



FREE SAMPLE FROM THE 14-DAY GLP-1 MEAL PREP PLAN

Prep Once, Eat Small

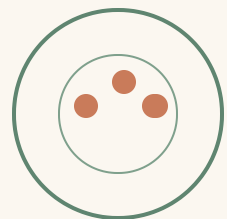
The 3-Day Starter

One Sunday prep session. Three days of small, high-protein meals, ready in your fridge.

- The full Prep A game plan
- Day pages for Days 1-3
- Bad-day texture swaps
- Shopping list with estimated cost
- 9 recipes with full macros
- Extra portions for your freezer

EAT SMALL KITCHEN™ · EatSmallKitchen.com

Designed for the appetite you have right now.



Three days of meals from one Sunday session

This starter is the first 3 days of **Prep Once, Eat Small**, our 14-day GLP-1 meal prep plan. Nothing is cut down: it is the real Prep A, the real day pages and the real recipes.

1 · SHOP

Use the Prep A shopping list ([page 6](#)). It's about \$42 of food, plus pantry staples you may already have.

2 · COOK ONCE

On Sunday, follow the Prep A game plan: about 90 minutes for 5 recipes, in the right order.

3 · EAT DAYS 1-3

Open the fridge, warm a portion and eat. The day pages ([page 8](#)) tell you what, when and how much protein.

You also end up with **9 extra portions in your freezer**: meals for a busy night later, or a head start on week 2 of the full plan.

THREE THINGS TO REMEMBER

- **Protein first.** Start each meal with the protein part. Eat the rest only while it feels comfortable.
- **Half now, half later is fine.** Every portion can be split in two and eaten a couple of hours apart.
- **This is a guide, not a test.** Swap, skip and repeat as you need to.

Please read "Before you begin" ([page 4](#)) first. And if you try the starter, tell us how it went: hello@eatsmallkitchen.com.

Hi, we're Fer & Nico



Real meals from our kitchen, not styled and not AI.

We're a couple in our mid-thirties, and since 2023 we've lived in three countries: Albania, then Malta, and now Spain. We keep our last names off the internet, but everything on this page is true.

In Malta, Nico's gut started giving him trouble. Months of tests followed: food-intolerance panels, blood work, even a colonoscopy. None of it gave us a clear answer. So we changed how we eat.

We moved to simple, Mediterranean-style cooking. Less flour and processed food. More fish, olive oil and natural omega-3s. And protein at every meal, because from our thirties on, muscle is something you have to protect, especially for women. With a lot of reading and a (very expensive) nutritionist, it worked. Nico's gut settled, and we both feel better than we have in years.

Then we hit the problem everyone with a dietary restriction knows: *what do we cook today?* Without eating the same thing every night, without spending a fortune, and with two full-time jobs. Our answer became this method: cook twice a week, fill the fridge and freezer with small portions, and stop deciding every evening.

We don't take GLP-1 medication ourselves. But more and more friends around us do, and we watched them struggle with the same questions we once had: what to eat, how much, and how to make it easy. This book is our answer for them, and for you.

We're not doctors or dietitians. That's why we built the plan on published guidance from medical and food-safety authorities ([page 16](#)), calculated every number from USDA data, and used AI tools to help write and format the book, so our time went into the research and the method. It is not a five-minute AI book.

Why share it? Because changing how we eat changed our life, and we think this method can make yours easier. And honestly, if it also brings in a little extra income, that means more time to live the life we moved abroad for.

Please write to us. Feedback, criticism, a recipe that didn't work, an idea for the next volume: we read and answer every message. It may take us a few days, but you will hear back.

Fer & Nico · Eat Small Kitchen™ · hello@eatsmallkitchen.com

Before you begin

This guide is for education. It is not medical care, and it does not replace advice from your prescriber or a registered dietitian. GLP-1 medications are prescribed for different conditions, at different doses and alongside other medicines, so your needs for calories, protein, fluids and carbohydrates may differ from this plan.

