

WellNest

Your 3-Day GLP-1 Protein Starter Plan

9 protein-first meals. 3 ingredients each.
Built for smaller appetites, steadier days.

Every recipe in this plan lives at
wellnestkitchen.com/recipes

How to Use This Plan

This plan is designed for people on GLP-1 medications whose appetite has shrunk but whose protein needs have not. Every meal is high in protein, small in volume, and easy on the stomach.

- Eat protein first. At every meal, take a few bites of the protein before touching anything else. When your appetite quits early, the protein is already in.
- Five small meals beats three big ones. Breakfast, lunch, dinner, plus two small protein snacks. Small portions are easier to tolerate and keep energy steady.
- Stop when you are full. Do not force the last bites. Save leftovers — they make an excellent next-day snack.
- Hydrate between meals, not during. Sip water, herbal tea, or electrolyte drinks throughout the day. Drinking a lot with meals can make you feel full faster.
- Keep it bland on hard days. Nausea days happen. Each recipe below includes a nausea-day swap so you can still get protein in without a fight.

All nine meals link to their full recipe pages with step-by-step instructions, nutrition details, and ingredient amounts.

Your Protein Target, Simplified

On GLP-1 medication, protecting muscle matters more than ever, because rapid weight loss can take muscle along with fat. A widely used starting target:

Aim for 0.8-1.0 g of protein per pound of your goal body weight, per day.

Example: if your goal weight is 150 lb, aim for roughly 120-150 g of protein daily. Spread across five small meals, that is about 24-30 g per meal — exactly the range this plan's meals hit.

Adjusting by GLP-1 phase

- Starting out (low dose): appetite is still fairly normal. Use the higher end of the range and focus on building the protein-first habit.
- Full dose / strong appetite suppression: eating feels like a chore. Drop to the lower end if needed, lean on the nausea-day swaps, and never skip protein at a meal.
- Maintenance: appetite partially returns. Keep the protein-first habit and use the calculator below to re-check your target as your weight changes.

Not sure of your number? Use the free [GLP-1 Protein Calculator](#) — it adjusts for your weight, activity, and medication phase.

DAY 1

Ease In

Greek Yogurt Power Bowl • Breakfast • 20g protein

Thick Greek yogurt delivers 20 grams of protein in a single small bowl, and the berries add gentle fiber without heaviness. Cold, creamy foods are often the easiest to tolerate when appetite is low, and there is zero cooking involved. This is the simplest high-protein breakfast you can make.

Full recipe: wellnestkitchen.com/recipes/greek-yogurt-power-bowl/

Small-portion tip: Use a small ramekin instead of a big bowl — it looks like less and feels doable.

Nausea-day swap: Skip the honey and berries; eat the yogurt plain in tiny spoonfuls. Plain cold yogurt is one of the best-tolerated nausea-day proteins.

Tuna Cucumber Boats • Lunch • 25g protein

A full can of tuna packs 25 grams of protein into a lunch that feels light and fresh. The cucumber keeps it crisp and hydrating rather than heavy, and using Greek yogurt instead of mayo trims fat while adding protein. No stove, no reheating, no strong cooking smells.

Full recipe: wellnestkitchen.com/recipes/tuna-cucumber-boats/

Small-portion tip: Fill 2-3 cucumber halves, not the whole cucumber. Stop when the protein is gone.

Nausea-day swap: Eat the tuna straight from the can with a squeeze of lemon, or swap to plain Greek yogurt with a pinch of salt.

Egg White Spinach Scramble • Dinner • 18g protein

Egg whites are almost pure protein with very little fat, which means they digest quickly and rarely trigger nausea. The spinach wilts down to almost nothing, and a sprinkle of feta makes it satisfying without heaviness. A warm, soft dinner that is ready in five minutes.

Full recipe: wellnestkitchen.com/recipes/egg-white-spinach-scramble/

Small-portion tip: Scramble just 4 egg whites instead of 6 on low-appetite evenings — you still clear 12g of protein.

Nausea-day swap: Skip the feta and cook the whites extra-soft, almost custardy. Bland, warm, and easy.

DAY 2

Build the Habit

Cottage Cheese Protein Pancakes • Breakfast • 20g protein

These taste like weekend pancakes but carry 20 grams of protein, thanks to cottage cheese and eggs in the batter. Warm, soft foods are comforting when your stomach is sensitive, and small pancakes are naturally portion-controlled. Make a batch and reheat one or two at a time.

Full recipe: wellnestkitchen.com/recipes/cottage-cheese-protein-pancakes/

Small-portion tip: Cook silver-dollar size and eat two. Freeze the rest for an instant protein snack later.

