



PRIMMA
— MedSpa —

Recipe Pack for GLP-1 Patients

Discover 15 easy, healthy and tasty recipes, including: breakfast,
lunch, dinner, treat and smoothies

Primma MedSpa



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GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Raspberry & Coconut Muesli Birche	Malaysian Chicken Soup	E.g. Green Pancakes, Papaya & Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	One-Pot Sea Bass & Thai Rice
Tue	Raspberry & Coconut Muesli Bircher	Malaysian Chicken Soup	E.g. Green Pancakes, Papaya & Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	Chicken Alla Diavola
Wed	Egg & Tuna Toast with Honey Mustard	Leftover Chicken Alla Diavola	E.g. Green Pancakes, Papaya & Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	Sesame Almond Chicken with Miso Pumpkin Puree
Thu	Egg & Tuna Toast with Honey Mustard	Simple Chickpea & Tuna Salad	E.g. Green Pancakes, Papaya & Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	Sesame Almond Chicken with Miso Pumpkin Puree
Fri	Simple Chickpea & Tuna	Lamb & Chickpea Stuffed Peppers	E.g. Green Pancakes, Papaya & Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	Slow Cooker Korean Beef
Sat	BLT Breakfast Salad	Lamb & Chickpea Stuffed Peppers	E.g. Green Pancakes, Papaya & Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	Meal Out – Enjoy!
Sun	BLT Breakfast Salad	Power Salad	E.g. Green Pancakes, Papaya & Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	Slow Cooker Korean Beef

Weekly Shopping List

Fruits, Vegetables	Protein, Dairy & Plant & Based	Seeds, Baking, Spices	Cans, Condiments & Misc
Fruits • 1 apple • 2 bananas • 4 oz. (70g) blueberries • 2 lemons • 4 limes • ½ papaya • 9 oz. (250g) raspberries • 1 portion of seasonal fruit (for the green pancakes)	Meats • 17.5 oz. (500g) chicken tenderloins (breast) • 2.6 lbs. (1.2kg) chicken legs • 8 oz. (230g) chicken thighs • 9 oz. (250g) ground lamb mince • 2 oz. (60g) pancetta • 2.8 lbs. (1.3kg) stewing beef Fish & Seafood • 14 oz. (400g) sea bass fillets Dairy • feta cheese • butter • large Greek vanilla yogurt • raspberry yogurt Dairy-free • 7x eggs • coconut milk • almond milk • coconut yogurt Frozen • edamame beans	Grains • basmati rice • quinoa • rolled oats Nuts, Seeds • pumpkin seeds • sesame seeds Baking • self-rising flour • ground almonds/almond meal • baking powder • baking soda • coconut flour • cornstarch • vanilla extract Spices • chili flakes • Chinese five spice mix • ground cinnamon • Moroccan spice mix • onion powder • paprika • ground turmeric • sea salt flakes	Oils • sesame oil • coconut oil • olive oil • extra virgin olive oil Sweeteners • xylitol • honey • coconut sugar Boxed, Canned & Condiments • beef stock • chicken stock • 1x 14 oz. (400g) can coconut milk • 1x 14 oz. (400g) can lite coconut milk • 3x 14 oz. (400g) cans chickpeas • cocktail gherkins • tomato paste • 1x can tuna in brine • 1x can tuna in oil • almond butter • apple cider vinegar • Dijon mustard • fish sauce • mayonnaise • white miso paste • rice wine vinegar • Sriracha sauce • tamari soy sauce • Thai red curry paste Other • bread • apple juice • vanilla protein powder



Raspberry & Coconut Muesli Bircher

Serves 6

3 cups (270g) rolled oats
1 apple, cored & coarsely
grated 1 cup (280g) Greek style
vanilla yogurt
1 cup (250ml) apple juice
¾ cup (185ml) coconut milk
1 tsp. vanilla extract
1 tsp. ground cinnamon
1 cup (280g) raspberry yogurt,
to serve

