftovers to 165°F. Fish and egg dishes may lose texture after freezing.

Ingredients are listed in their raw state unless marked cooked or drained. Cups are approximate; grams are the clearer measure. Check milk, egg, wheat, soy, fish and other ingredient labels for your household's allergies.

Ginger tofu with soft rice noodles

Stovetop | About 25 minutes

Ingredients

450 g firm tofu, drained and cubed; 100 g dry rice noodles; 200 g bok choy, chopped; 240 ml (1 cup) low-sodium broth; 1 tsp grated ginger; 1 tsp olive oil; 1 tsp reduced-sodium soy sauce, optional.

Make it

Prepare noodles according to the package and drain. Warm oil and ginger in a skillet for 30 seconds. Add broth, tofu and bok choy, cover and simmer about 8-10 minutes until greens are tender and tofu is hot. Fold in noodles and optional soy sauce.

For you and your family

Offer extra noodles and seasoning at the table. Divide the cooked protein food into four equal shares, or portion the finished mixed dish by weight. Take a smaller share if needed and save the rest safely.

Texture and tolerance

Use smaller amounts of greens if needed. Skip ginger if it triggers heartburn; tofu protein varies considerably by brand. Choose amounts of fiber-containing sides that agree with you; adding more fiber is not always helpful when fullness is severe.

Save another meal

Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F. Use refrigerated leftovers within 3-4 days or freeze sooner. Reheat leftovers to 165°F. Fish and egg dishes may lose texture after freezing.

Ingredients are listed in their raw state unless marked cooked or drained. Cups are approximate; grams are the clearer measure. Check milk, egg, wheat, soy, fish and other ingredient labels for your household's allergies.

Shopping for the seven dinners

Quantities below cover each dinner once, four modest servings per recipe. They exclude optional family sides and all breakfasts, lunches and snacks. Buy only the dinners you plan to make.

Protein and dairy

Pork tenderloin 450 g; haddock 450 g; chicken breast 450 g; 99% lean ground turkey 450 g; tilapia 450 g; firm tofu 450 g drained; 4 large eggs; liquid egg whites 300 g; skim milk 240 ml (1 cup).

Vegetables

Fennel 300 g; cooked green beans 240 g (buy enough fresh or frozen to yield this); mushrooms 150 g; 2 large bell peppers; zucchini 150 g; yellow squash 300 g; peeled potato 250 g; bok choy 200 g.

Grains and pantry

Dry vermicelli 100 g; dry rice noodles 100 g; cooked rice 150 g (about 3/4 cup); low-sodium broth about 1.1 liters plus a little extra; olive oil 7 tsp total; optional reduced-sodium soy sauce 1 tsp.

Herbs and flavor

Dried rosemary, thyme and oregano; fresh chives and parsley; fresh ginger. Check what is already in your kitchen.

Choose your breakfast and lunch extras

Cottage cheese, high-protein yogurt, reduced-fat mozzarella and cheddar, skim milk powder, ricotta, cooked turkey or chicken, canned salmon, shrimp, lentils, fruit, bread, pita, tortillas, wheat cereal, couscous and small pasta. Write quantities only after choosing how many people and which meals.

Prep once, keep it flexible

Before shopping

Choose the meals you want, cross out the rest and mark the household servings needed. Scale ingredient amounts, not cooking times. Check freezer space and use-by dates.

At the start of the week

Portion raw proteins for planned dinners. Refrigerate only what you will cook within its safe raw-storage window; freeze the rest promptly. Thaw frozen foods in the refrigerator. Cook a small batch of rice or potatoes for the next few meals.

Midweek

Prepare another small batch of starch and tender vegetables. Move the next frozen protein to the refrigerator to thaw. Use or freeze refrigerated leftovers within 3-4 days; do not keep a whole week of cooked meals in the refrigerator.

When appetite changes

Use a smaller serving of a familiar protein food and add tolerated foods as you can. Do not force food or let repeated missed meals go unaddressed. Contact your care team if eating or drinking enough becomes difficult.

Record what worked

Meal / amount eaten: _____

How it felt: _____

What I would change: _____

Next shopping list: _____

A few notes to keep handy

Protein is a priority, but adequate overall nourishment matters too. Modest added fat and gradual fiber changes can be useful; neither very low fat nor high fiber is a universal treatment. Follow the beginner guidance in your cookbook and your personal clinical advice.

This companion provides general cooking ideas, not treatment advice. For severe or persistent abdominal pain, repeated vomiting or inability to keep fluids down, seek prompt medical care.

Food-safety references

USDA and FoodSafety.gov guidance supports the cooking and storage temperatures used here.

[Safe minimum internal temperatures](#)

[Leftovers and food safety](#)

About the author

Ray Sierengowski is a chef, food scientist and founder of Fire In The Kitchen, LLC. He brings more than 30 years of culinary and food-development experience, along with his own experience as a GLP-1 patient, to everyday cooking. His focus is simple: make protein a priority while keeping meals enjoyable for the whole family.