TALK TO YOUR CLINICIAN BEFORE USING THIS PLAN IF YOU HAVE

Diabetes treated with insulin or a sulfonylurea, kidney or liver disease, gastroparesis or another significant digestive condition, gallbladder or pancreas disease, a history of an eating disorder, recent surgery, a prescribed fluid or protein limit, or if you are pregnant or breastfeeding.

Get medical help promptly

- Contact your care team if side effects are severe, lasting, getting worse or stopping you from eating or drinking.
- Seek urgent care for severe or persistent stomach pain, repeated vomiting, not being able to keep liquids down, fainting, confusion, very little urine, signs of an allergic reaction, yellow skin or eyes, or symptoms of low blood sugar.
- If you take medicine that lowers blood sugar, follow your clinician's sick-day and low-blood-sugar plan. Never change a medication dose because of this guide.

About the numbers

The plan gives about 1,170–1,440 calories and 97–115 g of protein a day. These are planning numbers for the low-appetite weeks, not a prescription. Many adults, especially men, taller or more active people, need more energy. Use the boosts (in the full plan) and ask your clinician what is right for you.

Food safety

Cook poultry and ground meat to 165°F (74°C) and fish to 145°F (63°C). Refrigerate cooked food within 2 hours, keep your fridge at 40°F (4°C) or below, and reheat leftovers until steaming hot, 165°F (74°C). Full storage rules are on [page 5](#).

HOW THIS GUIDE WAS MADE

The meal plan, recipes and text were developed with the help of AI writing tools, and the book was organized and formatted with AI-assisted software. Nutrition values were calculated from USDA FoodData Central reference data, and the guidance was checked against the public health sources listed on [page 16](#). The recipe photographs are AI-generated illustrations: they show the style of each dish, not an exact portion or result. The photos on the "Who we are" page are real, from our own kitchen.

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Storage & food safety

Meal prep is only helpful if the food stays safe. These rules follow USDA food-safety guidance.

RULE	WHAT TO DO
Cool quickly	Get cooked food into the fridge or freezer within 2 hours. Spread big batches into shallow containers so they cool faster.
Fridge	Keep it at 40°F (4°C) or below. Eat most cooked food within 3–4 days; each recipe shows its fridge life. The plan never asks you to go beyond it.
Freezer	Keep it at 0°F (-18°C). Frozen food stays safe; the months on each recipe are for best quality.
Label	Recipe name and date on every container. You will not remember which soup is which in ten days.
Thaw	Move freezer portions to the fridge the night before. Never thaw on the counter. In a hurry, use the microwave's defrost setting and eat right away.
Reheat	Until steaming hot all the way through, 165°F (74°C). Stir halfway. Add a splash of water or broth to soups, rice and pasta.
Once only	Reheat only the portion you will eat. Do not refreeze cooked food that you thawed.
Fish	Eat fish recipes within 3 days in the fridge, or freeze them on prep day.

THE NIGHT-BEFORE HABIT

Every evening, look at tomorrow in the plan. If anything says **FROM FREEZER**, move it to the fridge now. The day pages remind you.

WHEN IN DOUBT, THROW IT OUT

If a container smells off, looks strange or you can't tell how old it is, don't eat it. A \$2 portion is never worth a stomach bug.

Prep A: about 90 minutes

You cook 5 recipes in one session. Some portions go in the fridge for the next few days; the rest go straight into the freezer for later.

WHAT YOU MAKE	PORTIONS	FRIDGE	FREEZER
Vanilla Protein Overnight Oats p. 10	4	4	–
Chicken & Rice Comfort Soup p. 13	6	3	3
Tender Turkey & Zucchini Meatballs p. 12	6	3	3
Creamy Protein Mash p. 11	6	3	3
Vanilla Protein Yogurt Pots p. 14	4	4	–

Shopping list

MEAT & FISH

- ☐ Boneless, skinless chicken breast1.5 lb (680 g)
- ☐ Lean ground turkey (93%)1.5 lb (680 g)