For the raspberry jam:

9 oz. (250g) raspberries,
quartered
2 tbsp. coconut sugar
1 tbsp. lemon juice

What you need to do

1. Combine the oats, grated apple, vanilla yogurt, apple juice, coconut milk, vanilla extract and cinnamon in a bowl. Cover the bowl and place in the fridge to soak overnight.
2. Meanwhile, to make the raspberry jam, combine the raspberries, sugar and lemon juice in a saucepan. Place over a medium heat, and cook, stirring occasionally, for 7-8 minutes, until it has a jam like consistency. Remove from the heat and set aside to cool.
3. Divide the jam among serving jars or glasses. Top with the oat mixture and raspberry yogurt and serve immediately. Store covered in the refrigerator for up to 3 days.

MP

V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	10 mins	334	7	56	13	8

*nutrition per serving





Green Pancakes

Serves 4

- 1 ¾ cups (435ml) almond milk
- 1 egg
- 1 ripe banana, coarsely chopped
- 3 oz. (85g) spinach
- 2 cups (300g) self-rising flour
- ¼ cup (55g) coconut sugar
- ¼ tsp. baking soda
- 2 tbsp. coconut oil, melted
- ½ cup (140g) coconut yogurt, to serve
- 1 cup seasonal fruit, to serve

What you need to do

1. Heat oil in a non-stick pan and sear the potato and onion over medium-high heat, for about 4 minutes. Next, add the zucchini and sauté for another 4 minutes.
2. In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.
3. Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.
4. After 8-10 minutes, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.
5. After another 5-6 minutes, the tortilla should be cooked. Remove from heat and serve

GF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
15 mins	50 mins	398	4	86	7	14

*nutrition per serving





Egg & Tuna Toast With Honey Mustard

Serves 2

- 2 slices bread
- 1 tsp. butter handful rocket
- 5 oz. (145g) can tuna in brine, drained
- 1 egg, boiled to your liking
- 1 tbsp. Dijon mustard
- ½ tbsp. honey
- ¼ small onion, sliced salt and pepper

What you need to do

1. Boil the egg to your liking. Toast the bread and spread with the butter.
2. Top the toast with rocket, pieces of tuna and egg slices.
3. Mix the mustard with the honey and drizzle over the egg. Finally top with the sliced onion and season with salt and pepper, to taste. Serve immediately.

DF	LC	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	10 mins	212	7	18	18	2

*nutrition per serving





BLT Breakfast Salad

Serves 2

4 oz. (125g) pancetta, chopped
½ lettuce, leaves torn
1 cup (150g) cherry tomatoes, halved
¼ small onion, sliced
3 tbsp. mayonnaise
2 tsp. lemon juice
1 clove garlic, crushed
2 boiled eggs, quartered salt & pepper

What you need to do

1. Chop the pancetta into small cubes and place in a non-stick frying pan. Heat the pancetta over a low heat for about 10 minutes, until the fat has melted and the pancetta starts to brown.
2. In the meantime, boil the eggs to your liking. Mix the mayonnaise, crushed garlic and lemon juice to make the salad dressing.
3. To serve, arrange the lettuce on 2 plates, add the halved cherry tomatoes and sliced onion. Season with salt and pepper. Top with the browned pancetta and boiled egg, then drizzle with the dressing and serve immediately.

GF	DF	LC	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	10 mins	397	33	6	19	1

*nutrition per serving





Power Salad

Serves 4

- 14 oz. (400g) can chickpeas, rinsed, drained
- 1 cup (170g) quinoa, rinsed, drained 1 broccoli, trimmed, cut into florets
- 1 cup (155g) frozen edamame beans, cooked
- 1 cup (150g) cherry tomatoes, halved
- 4 radishes, sliced handful fresh mint leaves, plus extra, to serve
- 2 tbsp. pumpkin seeds
- 2 tbsp. apple cider vinegar
- 2 tbsp. extra virgin olive oil
- 1 tbsp. honey
- ½ cup (70g) blueberries salt & pepper

