

RECIPE BOOK

**Plate  
by Plate**  
Eating Well  
on Your  
GLP-1 Path



UnityPoint Health

## TABLE OF CONTENTS

This recipe booklet was created with you in mind: simple, balanced, and satisfying meals that support your goals, respect your appetite, and help you feel your best.

Whether you're experiencing reduced hunger, working on portion control, or navigating new eating habits, the recipes here are designed to be gentle on your stomach, rich in nutrients, and full of flavor. Think of this as your go-to guide for fueling your progress—one delicious bite at a time.

- 3 | [Overnight Oats with Chia Seeds](#)
- 4 | [Egg Bites](#)
- 5 | [Ham and Cheese Breakfast Casserole](#)
- 6 | [Egg Roll in a Bowl](#)
- 7 | [Crispy Chicken Parmesan Tenders](#)
- 8 | [Gnocchi with Shrimp and Asparagus](#)
- 9 | [Sweet Potato and Black Bean Burritos](#)
- 10 | [Farro and White Bean Salad](#)
- 11 | [Buffalo Chicken Pasta Salad](#)
- 12 | [No Bake Energy Bites](#)

# Overnight Oats with Chia Seeds

Makes 2 servings

## INGREDIENTS

- 1 ½ cups unsweetened plain almond milk
- 1 cup old-fashioned rolled oats
- ¼ cup low-fat plain Greek yogurt
- 1 tablespoon chia seeds
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- ¾ cup chopped peaches, thawed if frozen, divided
- ¼ cup chopped pecans plus 2 tablespoons, divided
- 2 teaspoons pure maple syrup for serving (optional)

## INSTRUCTIONS

- 1 Combine almond milk, oats, yogurt, chia seeds, cinnamon, salt, ½ cup peaches and ¼ cup pecans in a medium bowl; stir to mix well. Cover and refrigerate until the oats have absorbed the liquid and the mixture has thickened, at least 8 hours or up to 5 days.
- 2 Divide the oats between 2 bowls. Top each bowl with 2 tablespoons peaches and 1 tablespoon pecans. Drizzle with maple syrup, if desired.

## VARIATIONS TO TRY

**Tropical:** Replace the peaches with chopped fresh or frozen mango. Substitute 1 tablespoon unsweetened shredded coconut for the pecans. Omit the cinnamon and add ⅛ teaspoon ground ginger.

**Apple-Cinnamon:** Swap chopped apples for the peaches and toss with cinnamon and ⅛ teaspoon ground nutmeg before adding to the mixture.

**Berry:** Substitute fresh or frozen berries for the peaches and omit the cinnamon. Add ½ teaspoon vanilla extract.

# Egg Bites

Serving size: 2 muffins

## INGREDIENTS

- ☐ Cooking spray
- ☐ 8 eggs
- ☐ 1 cup 4% cottage cheese
- ☐ ½ cup shredded sharp cheddar cheese
- ☐ ¼ teaspoon fine salt
- ☐ Pinch of black pepper
- ☐ ⅓ cup chopped meat, such as Canadian bacon, ham, bacon, or cooked breakfast sausage
- ☐ ½ cup diced vegetables, such as onions, bell peppers, mushrooms, zucchini, spinach or kale

## INSTRUCTIONS

- 1 Spray the cups of a regular size muffin tin with cooking spray. Preheat the oven to 350°.
- 2 In a blender, blend together the eggs, cottage cheese, cheddar, salt, and pepper until smooth. (Note: A small blender works great for this).
- 3 Sauté the vegetables until softened.
- 4 Divide the egg mixture into the cups of the muffin pan filling each about half full. Add the sauteed ingredients and stir.
- 5 Bake for 20-22 minutes or until muffins are slightly firm to touch in the center. Remove the muffin pan from the oven. The egg bites will be puffed up, but they will settle down into the cups a bit after removing from the oven. Let the egg bites cool for a few minutes before removing them out of the pan to enjoy.
- 6 Store egg bites in an airtight container in the refrigerator for up to 5 days.
- 7 You can either eat the egg bites chilled or warm them up in the microwave for about 15 seconds.