DAIRY, EGGS & CHILLED

- ☐ 1% milk2 1/2 cups
- ☐ Butterabout 1 tbsp
- ☐ Grated Parmesan1 oz (25 g)
- ☐ Large eggs1 egg
- ☐ Low-fat (2%) cottage cheese12 oz (340 g)
- ☐ Part-skim ricotta5 oz (124 g)
- ☐ Plain 2% Greek yogurt1 lb (450 g)
- ☐ Plain nonfat Greek yogurt16 oz (430 g)

PRODUCE

- ☐ Avocados1
- ☐ Bananas3
- ☐ Carrots3 medium
- ☐ Lemons1
- ☐ Onions1 medium
- ☐ Potatoes (Yukon Gold or russet)2 lb (900 g)
- ☐ Zucchini2 medium

CANNED & PACKAGED

- ☐ Cannellini (white) beans1 can (15 oz)
- ☐ Low-sodium chicken broth3 quarts (12 cups)
- ☐ Tuna in water, cans or pouches (drained weight)4 oz (113 g)

PANTRY (CHECK FIRST)

- ☐ Chia seedsabout 2 tbsp
- ☐ Dried apricots1/4 cup (30 g)
- ☐ Instant nonfat dry milk3/4 cup (57 g)
- ☐ Long-grain white rice2/3 cup (120 g)
- ☐ Maple syrupabout 2 tbsp
- ☐ Old-fashioned rolled oats2 cups (160 g)
- ☐ Olive oilabout 1 1/3 tbsp
- ☐ Plain breadcrumbs1/2 cup (45 g)
- ☐ Roasted unsalted almondsabout 1 2/3 tbsp (15 g)
- ☐ Smooth peanut butterabout 1 tbsp
- ☐ Whole-grain bread1 loaf, kept in the freezer (you use 1 slice)

Estimated food cost for what you use: **\$42**. You buy whole packages, so your first shop costs more and leaves extras for later sessions. Also covers the no-cook meals and top-ups for Days 1-3: Banana & Peanut Butter, Toast with Smashed Avocado, Creamy Tuna & White Bean Mash, Almonds & Dried Apricots.

Step by step, in the right order

Times are a guide. Read the recipes once before you start, then follow this order so the oven, the stove and your hands are never idle for long.

-
- 0:00** Heat the oven to 400°F (200°C) and line a sheet pan. Fill a large pot with salted water for the potatoes and bring it to a boil.
-
- 0:05** Soup: in your biggest pot, soften the onion and carrots in the oil. Add broth, thyme and bay leaf, then the whole chicken breasts. Simmer, covered.
-
- 0:15** Mash: peel and cube the potatoes and add them to the boiling water (15-20 minutes).
-
- 0:15** Meatballs: grate and squeeze the zucchini, mix everything and roll 30 small meatballs. Bake 15-18 minutes.
-
- 0:35** Mash: blend the cottage cheese. Drain the potatoes and mash with butter, warm milk and the cottage cheese.
-
- 0:40** Soup: lift out the chicken. Add rice and zucchini to the pot (15 minutes). Shred the chicken and return it.
-
- 0:50** Meatballs: simmer them 2 minutes in 3 cups of broth. Turn off the heat and let everything cool.
-
- 0:55** While things cool: mix the overnight oats into 4 jars and whisk the yogurt pots.
-
- 1:10** Portion, label and store: follow the fridge / freezer list on the left.
-
- 1:25** Wash up. You are done until Wednesday evening.
-

INTO THE FRIDGE

- 4 × Vanilla Protein Overnight Oats
- 3 × Chicken & Rice Comfort Soup
- 3 × Tender Turkey & Zucchini Meatballs
- 3 × Creamy Protein Mash
- 4 × Vanilla Protein Yogurt Pots

INTO THE FREEZER TODAY

- 3 × Chicken & Rice Comfort Soup
- 3 × Tender Turkey & Zucchini Meatballs
- 3 × Creamy Protein Mash

LABEL EVERYTHING

Write the recipe name and today's date on every container. Cool food for no more than 2 hours before it goes in the fridge or freezer.