What you need to do

1. Preheat the oven to 400°F (200°C). Line a baking tray with baking paper and spread the chickpeas over the tray. Rub the chickpeas with 1 tablespoon of olive oil and season with salt and pepper. Place the tray in the oven and bake for 15 minutes until golden.
2. Meantime, cook the quinoa according to the instructions on the packaging and drain well. Cook the broccoli until just tender and drain well.
3. Combine the cooked grains, broccoli, edamame, tomato, radish, mint and pumpkin seeds in a large bowl. Season with salt and pepper.
4. Whisk together the vinegar, oil and maple syrup in a small bowl. Add the dressing to the salad and gently toss to combine. Top with the roasted chickpeas, blueberries and extra mint leaves and serve immediately.

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
20 mins	15 mins	306	10	43	14	10

*nutrition per serving





Simple Chickpea & Tuna Salad

Serves 4

What you need to do

- 14 oz. (400g) can chickpeas, rinsed, drained
- 5 oz. (145g) can tuna in olive oil
- 1 oz. (30g) cocktail gherkins, sliced ½ red bell pepper, diced
- ¼ red onion, diced
- 2 eggs, cooked, chopped
- 1 tbsp. parsley chopped, to serve salt & pepper

1. Combine all ingredients, including the oil from the tuna, in a bowl and mix well. Season well to taste with salt and pepper and serve sprinkled with fresh parsley.

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	10 mins	186	6	18	15	5

*nutrition per serving





Lamb & Chickpea Stuffed Peppers

Serves 4

- 4 bell peppers 1 tbsp. olive oil
- 1 white onion, finely chopped
- 2 garlic cloves, crushed
- 3 tsp. Moroccan spice mix
- 1 tsp. ground paprika
- ½ tsp. dried chili flakes
- 9 oz. (250g) lamb mince
- 4 tbsp. tomato paste
- 14 oz. (400g) can chickpeas, rinsed, drained
- 3.5 oz. (100g) feta cheese, crumbled
- 2 tbsp. parsley, chopped salt & pepper

What you need to do

1. Preheat the oven to 400°F (200°C). Grease a large roasting tray.
2. Cut the capsicums in half lengthways. Use a small sharp knife to carefully remove the seeds and membrane. Place the capsicum halves, cut-side up, in the tray.
3. Heat the olive oil in a large deep frying pan and place over a medium heat. Add the onion and cook for 5 minutes or until soft, then add the garlic and cook for a further minute.
4. Stir in the Moroccan spice mix, paprika and chili. Add the lamb mince, stirring constantly to break up the mince, and cook for 5 minutes until the meat has browned. Add in the tomato paste and chickpeas, mix well and remove from heat. Cool slightly and season to taste with salt and pepper.
5. Add the feta cheese into the lamb mixture and stir to combine. Divide the mixture evenly between each of the peppers. Cover the dish loosely with tinfoil and bake for 45 minutes or until the peppers are tender. 6. Divide between 4 serving plates. Serve immediately with freshly chopped parsley.

GF

MP

HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
15 mins	60 mins	436	26	32	22	9

*nutrition per serving





Malaysian Chicken Soup

Serves 4

- 1 tsp. coconut oil 1 tbsp. red curry paste
- 17.5 oz. (500g) potatoes, peeled, chopped
- 4 cups (1l) chicken stock
- ¾ cup (180ml) coconut milk, can
- 17.5 oz. (500g) sweet potatoes, peeled, chopped
- 2 chicken thighs (8oz./230g), skinless, boneless, chopped
- 2 tbsp. fish sauce
- 1 lime, juiced chili flakes, to serve
- 4 tbsp. coriander, chopped, to serve

What you need to do

1. In a large saucepan, heat the coconut oil and the curry paste for 1-2 minutes, stirring constantly with a wooden spoon.
2. Add the potatoes and chicken stock to the pan and bring to boil. Now turn the heat down and simmer for 10-15 minutes until the potatoes are tender. Take the pan off the heat and blend the soup in a food processor or with a hand blender until smooth.
3. Now, return the soup to the pan.
4. Add the sweet potatoes and coconut milk and bring to the boil. Add the chicken to the soup and cook for 15 minutes until the sweet potatoes are tender, stir occasionally.
5. When ready to serve, add in the fish sauce and lime juice. Serve with chili flakes and fresh chopped coriander.

