

Your
**Fitness
Chick**

GLP-1
Cookbook

Recipes to Fuel Your Transformation

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Creamy Vanilla Protein Yogurt Bowl

Serves: 2



INGREDIENTS

- 8.8 oz. (250g) Greek yogurt
- 1 oz. (30g) vanilla protein powder
- 2 tsp. vanilla extract
- 1 tsp. maple syrup
- 2 tbsp. blueberries
- 1 banana, sliced
- 2 tsp. hemp seeds

INSTRUCTIONS

1. In a bowl, mix Greek yogurt, protein powder, vanilla extract, and maple syrup until smooth.
2. Divide between two bowls or glasses.
3. Top with blueberries, banana, and hemp seeds.

NUTRITION
PER SERVE

KCAL
236

FATS
4g

CARBS
25g

PROTEIN
25g

Berry Protein Mousse Bowl

Serves: 1



INGREDIENTS

- 5.3 oz. (150g) frozen berries
- 1 oz. (30g) vanilla whey protein powder
- 2 fl oz. (60ml) almond milk unsweetened

INSTRUCTIONS

1. Place the frozen berries, protein powder, and almond milk in a bowl.
2. Blend with a hand blender until smooth.
3. Using an electric whisk, whip the mixture for 5-8 minutes until it doubles in volume and becomes fluffy.
4. Serve immediately.

NUTRITION
PER SERVE

KCAL
173

FATS
1g

CARBS
17g

PROTEIN
24g

High Protein Vanilla Porridge

Serves: 2 Time: 12 mins



INGREDIENTS

- 17 fl. oz. (480ml) almond milk
- 2.8 oz. (80g) oats
- 1 oz. (30g) vanilla whey protein powder
- 1 banana
- 1 oz. (30g) walnuts

INSTRUCTIONS

1. Boil almond milk in a small pot.
2. Stir in oats and cook on low for 5-7 minutes, stirring often.
3. Remove from heat and mix in protein powder.
4. Divide into bowls and top with banana slices and walnuts.
5. Serve.

NUTRITION
PER SERVE

KCAL
387

FATS
15g

CARBS
44g

PROTEIN
19g

Strawberry Overnight Oats

Serves: 2



1

INGREDIENTS

- 2.8 oz. (80g) rolled oats
- 8 fl oz. (240ml) almond milk, unsweetened
- 9.9 oz. (280g) natural soy yogurt
- 2 tbsp. chia seeds
- 2 tbsp. maple syrup
- 2.6 oz. (75g) strawberries, chopped
- 2 oz. (60g) vegan vanilla protein powder
- 1 tsp. vanilla extract

INSTRUCTIONS

1. Mix all the ingredients in a large bowl until combined.
2. Cover and refrigerate for at least 2 hours, or overnight.
3. Divide between 2 serving glasses or jars. Optionally, top with additional strawberries before serving.

STORAGE

Store in an airtight container in the fridge for up to 5 days.

NUTRITION
PER SERVE

KCAL
396

FATS
8g

CARBS
50g

PROTEIN
31g

Iced Coffee Protein Smoothie

Serves: 1



INGREDIENTS

- ½ banana ripe
- 1 oz. (30g) vanilla protein powder
- 4 fl oz. (120ml) almond milk, unsweetened
- 4 fl oz. (120ml) brewed coffee, cooled
- 1 tsp. maple syrup

INSTRUCTIONS

1. Place the banana, protein powder, almond milk and coffee into a high speed blender and blend until smooth. Add a handful of ice cubes and maple syrup, and blend again until creamy.

NUTRITION PER SERVE	KCAL 242	FATS 2g	CARBS 31g	PROTEIN 25g
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Zucchini Parmesan Omelet

Serves: 1 Time: 12 mins



INGREDIENTS

- 1 tsp. olive oil
- ¼ red onion, chopped
- ¼ tsp. salt, divided
- 1 zucchini, diced
- 1 large egg
- 6.3 oz. (180g) egg whites
- 2 tbsp. Parmesan cheese, grated

INSTRUCTIONS

1. Heat the 1 tsp. olive oil in a nonstick skillet over medium-low heat. Add the onion and cook for 2-3 minutes until softened.
2. Add the zucchini to the skillet, season with ¼ tsp. salt and black pepper to taste. Cook for 3-4 minutes, stirring occasionally, until tender.
3. In a medium bowl, whisk together the egg, egg whites, Parmesan cheese, the remaining ¼ tsp. salt, and black pepper.
4. Pour the egg mixture into the skillet, ensuring it covers the vegetables evenly. Cover the skillet with a lid and cook for about 5 minutes until the eggs are set.
5. Transfer the omelet to a plate and serve immediately.