Nausea-day swap: Eat 2-3 tablespoons of plain cottage cheese straight from the container instead of cooking.

Chicken Lettuce Cups • Lunch • 25g protein

Shredded chicken breast is one of the leanest proteins there is, and the lettuce cup keeps the meal crisp and light. A spoonful of Greek yogurt adds creaminess and a few extra grams of protein without heaviness. It eats like a fresh wrap but digests like a much smaller meal.

Full recipe: wellnestkitchen.com/recipes/chicken-lettuce-cups/

Small-portion tip: Use butter lettuce and fill only 2 cups. Cold chicken is often better tolerated than hot.

Nausea-day swap: Shred the chicken extra-fine and eat it plain, or swap to plain Greek yogurt with salt.

Greek Yogurt Power Bowl • Snack • 20g protein

An afternoon protein snack prevents the evening crash where you realize you have barely eaten all day. Twenty grams of protein in a small bowl steadies blood sugar and protects muscle between meals. Keep it simple: yogurt, berries, done.

Full recipe: wellnestkitchen.com/recipes/greek-yogurt-power-bowl/

Small-portion tip: Half a serving is fine for a snack — even 10g of protein between meals adds up.

Nausea-day swap: Plain yogurt, tiny spoonfuls, eaten slowly. That is the whole strategy.

DAY 3

Keep It Going

Egg White Spinach Scramble • Breakfast • 18g protein

By day three, your body knows the routine: protein first, small portions, stop when full. The scramble is fast, warm, and endlessly repeatable — the kind of breakfast that becomes automatic. Eighteen grams of protein before your day even starts.

Full recipe: wellnestkitchen.com/recipes/egg-white-spinach-scramble/

Small-portion tip: Prep the spinach the night before so the whole thing takes three minutes.

Nausea-day swap: Extra-soft whites, no feta, eaten slowly while warm.

Smoky Tempeh Bites • Lunch • 20g protein • plant-based

Tempeh is a fermented soy food with 20 grams of protein per serving, and fermentation makes it easier to digest than many plant proteins. Pan-seared with soy sauce and maple, the bites are savory, chewy, and satisfying — proof that high-protein does not have to mean meat. A great option for plant-based eaters or anyone wanting variety.

Full recipe: wellnestkitchen.com/recipes/smoky-tempeh-bites/

Small-portion tip: Eight to ten bites is a full serving. They reheat well in a dry pan.

Nausea-day swap: Eat 3–4 bites at room temperature, or swap to plain edamame with salt.

Tuna Cucumber Boats • Dinner • 25g protein

Ending the plan with the lightest dinner: cool, crisp, no cooking, 25 grams of protein. After three days of protein-first eating, notice how much easier small meals feel compared to forcing down one big dinner. That is the habit working.

Full recipe: wellnestkitchen.com/recipes/tuna-cucumber-boats/

Small-portion tip: Two cucumber halves is plenty for dinner. Pair with water or herbal tea.

Nausea-day swap: Plain tuna with lemon, or a few spoonfuls of Greek yogurt.

Shopping List — All 3 Days

One trip covers the whole plan. Buy small quantities — you will be eating small portions.

Protein

- ☐ Plain Greek yogurt, 2-3 large tubs (2% or full-fat)
- ☐ Egg whites, 1 carton (or 1 dozen eggs, whites separated)
- ☐ Canned tuna in water, 3 cans
- ☐ Cooked chicken breast, about 1 lb (rotisserie works)
- ☐ Cottage cheese, 1 tub
- ☐ Tempeh, 1 package (8 oz)

Produce

- ☐ Mixed berries, 1-2 cups (fresh or frozen)
- ☐ Fresh spinach, 1 bag
- ☐ Cucumbers, 2 large
- ☐ Butter or romaine lettuce, 1 head

Pantry

- ☐ Rolled oats, small bag
- ☐ Honey
- ☐ Maple syrup
- ☐ Soy sauce or tamari
- ☐ Feta cheese, small block
- ☐ Lemon (optional, for tuna)

What Comes After Day 3?

You have proven you can hit your protein in small, manageable meals. Now make it precise: find your personal daily protein target with the free [GLP-1 Protein Calculator](#) — it adjusts for your weight, activity level, and medication phase, then splits your target across five small meals.

Then keep exploring the full GLP-1 recipe collection — every recipe is high-protein, small-portion friendly, and built for real appetites on medication:

wellnestkitchen.com/glp-1-recipes/

A note from WellNest: This plan is for general information only and is not medical advice. Protein needs vary, especially on GLP-1 medication. Talk to your doctor or a registered dietitian before making significant changes to your diet.

WellNest • Feel better. Eat simply.