GF

DF

MP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	35 mins	392	13	53	19	1

*nutrition per serving





One-Pot Sea Bass & Thai Rice

Serves 4

For the paste:

- 1 oz. (30g) coriander, leaves picked, stalks reserved
- 1 thumb-sized pieces ginger, peeled
- 2 cloves garlic, peeled 1 red chillies, deseeded
- 1 tbsp. sesame oil
- 3 tbsp. tamari soy sauce
- 1 lime, juice & zest
- 7 oz. (200ml) can coconut milk

For the rice:

- 7 oz. (200g) basmati rice
- 4 x 3.5 oz. (100g) sea bass fillets, skin scored
- 2 cups (200g) green beans
- 4 spring onions, finely sliced
- 1 red chili, deseeded, sliced
- 1 lime, to serve

What you need to do

1. Preheat the oven to 400°F (200°C).
2. Place all the paste ingredients into a food processor or high-speed blender, adding only half of the coriander leaves, and blitz to a smooth consistency. Set aside until needed.
3. Cook the rice until just cooked, then drain. Transfer the rice into a baking tray and cover with the paste, mix well to combine. Top the rice with the fish fillets and the green beans, then cover with tinfoil and bake in the oven for around 20 minutes, or until fish is cooked through and beans are tender.
4. To serve, divide between 4 plates, sprinkle with the spring onions, chili and remaining coriander leaves. Serve immediately.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	45 mins	487	16	57	31	9

*nutrition per serving





Sesame Almond Chicken

With Miso Pumpkin Puree

Serves 4

26.5 oz. (750g) pumpkin, peeled, cut into cubes

1 tbsp. olive oil

½ cup (55g) almond meal

2 tbsp. corn flour 1 tbsp. sesame seeds

½ tsp. Chinese five spice mix

⅓ cup (80ml) light coconut milk

17.5 oz. (500g) chicken tenderloins

2 tsp. coconut oil

2 tsp. white miso paste

7 oz. (200g) broccolini

7 oz. (200g) green beans lemon wedges, to serve salt & pepper

What you need to do

1. Preheat the oven to 400°F (200°C). Line 2 baking trays with baking paper. Place the pumpkin on one of the trays and rub with 1 tablespoon of olive oil. Place the tray in the oven and bake the pumpkin for 25 minutes or until tender.

2. Meanwhile, combine the almond meal, cornflour, sesame seeds and Chinese five spice mix in a large dish. Place the coconut milk in a separate dish. Taking 1 tenderloin at a time, dip it into the coconut milk to coat, and then dip the chicken into the almond mixture to coat. Place on the earlier prepared tray. Repeat this process with the remaining chicken tenderloins.

3. Heat the coconut oil in a large non-stick frying pan over medium-high heat. Cook chicken for 2-3 minutes on each side, until cooked through.

4. Cook the broccolini and green beans in slightly salted water for around 5-7 minutes, until tender.

5. Place the roasted pumpkin and miso paste in a food processor and blitz until smooth. Season to taste with salt and pepper. 6. Serve the chicken with the pumpkin puree, cooked beans and broccolini, and lemon wedges.