- This recipe works best when using full fat (4%) cottage cheese.
- Experiment with different cheeses such as any shredded or crumbled cheese
- Experiment with more seasonings such as garlic powder, chili powder, dried herbs, hot sauce.
- These last for 5 days in the fridge if stored in an airtight container. Let them cool completely before adding the lid.
- You can use a mini muffin pan if desired.

# Ham and Cheese Breakfast Casserole

## INGREDIENTS

- 3 tablespoons + 1 teaspoon butter, divided (plus more for greasing the dish)
- ½ small yellow onion, diced small
- ½ medium bell pepper, any color, diced small
- 1 cup all-purpose flour
- 1 ½ teaspoons baking powder
- ½ teaspoon fine salt
- 1 cup milk, divided
- 6 large eggs, divided
- 1 cup shredded cheddar cheese, divided
- 8–10 ounces diced ham
- Fine salt and black pepper taste

## INSTRUCTIONS

- 1 Preheat oven to 375°. Generously grease the bottom and sides of a 2 ½ quart casserole dish (or 9×9-inch baking dish) with butter and set aside.
- 2 Place a small skillet over medium heat. When the skillet is hot, add 1 teaspoon of the butter. When the butter is melted, add the diced onion and bell pepper and sprinkle with salt and pepper. Sauté, stirring occasionally, until the vegetables are tender, about 5 minutes; set aside.
- 3 In a medium bowl, combine the flour, baking powder, teaspoon salt, ½ cup milk, 1 of the eggs, and 2 tablespoons of the melted butter; whisk until smooth with only a few lumps remaining.
- 4 Pour batter into the prepared baking dish using a spatula, if needed, to spread the batter evenly over the bottom of the dish.
- 5 Sprinkle ¾ cup cheese over the batter.
- 6 To the bowl you used to make the batter, add the remaining 5 eggs, remaining ½ cup milk, and remaining 1 tablespoon melted butter. Whisk until well combined.
- 7 Add the sauteed peppers and onions to the bowl along with the diced ham. Pour this mixture over the batter and shredded cheese in the baking dish.
- 8 Sprinkle the remaining ¼ cup shredded cheese over top of the egg mixture. Place the baking dish in the oven and bake for 35 minutes or until a toothpick inserted in the center comes out clean. Remove from the oven and allow it to cool for 5 minutes before serving.

# Egg Roll in a Bowl

## INGREDIENTS

- ☐ ½ cup low sodium soy sauce
- ☐ 2 tablespoons toasted sesame oil
- ☐ 2 tablespoons rice vinegar
- ☐ 5 garlic cloves, minced (about 2 ½ tablespoons)
- ☐ 1 tablespoon grated peeled fresh ginger (or 1 teaspoon ground ginger)
- ☐ ½ teaspoon Chinese 5-spice powder
- ☐ 1-2 teaspoons avocado oil or olive oil
- ☐ 8 green onions, sliced; white/light green and dark green parts separated
- ☐ 1-pound lean ground chicken or turkey (we use 93% lean / 7% fat)
- ☐ 2 12-ounce bags broccoli slaw mix or coleslaw mix
- ☐ Optional toppings: black sesame seeds, sriracha, sliced avocado, and/or fresh cilantro

## INSTRUCTIONS

- 1 In a small bowl, combine the soy sauce, sesame oil, rice vinegar, garlic, ginger, and 5-spice powder. Whisk to combine then set aside.
- 2 Place a large skillet over medium heat. When the skillet is hot, add the oil and swirl to coat the bottom. Add the white and light green parts of the green onions and cook for 2-3 minutes or until the green onions start to soften, stirring occasionally.
- 3 Add the chicken to the skillet, break it up with a large wooden spoon, and cook for 5-6 minutes or until the chicken is cooked through and no longer pink, stirring occasionally.
- 4 Increase the heat to medium-high. Add the broccoli slaw and sauce. Cook for 6-7 minutes or until the slaw is crisp-tender or cooked to your liking, stirring occasionally.
- 5 Stir in the dark green parts of the green onions, then remove from the heat.
- 6 Serve in bowls, and garnish with sesame seeds, sriracha, sliced avocado, and/or cilantro leaves, if desired.