Day 1 • A calm start

111 g protein
1,430 cal · 17 g fiber

BREAKFAST	Vanilla Protein Overnight Oats p. 10 1 jar (about 1 1/4 cups)	24 g protein · 390 cal
SNACK	Vanilla Protein Yogurt Pots p. 14 1 pot (1/2 cup)	13 g protein · 115 cal
LUNCH	Chicken & Rice Comfort Soup p. 13 1 1/2 cups	30 g protein · 270 cal
DINNER	Tender Turkey & Zucchini Meatballs p. 12 5 small meatballs + 1/2 cup broth Creamy Protein Mash p. 11 3/4 cup	28 g protein · 265 cal 10 g protein · 185 cal
TOP-UP OPTIONAL	Banana & Peanut Butter p. 15 1 banana + 1 tbsp peanut butter	5 g protein · 200 cal

Plate the portion, eat slowly and stop at comfortable fullness. Save the rest for later.

Day 2 • Same rhythm

111 g protein
1,390 cal · 18 g fiber

BREAKFAST	Vanilla Protein Overnight Oats p. 10 1 jar (about 1 1/4 cups)	24 g protein · 390 cal
SNACK	Vanilla Protein Yogurt Pots p. 14 1 pot (1/2 cup)	13 g protein · 115 cal
LUNCH	Tender Turkey & Zucchini Meatballs p. 12 5 small meatballs + 1/2 cup broth Creamy Protein Mash p. 11 3/4 cup	28 g protein · 265 cal 10 g protein · 185 cal
DINNER	Chicken & Rice Comfort Soup p. 13 1 1/2 cups	30 g protein · 270 cal
TOP-UP OPTIONAL	Toast with Smashed Avocado p. 15 1 slice	5 g protein · 160 cal

Repetition is the point this week. Fewer decisions, less waste.

Day 3 • Prep B tonight

109 g protein
1,345 cal · 18 g fiber

BREAKFAST	Vanilla Protein Overnight Oats p. 10 1 jar (about 1 1/4 cups)	24 g protein · 390 cal
SNACK	Vanilla Protein Yogurt Pots p. 14 1 pot (1/2 cup)	13 g protein · 115 cal
LUNCH	Creamy Tuna & White Bean Mash p. 15 1 bowl	29 g protein · 230 cal
DINNER	Tender Turkey & Zucchini Meatballs p. 12 5 small meatballs + 1/2 cup broth Creamy Protein Mash p. 11 3/4 cup	28 g protein · 265 cal 10 g protein · 185 cal
TOP-UP OPTIONAL	Almonds & Dried Apricots p. 15 about 1/4 cup	4 g protein · 160 cal

Lunch is a 5-minute no-cook bowl. Prep B tonight takes about an hour.

In the full plan, tonight is Prep B (about 65 minutes): Spinach & Feta Egg Bites, Cottage-Topped Turkey Shepherd's Pie, Sheet-Pan Chicken, Sweet Potato & Green Beans, Cocoa Protein Pudding. It stocks Days 4–7. See [page 17](#).



BREAKFAST NO-COOK GRAB AND GO

Vanilla Protein Overnight Oats

Stir once, eat for four mornings. The yogurt and dry milk do the protein work, so you don't need powder.

Makes **4 portions**

Portion: **1 jar (about 1 1/4 cups)**

Active **10 min**

Total **10 min + overnight**

Fridge **4 days**

Do not freeze

390

CALORIES

24 g

PROTEIN

61 g

CARBS

8 g

FIBER

6 g

FAT

\$1.25

PER PORTION

INGREDIENTS

2 cups (160 g) old-fashioned rolled oats

2 cups (488 g) 1% milk

1/2 cup (34 g) instant nonfat dry milk

1 3/4 cups (400 g) plain nonfat Greek yogurt

2 tbsp (24 g) chia seeds

1 tbsp (20 g) maple syrup

2 tsp vanilla extract, pinch of cinnamon and salt

2 ripe bananas (240 g), sliced when serving

METHOD

- 1 Whisk the milk and dry milk in a large bowl until no lumps remain.
- 2 Stir in the yogurt, maple syrup, vanilla, cinnamon and salt.
- 3 Add the oats and chia seeds. Mix well.
- 4 Divide between 4 jars or containers with lids. Refrigerate overnight.
- 5 Each morning, top one jar with half a sliced banana.