NUTRITION
PER SERVE

KCAL
298

FATS
14g

CARBS
10g

PROTEIN
33g

Oatmeal Cottage Cheese Waffles

Serves: 4 Time: 15 mins



INGREDIENTS

- 4 large eggs
- 1 lb. (450g) cottage cheese
- 4.2 oz. (120g) rolled oats
- 1 tsp. baking powder
- 1 tsp olive oil

INSTRUCTIONS

1. Place all the ingredients and 1 tsp olive oil into a blender, then blend until completely smooth.
2. Set the waffle batter aside for 5 minutes while the waffle iron is preheating.
3. Brush the waffle iron with a little of the olive oil.
4. Pour the batter into the waffle maker and cook until the waffles are golden brown, cooking time will vary depending on your waffle iron.
5. Serve immediately.
6. Serve with your favorite toppings.

NUTRITION
PER SERVE

KCAL
309

FATS
13g

CARBS
25g

PROTEIN
23g

High Protein Coronation Chicken Salad

Serves: 2



INGREDIENTS

- 1 tbsp. mayonnaise
- 2 tbsp. Greek yogurt (0% fat)
- 1 tsp. curry powder
- 5 oz. (150g) Chicken, pre-cooked and cold, chopped
- 1.4 oz. (40g) dried apricots, chopped
- 1 celery stick, chopped

INSTRUCTIONS

1. In a bowl, combine and mix mayonnaise, Greek yogurt, and curry powder.
2. Add chicken, apricots, and celery. Season with salt and pepper, then mix well to coat evenly.
3. Serve as a dish with a side salad or use as a sandwich filling.

NUTRITION
PER SERVE

KCAL
228

FATS
8g

CARBS
14g

PROTEIN
25g

Tuna Salad Lettuce Boats

Serves: 2



INGREDIENTS

- 10 oz. (280g) tuna in olive oil, drained
- 1 tbsp. tomato puree
- 1 small red onion, finely chopped
- ½ Granny Smith apple
- 8 lettuce leaves

INSTRUCTIONS

1. Combine the tuna and half of the oil from the can in a bowl with the tomato puree.
2. Finely chop the red onion and add it to the bowl.
3. Halve the apple, remove the core, and chop it into small cubes; add it to the bowl.
4. Mix all ingredients thoroughly.
5. Divide the tuna mixture evenly among the 8 lettuce leaves, spooning it into the center of each leaf.
6. Fold or wrap the leaves to enclose the filling and serve immediately.

NUTRITION
PER SERVE

KCAL
295

FATS
11g

CARBS
10g

PROTEIN
39g

Easy Salmon Nicoise Salad

Serves: 2 Time: 10 mins



INGREDIENTS

- 2 (4.5 oz./130g each) salmon filets
- 10.5 oz. (300g) green beans, trimmed
- 2 eggs
- 10 black olives
- 2 tbsp. Greek yogurt
- 1 tbsp. apple cider vinegar

INSTRUCTIONS

1. Place the salmon skin-side down in a colander over boiling salted water. Cover and steam for 10 minutes.
2. Cook the green beans in boiling water for 6 minutes. Boil the eggs for 5-6 minutes.
3. Blend the olives into a paste. Mix half with Greek yogurt, apple cider vinegar, salt, and pepper.
4. Toss the cooked beans with the yogurt dressing and divide between two plates.
5. Peel and quarter the eggs. Flake the salmon over the beans and arrange the eggs on top.
6. Dot the remaining olive paste over the salad. Season with salt and pepper, then serve.