**TIP:** Any ground meat works well for this recipe!

# Crispy Chicken Parmesan Tenders

Makes 12 Tenders

## INGREDIENTS

- ☐ 2 eggs, whisk until smooth
- ☐ ½ tsp garlic powder
- ☐ Salt and pepper to taste
- ☐ 1 cup panko breadcrumbs
- ☐ ½ cup grated Parmesan cheese
- ☐ 1 tsp paprika
- ☐ 1 tsp dry Italian seasoning mix
- ☐ 1 pound chicken tenders
- ☐ Olive oil cooking spray

## INSTRUCTIONS

- 1 Preheat oven to 425°.
- 2 In a shallow dish, combine eggs, garlic powder, salt, and pepper. In a second shallow dish, combine breadcrumbs, Parmesan cheese, paprika, and Italian seasoning.
- 3 Dip each tender into egg mixture, coating all sides, then dip into bread crumb mixture, coating all sides.
- 4 Place coated tenders on a baking sheet, spray the tenders with cooking spray and place in oven to bake. Cook for 20 minutes until the outsides are lightly browned and crispy and chicken juices run clear when pierced. (The internal temperature of the chicken should be at least 165°).

# Gnocchi with Shrimp and Asparagus

Makes 4 servings

## INGREDIENTS

- ☐ 1 (16 ounce) package vacuum-packed gnocchi
- ☐ 1 Tbsp olive oil
- ☐ ½ cup sliced shallots or diced onion
- ☐ 1 pound (4 cups) asparagus, in bite sizes pieces
- ☐ 1½ cup low-sodium chicken broth (add more if you like it with more sauce)
- ☐ 1-pound large raw shrimp, peeled, deveined, tails off, chopped into small pieces (you can also use frozen shrimp that is thawed)
- ☐ Salt and pepper to taste
- ☐ 2 Tbsp lemon juice
- ☐ ½ cup grated Parmesan cheese

## INSTRUCTIONS

- 1 Bring 2 cups water to a boil in a large pot. Add gnocchi and cook for 4 minutes or until done (gnocchi will rise to surface). Remove gnocchi with a slotted spoon, place in a bowl, and set aside.
- 2 In a large skillet, add olive oil and shallots. Cook over medium heat, stirring until shallots begin to brown, 1-2 minutes.
- 3 Stir in asparagus and broth. Cover and cook until asparagus is crispy tender, about 3-4 minutes.
- 4 Add shrimp, salt and pepper to taste, cover and let simmer until shrimp is pink and almost cooked through.
- 5 Add gnocchi to shrimp mixture. Add lemon juice and cook, stirring, until heated through, about 2 minutes. Remove from heat, sprinkle with Parmesan cheese. Let stand until cheese is melted, about 1-2 minutes and serve.



# Sweet Potato and Black Bean Burritos

## INGREDIENTS

- ☐ 2 sweet potatoes (peeled and cubed - about 3 cups)
- ☐ ¼ cup salsa
- ☐ 1 tablespoon olive or canola oil
- ☐ 1 onion, diced (about 1 cup)
- ☐ 1 can black beans (drained and rinsed)
- ☐ 6 (8 inch) whole wheat tortillas
- ☐ ¾ cup shredded cheese

## INSTRUCTIONS

- 1 Put sweet potatoes in a medium sized pan, cover with water and a lid. Bring to a boil. Reduce heat to low and simmer for 10 minutes until tender.
- 2 Drain sweet potatoes and place in a medium bowl. Add salsa and mash with a fork.
- 3 Add oil to the saucepan and heat over medium. Sauté onion for 3 minutes. Add black beans and heat for 3 minutes more.
- 4 Stir potatoes into the beans and onion until combined.
- 5 Spread ½ cup sweet potato mixture onto each tortilla. Top with 2 tablespoons shredded cheese.

## OPTIONAL INGREDIENTS:

avocado, corn, peppers, salsa, plain yogurt.