STORE & REHEAT

Eat cold, or warm for 60-90 seconds in the microwave with a splash of milk.

BAD-DAY SWAP

Blend one jar with 1/4 cup milk for a spoonable oat cream. Skip the chia if seeds bother you.

Per portion. Nutrition is estimated from USDA FoodData Central values; cost uses typical US supermarket prices in 2026. Brands, portions and swaps change the numbers.



BASE FREEZER-FRIENDLY GENTLE

Creamy Protein Mash

Mashed potatoes with a secret: blended cottage cheese adds protein and makes them extra creamy.

Makes **6 portions**

Portion: **3/4 cup**

Active **10 min**

Total **30 min**

Fridge **4 days**

Freezer **2 months**

185

CALORIES

10 g

PROTEIN

30 g

CARBS

3 g

FIBER

4 g

FAT

\$0.69

PER PORTION

INGREDIENTS

2 lb (900 g) potatoes, peeled and cubed

1 1/2 cups (340 g) low-fat cottage cheese

1/2 cup (122 g) 1% milk, warmed

1 tbsp (14 g) butter

Salt, pepper and chopped chives (optional)

METHOD

- 1 Boil the potatoes in salted water until very soft, 15-20 minutes.
- 2 Meanwhile, blend the cottage cheese until smooth.
- 3 Drain the potatoes well. Mash with the butter and warm milk.
- 4 Stir in the blended cottage cheese. Season to taste.
- 5 Cool, then portion into 6 containers.

STORE & REHEAT

Microwave 60-90 seconds with a splash of milk, stirring halfway.

BAD-DAY SWAP

Add more warm milk until it is a soft, spoonable puree.

Per portion. Nutrition is estimated from USDA FoodData Central values; cost uses typical US supermarket prices in 2026. Brands, portions and swaps change the numbers.



MAIN FREEZER-FRIENDLY GENTLE

Tender Turkey & Zucchini Meatballs

Grated zucchini and ricotta keep these meatballs soft and moist, even after freezing. Small bites, never dry.

Makes **6 portions**

Portion: **5 small meatballs + 1/2 cup broth**

Active **20 min**

Total **40 min**

Fridge **4 days**

Freezer **3 months**

265

CALORIES

28 g

PROTEIN

8 g

CARBS

1 g

FIBER

14 g

FAT

\$2.13

PER PORTION

INGREDIENTS

1 1/2 lb (680 g) lean ground turkey (93%)

1 medium zucchini, grated and squeezed dry (150 g)

1/2 cup (124 g) part-skim ricotta

Scant 1/2 cup (45 g) plain breadcrumbs

1 large egg

1/4 cup (25 g) grated Parmesan

3 cups (720 g) low-sodium chicken broth

1 tsp each garlic powder and dried oregano, 1/2 tsp salt

METHOD

- 1 Heat the oven to 400°F (200°C). Line a sheet pan with parchment.
- 2 Mix the turkey, zucchini, ricotta, breadcrumbs, egg, Parmesan and seasonings. Do not overwork.
- 3 Roll into 30 small meatballs (about 1 tbsp each) with damp hands.
- 4 Bake 15-18 minutes, until cooked through to 165°F (74°C).
- 5 Bring the broth to a simmer, add the meatballs and simmer 2 minutes. Cool before portioning.

STORE & REHEAT

Microwave with their broth, covered, 1 1/2-2 minutes. Serve with Creamy Protein Mash.

BAD-DAY SWAP

Break the meatballs into the warm broth and mash well, or blend with a little broth.

Per portion. Nutrition is estimated from USDA FoodData Central values; cost uses typical US supermarket prices in 2026. Brands, portions and swaps change the numbers.



MAIN FREEZER-FRIENDLY GENTLE

Chicken & Rice Comfort Soup

The soup to reach for on a hard day. The chicken poaches right in the broth, so it stays tender.