NUTRITION
PER SERVE

KCAL
338

FATS
14g

CARBS
13g

PROTEIN
40g

BLT Chicken Salad

Serves: 4



INGREDIENTS

- 2.5 oz. (70g) kale, deboned & chopped
- 1 tsp olive oil
- 1 lb. (450g) chicken breast, cooked, shredded
- 6 slices bacon, cooked, chopped
- 5.3 oz. (150g) cherry tomatoes, halved
- ½ small red onion, finely diced
- 5 oz. (145g) Greek yogurt
- 1 tsp. ranch seasoning
- ½ tbsp. lemon juice
- ½ tsp. vinegar based hot sauce

INSTRUCTIONS

1. Begin by preparing the kale. Place the kale in a medium bowl and drizzle over 1 tsp olive oil. Massage the oil into the kale using your hands for 3 minutes until it wilts.
2. In a large bowl, combine the chicken, bacon, cherry tomatoes, red onion and kale. Mix everything together and set aside.
3. Make a sauce by mixing together the Greek yogurt, ranch seasoning, lemon juice and hot sauce. Add the prepared sauce to the shredded chicken mixture in the large bowl. Mix thoroughly until all ingredients are evenly combined and coated with the sauce.

NUTRITION
PER SERVE

KCAL
385

FATS
21g

CARBS
5g

PROTEIN
44g

Tuna & Quinoa Salad Bowl

Serves: 2 Time: 20 mins



INGREDIENTS

- 6.5 oz. (185g) cooked quinoa
- 4 tbsp. (50g) chickpeas, rinsed & drained
- ½ cucumber, chopped
- 1 tbsp. crumbled feta cheese
- 10 cherry tomatoes, halved
- 2 cans (7 oz/200g each) tuna, drained
- 1 tbsp. olive oil (Dressing)
- 2 tsp. red wine vinegar (Dressing)
- 1 tsp. fresh lemon juice (Dressing)
- 1 tsp. Dijon mustard (Dressing)

INSTRUCTIONS

1. Cook the quinoa according to the package instructions.
2. Mix all the dressing ingredients together in a bowl.
3. In a separate bowl, combine all salad ingredients.
4. Drizzle the dressing over the salad and toss gently to coat.

NUTRITION
PER SERVE

KCAL
359

FATS
11g

CARBS
33g

PROTEIN
32g

Chinese Chicken & Sweetcorn Soup

Time: 25 Minutes

Serves: 4



INGREDIENTS

- 14 oz. (400g) chicken breast
- 36 fl oz. (1L) chicken stock
- 14 oz. (400g) canned sweetcorn
- 3 tbsp. cornstarch
- 2 large eggs, beaten
- 1 tsp. sesame oil
- chives, chopped, for garnish

INSTRUCTIONS

1. In a large pot, bring the chicken stock to a simmer. Add the chicken breast, cover, and poach over low heat for 10-12 minutes until fully cooked.
2. Remove, let cool slightly, then shred. Skim off any foam from the broth.
3. Increase the heat to medium and bring the broth back to a simmer. Add the sweetcorn and stir.
4. In a small bowl, mix the cornstarch with 5 tbsp water to make a slurry. Gradually stir it into the soup and let it simmer for 1 minute until thickened. Season with salt and pepper.
5. Slowly pour in the beaten eggs, stirring to create egg ribbons. Add the shredded chicken back to the pot and cook for 1 more minute.
6. Finish with sesame oil and a dash of pepper. Garnish with chopped chives and serve.

NUTRITION
PER SERVE

KCAL
292

FATS
8g

CARBS
25g

PROTEIN
30g

Creamy Beef & Leek Soup

Serves: 2



INGREDIENTS

- 1 tbsp olive oil
- 7 oz. (200g) lean ground beef, 5% fat
- 1 leek, sliced
- 22.4 fl oz. (665ml) vegetable stock
- 3.5 oz. (100g) cream cheese, reduced fat
- ½ tsp. paprika powder

INSTRUCTIONS

1. Heat 1 tbsp olive oil in a large pot and cook the ground beef until browned.
2. Add the sliced leek and sauté briefly, then pour in vegetable stock. Simmer for 5 minutes.
3. Stir in cream cheese, season with paprika, salt and pepper. Cook for 5 minutes until the soup has thickened.
4. Serve hot.

