



# GLP-1 Superbowl recipe ideas & tips

SHED

## The Superbowl GLP-1 game plan

- Don't go hungry, maintain routine
- Hydrate: Sip water + electrolytes
- Prioritize fun > food perfection

## SHED Coaching call outs

- "Protein first, graze second."
- "Eat slow, stop early, enjoy the game."
- "Eat with intention, not interception"



### Cottage Cheese Flatbread Pizza

#### Top Cottage Cheese Flatbread with:

- Light Marinara
- Part-skim Mozzarella
- Turkey pepperoni or grilled chicken
- Vegetables

#### GLP-1 Tip:

- Cut into small squares for portion control sharing.

**Why it works:** Protein-rich and lighter than classic pizza.



### Turkey Taco Lettuce Boats

#### Build it:

- Lean ground turkey + taco seasoning
- Butter lettuce or romaine cups
- Add salsa + Greek yogurt or light sour cream

#### Optional GLP-1 toppings:

- Avocado (mindful portion)
- Pickled onions
- Cilantro

**Why it works:** All the taco vibes, none of the food coma.



### Cauliflower Nachos

#### Swap this:

- Tortilla chips → Roasted or air-fried cauliflower
- Heavy queso → Light cheese
- Sour cream → Greek yogurt
- Processed toppings → Fresh, whole-food toppings

#### Serve with:

- Shredded chicken or seasoned black beans for protein
- Chopped red onion, tomatoes, bell peppers

**Why it works:** Nacho experience with more nutrients.



### Steak or Chicken Skewers

#### Marinade ideas:

- Garlic + olive oil + lemon
- Teriyaki (light)
- Pesto

#### Serve with:

- Roasted veggies
- Simple slaw

#### Why it works:

- Simple, satisfying, no guesswork



### Crispy Air-Fryer Chicken Wings (No Heavy Sauce)

#### How to GLP-1-ify:

- Toss wings with olive oil, salt, pepper, garlic powder
- Air fry until crispy
- Serve with Greek yogurt ranch instead of blue cheese

**GLP-1 Tip:** Less grease = less nausea.