Makes **6 portions**

Portion: **1 1/2 cups**

Active **15 min**

Total **45 min**

Fridge **4 days**

Freezer **3 months**

270

CALORIES

30 g

PROTEIN

23 g

CARBS

2 g

FIBER

6 g

FAT

\$2.28

PER PORTION

INGREDIENTS

1 1/2 lb (680 g) boneless, skinless chicken breast

9 cups (2,160 g) low-sodium chicken broth

2/3 cup (120 g) long-grain white rice

3 medium carrots (180 g), diced small

1 medium zucchini (200 g), diced small

1 small onion (100 g), finely diced

1 tbsp (14 g) olive oil

1 tsp dried thyme, 1 bay leaf, salt and pepper

METHOD

- 1 Warm the oil in a large pot. Cook the onion and carrots 5 minutes, until soft.
- 2 Add the broth, thyme and bay leaf. Bring to a simmer.
- 3 Add the whole chicken breasts. Simmer gently, covered, 15-18 minutes, until 165°F (74°C).
- 4 Lift out the chicken. Add the rice and zucchini and simmer 15 minutes.
- 5 Shred the chicken finely with two forks, return it to the pot and season.

STORE & REHEAT

Reheat until steaming, 2-3 minutes. Add a splash of water; the rice absorbs broth over time.

BAD-DAY SWAP

Blend half a portion and stir it back in, or blend it all and sip it slowly.

Per portion. Nutrition is estimated from USDA FoodData Central values; cost uses typical US supermarket prices in 2026. Brands, portions and swaps change the numbers.



SNACK NO-COOK GENTLE

Vanilla Protein Yogurt Pots

Thick, lightly sweet and ready in the fridge. The dry milk boosts protein without changing the taste.

Makes **4 portions**

Portion: **1 pot (1/2 cup)**

Active **5 min**

Total **5 min**

Fridge **4 days**

Do not freeze

115

CALORIES

13 g

PROTEIN

11 g

CARBS

0 g

FIBER

2 g

FAT

\$0.90

PER PORTION

INGREDIENTS

2 cups (454 g) plain 2% Greek yogurt

1/3 cup (23 g) instant nonfat dry milk

1 tbsp (20 g) maple syrup or honey

1 tsp vanilla extract

METHOD

- 1 Whisk everything together until smooth.
- 2 Divide between 4 small (4-oz) containers. Cover and refrigerate.

STORE & REHEAT

Eat cold. Add a few berries if you like.

BAD-DAY SWAP

Thin with 1-2 tbsp milk for a drinkable yogurt.

Per portion. Nutrition is estimated from USDA FoodData Central values; cost uses typical US supermarket prices in 2026. Brands, portions and swaps change the numbers.

No-cook meals & top-ups

The no-cook lunch and the optional top-ups for Days 1–3.



Creamy Tuna & White Bean Mash

Five minutes, no stove. Soft, creamy and almost 30 grams of protein.

1 bowl · 230 cal · 29 g protein · 3 g fiber · \$1.82

- 1 can (5 oz) tuna in water, drained (about 113 g)
- 1/3 cup (60 g) canned cannellini beans, rinsed
- 2 tbsp (30 g) plain nonfat Greek yogurt
- 1 tsp (5 g) olive oil
- Squeeze of lemon (10 g), dill, salt and pepper

1. Mash the beans with the yogurt and oil until creamy.
2. Fold in the tuna, breaking it into fine flakes. Season with lemon, dill, salt and pepper.

Bad day: Add 2 tbsp warm broth and blend into a smooth savory spread.



Banana & Peanut Butter

Easy calories, potassium and a little fiber for a comfortable afternoon.

1 banana + 1 tbsp peanut butter · 200 cal · 5 g protein · 4 g fiber · \$0.26

- 1 medium banana (120 g)
- 1 tbsp (16 g) smooth peanut butter

1. Slice the banana and dip the slices in the peanut butter.

Bad day: Skip the peanut butter if fat makes you queasy. Half a banana still counts.



Toast with Smashed Avocado

Healthy fats and fiber in a few bites. Keep the loaf in the freezer and toast one slice at a time.