NUTRITION
PER SERVE

KCAL
355

FATS
23g

CARBS
12g

PROTEIN
25g

Salmon En Papillote

Serves: 2 Time: 25 mins



INGREDIENTS

- 1 zucchini
- 1 red onion
- 2 salmon fillets
- 4 tbsp. dill
- 1 lemon

INSTRUCTIONS

1. Preheat the oven to 350°F (180°C).
2. Cut two large pieces of baking paper.
3. Layer 8 zucchini slices and some onion on each.
4. Drizzle with 1 tablespoon of olive oil and season with salt and pepper.
5. Place a salmon fillet on each.
6. Season, then top with dill and lemon slices.
7. Fold the paper to seal each parcel.
8. Bake for 18-20 minutes until the salmon is cooked.
9. Serve immediately by tearing open the paper.

NUTRITION
PER SERVE

KCAL
409

FATS
25g

CARBS
10g

PROTEIN
36g

Asian Inspired Beef & Broccoli Stir-Fry

Serves: 4 Time: 10 mins



INGREDIENTS

- 4 fl oz. (120ml) tamari
- 1 tbsp. honey
- 2 garlic cloves, minced
- 1-inch (2.5 cm) piece fresh ginger, grated
- 1 tbsp. cornstarch
- 1 tbsp. sesame oil
- 1 lb. (450g) ground beef, 5% fat
- ½ yellow onion, chopped
- 1 broccoli head, cut into florets
- 1 tbsp. sesame seeds, toasted
- 3 green onions, sliced

INSTRUCTIONS

1. In a small bowl, whisk together tamari, honey, garlic, ginger, and cornstarch. Set aside.
2. Heat sesame oil in a large skillet over medium-high heat.
3. Add beef and onion. Cook, stirring occasionally, for 5 minutes or until the beef is cooked through.
4. Pour in the sauce, stir to combine, and cook for 1 minute.
5. Add broccoli and cook for an additional 2-3 minutes.
6. Divide the stir-fry evenly between 4 bowls. Garnish with sesame seeds and green onions. Serve immediately.

NUTRITION
PER SERVE

KCAL
323

FATS
15g

CARBS
17g

PROTEIN
30g

Baked Salmon & Warm Quinoa Salad

Serves: 4 Time: 15 mins



INGREDIENTS

- 1 red bell pepper
- 1 tbsp. olive oil
- 1.1 lbs. (520g) salmon fillets
- 1 tsp. mixed spices for salmon
- 7 oz. (200g) sugar snap peas
- 2.1 pt. (1L) boiling water
- 8.8 oz. (250g) cooked quinoa
- 2 handfuls fresh parsley
- 2 tbsp. fresh chives

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C).
2. Cut the red bell pepper into strips. Heat olive oil over medium heat and stir-fry the peppers for 5 minutes.
3. Place the salmon fillets on a baking tray lined with paper. Season and bake for 10 minutes.
4. Blanch sugar snap peas with boiling water. Add peas and quinoa to the peppers. Heat for 4 minutes, stirring occasionally.
5. Chop parsley and chives, then mix into the quinoa.
6. Serve the quinoa salad with the baked salmon.

NUTRITION
PER SERVE

KCAL
307

FATS
11g

CARBS
19g

PROTEIN
33g

Crusted Honey Mustard Pork Chops

Serves: 4 Time: 10 mins



INGREDIENTS

- 4 pork chops, trimmed (5.3 oz. / 150g each)
- ½ tsp. salt
- 6 tbsp. Dijon mustard
- 1 tbsp. honey
- 1.6 oz. (45g) panko breadcrumbs

INSTRUCTIONS

1. Season the pork chops with salt and place them into a dish.
2. Mix the mustard and honey, then pour over the pork chops, ensuring they are well-coated. Cover the dish, refrigerate, and marinate for at least 4 hours or overnight.
3. Place the panko breadcrumbs in a shallow bowl.
4. Remove the pork chops from the marinade and press them into the breadcrumbs, discarding any remaining marinade.
5. Lightly spray the air fryer basket with cooking oil and place the pork chops into the basket.
6. Set the air fryer to 400°F (200°C) and cook the pork chops for 10-12 minutes, turning halfway through the cooking time.
7. Remove the chops from the air fryer and serve.