# Farro and White Bean Salad

Makes 4 servings

## INGREDIENTS

- ☐ 2 cups water
- ☐  $\frac{3}{4}$  teaspoon salt, divided
- ☐ 1 cup pearled Italian farro, rinsed
- ☐  $\frac{1}{4}$  cup extra-virgin olive oil
- ☐  $\frac{1}{4}$  cup white-wine vinegar
- ☐ 1 tablespoon Dijon mustard
- ☐ 1 teaspoon dried oregano
- ☐ 1 teaspoon lemon zest
- ☐ 1 tablespoon lemon juice
- ☐  $\frac{3}{4}$  teaspoon honey
- ☐ 1 clove garlic, grated
- ☐  $1\frac{1}{3}$  cups chopped red bell pepper
- ☐  $1\frac{1}{3}$  cups chopped cooked peeled red beets
- ☐ 2 (15-ounce) cans no-salt-added great northern beans, rinsed
- ☐ 4 cups packed baby arugula
- ☐ 4 tablespoons roughly chopped fresh basil
- ☐ 4 tablespoons unsalted roasted sunflower seeds
- ☐  $\frac{1}{2}$  cup crumbled feta cheese

## INSTRUCTIONS

- 1 Bring water and salt to a boil in a medium saucepan over high heat. Add rinsed farro; reduce heat to medium-low, cover and simmer, undisturbed, until the farro is tender and the water is absorbed, 20 to 30 minutes. Fluff with a fork, then spread the farro evenly on a large rimmed baking sheet; refrigerate, uncovered, until completely cool, about 30 minutes.
  - 2 Whisk oil, vinegar, mustard, oregano, lemon zest and lemon juice, honey, grated garlic and the remaining  $\frac{1}{2}$  teaspoon salt in a small bowl until well combined. Divide the mixture among 4 (1-quart) Mason jars (about 2 tablespoons each).
  - 3 Divide red pepper (about  $\frac{1}{3}$  cup each), beets (about  $\frac{1}{3}$  cup each), beans (about  $\frac{3}{4}$  cup each) and cooled farro (about  $\frac{3}{4}$  cup each) among the jars. Top each with 1 cup baby arugula; add 1 tablespoon each basil and sunflower seeds. Divide feta evenly among jars (about 2 tablespoons each).
  - 4 Cover the jars and refrigerate. When ready to eat, shake the jar until the vinaigrette is evenly distributed; stir to combine the ingredients, if needed.
- Try with other grains such as wheat berries, quinoa, brown rice or a grain mixture.
  - Try substituting any beans that you like. Black, garbanzo, or edamame work well.
  - You can substitute apple cider vinegar for white wine vinegar.
  - You can use canned beets or pickled beets instead of fresh.
  - Try with different lettuces or greens.

# Buffalo Chicken Pasta Salad

## INGREDIENTS

- ☐ 1- 1 ¼ cups cooked pasta
- ☐ 3 breasts chicken
- ☐ 2 stalks celery, diced
- ☐ Handful cherry tomatoes, halved
- ☐ 1 yellow pepper, diced
- ☐ 2 tbsp. reduced-fat ranch dressing
- ☐ 1 cup of your favorite buffalo sauce
- ☐ Large handful mixed salad greens

## INSTRUCTIONS

- 1 Cook pasta according to package directions. Drain and set aside.
- 2 Season chicken breasts with salt and pepper. Heat 1 Tbsp olive oil in a pan. Cook chicken for 3-5 minutes on each side until fully cooked. Remove and set aside.
- 3 Shred the chicken. Place chicken, celery, tomatoes, bell pepper and cooked pasta into a large mixing bowl.
- 4 Pour buffalo sauce over pasta mixture and toss until well coated.
- 5 Divide into 3 containers. Drizzle ranch dressing over each.
- 6 Serve with a handful of mixed salad greens or your favorite side salad.
- 7 Enjoy hot or cold.

# No Bake Energy Bites

## INGREDIENTS

- ☐ 1 ½ cups oats (old fashioned or quick)
- ☐ ½ cup unsweetened coconut flakes
- ☐ ¼ cup chia seeds
- ☐ ½ cup mini chocolate chips
- ☐ ½ cup peanut butter
- ☐ ⅓ cup honey
- ☐ 1 teaspoon vanilla extract

## INSTRUCTIONS

- 1 Stir all ingredients together in a medium sized bowl.
- 2 Cover a cookie sheet with foil or parchment paper. Drop mixture by tablespoonfuls onto the cookie sheet.
- 3 Refrigerate 1 hour
- 4 Roll each drop of mixture into a ball. Store in airtight container in the refrigerator.