1 slice · 160 cal · 5 g protein · 5 g fiber · \$0.66

- 1 slice (32 g) whole-grain bread
- 1/3 avocado (50 g)
- Squeeze of lemon, pinch of salt

1. Toast the bread.
2. Mash the avocado with lemon and salt and spread it on the toast.

Bad day: Choose plain toast instead: dry, bland starch is often easier on nausea days.



Almonds & Dried Apricots

A small handful with more energy than volume. Good to keep in a bag or at your desk.

about 1/4 cup · 160 cal · 4 g protein · 4 g fiber · \$0.53

- 2 tbsp (15 g) roasted unsalted almonds
- 4 dried apricots (30 g)

1. Portion into a small container or bag.

Bad day: Skip nuts on bad days. Try 2–3 apricots alone, or applesauce.

Where our guidance comes from

This plan is built on public guidance from medical and food-safety authorities, not on diet trends. Here is what we used and what we used it for.

SOURCE	WHAT WE USED IT FOR
2025 joint GLP-1 nutrition advisory American College of Lifestyle Medicine, American Society for Nutrition, Obesity Medicine Association and The Obesity Society (Mozaffarian D, et al. <i>Obesity</i> , 2025)	Protein targets (80–120 g a day), small frequent meals, managing stomach side effects, hydration, minimum energy intake and the role of strength training.
FDA prescribing information Semaglutide injection label, U.S. Food and Drug Administration	Safety context: common digestive side effects, dehydration risk and warning signs that need medical attention.
MedlinePlus: Semaglutide injection U.S. National Library of Medicine	Patient-facing information on side effects and when to contact a clinician.
USDA safe temperature chart and leftovers guidance USDA Food Safety and Inspection Service	Cooking temperatures, cooling, fridge and freezer times, thawing and reheating: the rules behind every prep session.
USDA FoodData Central U.S. Department of Agriculture	Reference nutrition values for every ingredient. We calculated calories, protein, carbs, fiber and fat for each recipe from these values.

WHAT THIS MEANS, AND WHAT IT DOESN'T

These organizations publish the guidance we followed. They have not reviewed, approved or endorsed this book. Nutrition numbers are careful estimates: your brands and portions will change them. Your own clinician's advice always comes first.

HOW THIS BOOK WAS MADE

We used AI writing tools to help develop the recipes and text, and AI-assisted software to organize and format the pages. The recipe photos are AI-generated illustrations; the photos on the "Who we are" page are real. The nutrition numbers were not guessed by AI: they were calculated from USDA reference data, ingredient by ingredient.

READY FOR THE REST?

You've done 3 days. Here are the next 11.

If Days 1–3 made eating easier, the full plan keeps going. And you already have a head start: Prep A put 3 × Chicken & Rice Comfort Soup, 3 × Tender Turkey & Zucchini Meatballs, 3 × Creamy Protein Mash in your freezer, and the full plan uses them in week 2.

4

PREP SESSIONS

14

DAYS PLANNED

34

RECIPES

97–115

G PROTEIN A DAY

WHAT'S INSIDE THE FULL PLAN

- ☐ 3 more prep sessions with game plans and shopping lists
- ☐ Day pages for Days 4–14, with thaw reminders
- ☐ 25 more recipes, most freezer-friendly
- ☐ Dose-day and lazy-day plans
- ☐ Texture ladder and nausea-day guide
- ☐ Protein and muscle page, with a simple strength routine
- ☐ Boosts for comfortable days
- ☐ A freezer map: about 25 portions left for week 3
- ☐ Swaps, tracker and Q&A

A TASTE OF WHAT'S NEXT

- Spinach & Feta Egg Bites
- Cottage-Topped Turkey Shepherd's Pie
- Creamy Baked Chicken Risotto
- Silky Chicken & Tofu Soup
- Mild Turkey & Lentil Chili
- Soft Salmon & Potato Cakes
- Banana Protein Baked Oats
- Frozen Berry Yogurt Bites

STARTER READER PRICE

~~\$14.90~~ **\$9.90**

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Not ready? That's fine. Cook Prep A again whenever you like, and write to us with any question: hello@eatsmallkitchen.com.
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