NUTRITION
PER SERVE

KCAL
306

FATS
14g

CARBS
12g

PROTEIN
33g

Chicken Broccoli Alfredo

Time: 30 Minutes

Serves: 4



INGREDIENTS

- 8 oz. (225g) rotini pasta
- 10.6 oz. (300g) broccoli florets
- 2 tbsp. butter, divided
- 16 oz. (450g) chicken breast, cut into bite-sized pieces
- 2 cloves garlic, minced
- 2 tbsp. all-purpose flour
- 12.7 fl oz. (375ml) milk
- 1 oz. (30g) grated Parmesan cheese

INSTRUCTIONS

1. Cook pasta according to package instructions. Reserve $\frac{1}{2}$ glass of pasta water. Cook broccoli for 3-4 minutes. Add it to the cooked pasta.
2. In a skillet, heat 1 tbsp butter. Season chicken with $\frac{1}{2}$ tsp salt and $\frac{1}{4}$ tsp black pepper. Cook for 3-4 minutes per side, until cooked through.
3. In the same pan, heat the remaining butter. Add garlic and cook for 1 minute.
4. Add flour, stir for 1 minute, then slowly whisk in milk and $\frac{1}{2}$ tsp salt and $\frac{1}{4}$ tsp pepper. Simmer for 2-3 minutes.
5. Stir in Parmesan and combine with pasta, chicken, and broccoli. Add reserved pasta water to loosen sauce, if needed. Serve with extra Parmesan (optional).

NUTRITION
PER SERVE

KCAL
488

FATS
12g

CARBS
55g

PROTEIN
40g

Beef & Green Beans Pasta Bowl

Serves: 2 Time: 25 mins



INGREDIENTS

- 4 oz. (120g) whole-wheat pasta
- 10 oz. (300g) beef steak
- 4 spring onions
- 2 garlic cloves
- 1 tbsp. coconut oil
- 2 tbsp. tamari
- 2.7 fl.oz (80ml) beef stock
- 3.5 oz. (100g) green beans, frozen

INSTRUCTIONS

1. Cook the pasta according to instructions on the packaging.
2. Thinly slice the beef.
3. Diagonally slice the spring onions into 1-1.5 inch pieces.
4. Peel and finely slice the garlic.
5. Heat coconut oil in a large pan over medium-high heat.
6. Cook the beef for 3 minutes, then transfer to a plate and drizzle with 1 tbsp tamari.
7. In the same pan, sauté the garlic and spring onions for 3 minutes or until softened.
8. Return the beef to the pan, add the remaining tamari, beef stock, and green beans, and cook for 2-3 minutes.
9. Add the cooked pasta and stir.
10. Cook for 2 minutes, stirring occasionally.
11. Serve and enjoy!

NUTRITION
PER SERVE

KCAL
611

FATS
27g

CARBS
52g

PROTEIN
40g

Blueberry Bliss Protein Smoothie

Serves: 1



INGREDIENTS

- 4.2 oz. (125ml) coconut water
- 4.2 oz. (125ml) unsweetened almond milk
- 1 oz. (25g) vanilla whey protein
- 1.7 oz. (50g) frozen blueberries
- 1 tsp. ground cinnamon
- 1 tsp. chia seeds

INSTRUCTIONS

1. Blend all ingredients in a high-speed blender until smooth.

NUTRITION
PER SERVE

KCAL
187

FATS
3g

CARBS
16g

PROTEIN
24g

Cinnamon Roll Protein Shake

Serves: 2



INGREDIENTS

- 1 banana
- 1.7 oz. (50g) vanilla protein powder
- 1 tsp. cinnamon
- 8 fl.oz. (240ml) almond milk
- ice cubes

INSTRUCTIONS

1. Blend all ingredients in a high-speed blender until smooth.

NUTRITION PER SERVE	KCAL 178	FATS 2g	CARBS 16g	PROTEIN 24g
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PB & Berry Power Shake

Serves: 2



INGREDIENTS

- 8 fl oz. (240ml) almond milk, unsweetened
- 7.7 oz. (220g) frozen strawberries
- 1.8 oz. (50g) vanilla whey protein powder
- 2 tbsp. peanut butter

INSTRUCTIONS

1. Place all the ingredients in a high-speed blender. Blend until smooth.
2. If the smoothie is too thick, add a little more almond milk to thin it out.
3. Divide the smoothie between two glasses and serve over ice, if desired.

