

Eating Enough on a Low Appetite: 5 Nutrient-Dense Meals

When two bites fills you up, every bite has to count. Maximum nutrition in minimum volume.

MAXIMIZING EVERY BITE

- Prioritize protein first — the hardest macro to make up later.
- Add healthy fat (avocado, olive oil) to bump calories without bulk.
- Concentrated > diluted. Cottage cheese beats milk.
- Eat by clock, not hunger. GLP-1 suppresses signals you used to follow.

1. Small-Portion Grilled Herb Chicken

Why it works. 3 oz chicken delivers 26 g protein in a palmful — ideal on a low appetite.

INGREDIENTS

- 6 oz chicken breast
- Olive oil, herbs, lemon
- 1 cup broccoli

HOW TO MAKE IT

- 1 Marinate 15 min.
- 2 Grill 5 min per side.
- 3 Rest 3 min, slice.
- 4 Serve with broccoli.

2. Tofu & Black Bean Chili

Why it works. Combined plant proteins; 22 g per cup is concentrated nutrition.

INGREDIENTS

- 8 oz crumbled tofu
- 1 can black beans
- Tomato, onion, chili spices

HOW TO MAKE IT

- 1 Soften onion and garlic.
 - 2 Add tofu, beans, spices.
 - 3 Simmer 15 min.
 - 4 Top with cilantro.
-

3. Banana & Berry Greek Yogurt Parfait

Why it works. 25 g protein in less than a cup — ideal when your appetite ceiling is low.

INGREDIENTS

- 1 cup Greek yogurt
- 1/2 banana
- 1/4 cup berries
- 2 tbsp granola

HOW TO MAKE IT

- 1 Spoon yogurt in a glass.
 - 2 Layer banana and berries.
 - 3 Top with granola.
 - 4 Eat slowly.
-

4. Ginger-Lentil & Spinach Curry

Why it works. Red lentils pack 18 g protein per cup plus iron and folate.

INGREDIENTS

- 1 cup red lentils
- Spinach, ginger, garlic, onion
- Turmeric, cumin, coconut milk

HOW TO MAKE IT

- 1 Soften aromatics.
 - 2 Add lentils and broth.
 - 3 Simmer 18 min.
 - 4 Stir in spinach and coconut.
-

5. Savory Cottage Cheese & Vegetable Bowl

Why it works. Cottage cheese: highest protein-per-calorie food. 28 g in a small bowl.

INGREDIENTS

- 1 cup cottage cheese
- Cucumber, tomato, pumpkin seeds
- Dill, olive oil, pepper

HOW TO MAKE IT

- 1 Spoon cottage cheese.
- 2 Top with veg.
- 3 Sprinkle seeds and dill.
- 4 Drizzle oil.

MyGLPMap is educational, not medical advice. Talk to your prescribing clinician before changing your diet or routine. © MyGLPMap.