NUTRITION
PER SERVE

KCAL
258

FATS
10g

CARBS
15g

PROTEIN
27g

Mango Protein-Packed Fruit Bowl

Serves: 2



INGREDIENTS

- 14 oz. (400g) natural quark, divided
- ¼ mango, chopped
- 2 tbsp. granola

INSTRUCTIONS

1. Divide the quark evenly between two bowls or glasses.
2. Garnish with chopped mango and 1 tablespoon of granola.
3. Serve immediately.

NUTRITION
PER SERVE

KCAL
223

FATS
3g

CARBS
24g

PROTEIN
25g

Banana Protein Soft Ice Cream

Serves: 2



INGREDIENTS

- 2 medium bananas, sliced & frozen
- 4 tbsp. vanilla or natural yogurt
- 1 oz. (30g) vanilla whey or pea protein
- ½ tsp. cinnamon
- berries, to serve

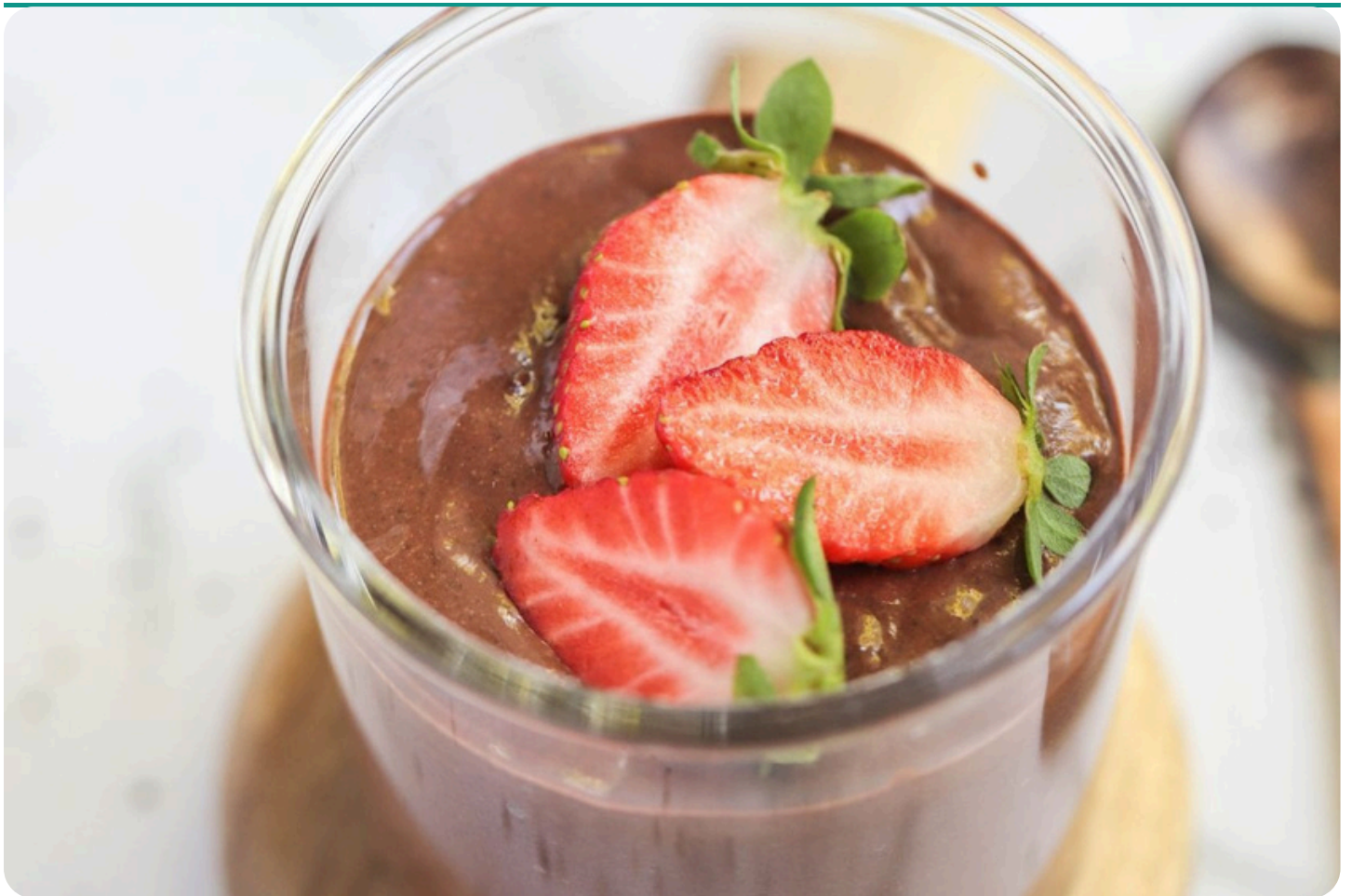
INSTRUCTIONS

1. Blend all ingredients, except berries, in a blender until smooth and creamy, for about 2-3 minutes.
2. Divide the mixture between two bowls and top with berries.

NUTRITION PER SERVE	KCAL 201	FATS 1g	CARBS 32g	PROTEIN 16g
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High-Protein Chocolate Chia Pudding

Serves: 1



INGREDIENTS

- 6 fl oz. (180ml) unsweetened almond milk
- 2 tbsp. chia seeds
- 1.4 oz. (40g) chocolate protein powder
- 2 tbsp. raw cacao powder
- 1 tbsp. maple syrup

INSTRUCTIONS

1. Add the almond milk and chia seeds to a blender. Blitz for 30 seconds.
2. Add the chocolate protein powder, raw cacao powder, and maple syrup. Blend until smooth and creamy.
3. Transfer to a serving dish.
4. Chill in the refrigerator for at least 1 hour or overnight.

NUTRITION
PER SERVE

KCAL
409

FATS
13g

CARBS
30g

PROTEIN
43g

Quick Protein Mug Cake

Serves: 1 Time: 1 min



INGREDIENTS

- 1 scoop (25g) vanilla protein powder
- ½ tsp. baking powder
- 1 tbsp. coconut flour
- 1 tbsp. coconut sugar
- 1 large egg
- 4 tbsp. almond milk
- ¼ tsp. vanilla extract
- 1 tsp. chocolate chips

INSTRUCTIONS

1. Grease a microwave-safe bowl with spray oil.
2. In the bowl, mix the vanilla protein powder, baking powder, coconut flour, and coconut sugar.
3. Add the egg to the dry mixture and mix well.
4. Stir in the almond milk and vanilla extract. If the batter is too crumbly, add more almond milk until a thick batter forms.
5. Top the batter with chocolate chips.
6. Microwave for 60 seconds or until the center is cooked.
7. Serve immediately.

NUTRITION
PER SERVE

KCAL
264

FATS
8g

CARBS
18g

PROTEIN
30g

Tuna & White Bean Protein Dip

Serves: 2 Time: 5 Minutes



INGREDIENTS

- 5 oz. (140g) tuna in water, drained
- 4 oz. (120g) canned white beans, rinsed
- 2 tbsp. plain Greek yogurt
- 1 tbsp. lemon juice
- 1 small clove garlic, minced
- 1 tbsp. parsley, chopped

INSTRUCTIONS

1. Mash the beans in a bowl until mostly smooth.
2. Add tuna, yogurt, lemon juice, garlic, and parsley. Mix until well combined. Adjust seasoning.
3. Serve with raw veggies, whole-grain crackers, or in lettuce cups. Serving suggestions: drizzle of olive oil, parsley.

NUTRITION
PER SERVE

KCAL
145

FATS
1g

CARBS
11g

PROTEIN
23g