GF	DF	MP	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
15 mins	35 mins	417	199	28	39	7

*nutrition per serving





Chicken Alla Diavola

Serves 6

- 6 chicken legs (2.6 lb./1.2kg)
- 1 tbsp. ground black pepper
- 1 tsp. chili flakes
- 4 tbsp. olive oil ¼ lemon
- 4 garlic cloves, crushed
- 2 sprigs rosemary salt

What you need to do

1. Place the chicken legs on a roasting tray and drizzle with lemon juice, then rub with salt, pepper, chili flakes, crushed garlic, and olive oil.
2. Add chopped rosemary sprigs and set aside to marinade for about 1 hour.
3. Preheat the oven to 350°F (180°C). Place the chicken in the oven and bake the chicken for 25 minutes, then turn over and bake for a further 20 minutes until golden brown. Once cooked, pour the roast juices over the chicken.
4. Divide the chicken into 6 portions and serve immediately with your favorite side dishes, e.g. potatoes, salad.

GF	DF	MP	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
15 mins	45 mins + 1 hr	529	42	2	33	0

*nutrition per serving





Slow Cooker Korean Beef

Serves 8

3 lbs. (1.3kg) stewing beef, cut into chunks
2 tbsp. cornstarch
1 tbsp. sesame seeds
6 spring onions, thinly sliced

For the sauce:

1 cup (240ml) beef stock
½ cup (120ml) tamari soy sauce
½ cup (100g) coconut sugar
4 cloves garlic, minced
1 tbsp. sesame oil
1 tbsp. rice wine vinegar
1 tbsp. ginger, grated
1 tsp. Sriracha sauce
½ tsp. onion powder
½ tsp. black pepper

What you need to do

1. In a large bowl, mix together all the sauce ingredients and stir well to combine.
2. Place the beef in the slow cooker and cover with the sauce mixture. Place the lid on the slow cooker and cook on a low heat for 8 hours or on a high heat for 4 hours.
3. Once the beef has finished cooking, mix the cornstarch and ¼ cup water and stir into the slow cooker to thicken the sauce.
4. Cover and cook on high heat for another 30 minutes, or until the sauce has thickened.
5. Serve immediately, garnished with green onions and sesame seeds.

Serving suggestion:

- Rice
- Steamed vegetables

GF	DF	MP	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	8.5 hrs	305	10	18	38	1

*nutrition per serving





Papaya & Turmeric Smoothie

Serves 2

- ½ medium papaya (5 oz. /150g)
peeled, chopped
- 1 banana
- 1 ½ cup (350ml) coconut milk,
carton ground
- ½ tsp. turmeric
- ½ lime, juice
- 2 tbsp. honey
- 1 scoop (25g) vanilla protein
powder
- 1 cup ice

What you need to do

1. Place all ingredients in a high-speed blender and blitz until smooth.
2. Divide between 4 glasses and serve immediately.

GF	DF	MP	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	0 mins	262	4	48	13	3

*nutrition per serving





Cinnamon Roll Protein Bars

Makes 16

- ½ cup (45g) protein powder
- 1 cup (90g) rolled oats
- 1 tsp. ground cinnamon
- 2 tbsp. coconut oil, melted
- ½ cup (100g) almond butter
- ¼ cup (60g) honey
- ½ tsp. vanilla extract sea salt flakes to garnish

What you need to do

1. Place the protein powder, cinnamon and rolled oats into a food processor and blitz together until the oats turn into powder.
2. Add the melted coconut oil, almond butter, honey and vanilla extract into the food processor and blitz again until it forms a sticky dough. If it feels too dry, add 1 tablespoon of water and blitz again.
3. Line a 20x30cm baking tin with parchment paper and scoop the protein bar mixture into the tray, pressing it down with a spoon. Sprinkle with sea salt flakes and place in the freezer for 30 minutes.
4. Cut the mixture into 16 protein bars and store in an airtight container, in the fridge for up to 7 days.

GF	DF	MP	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
15 mins	30 mins	98	6	8	5	1

*nutrition per serving





Keto Lemon Mug Cake

Serves 1

- 2 tbsp. butter, melted, cooled
- 1 egg
- 1 tsp. grated lemon rind
- ¼ cup (25g) coconut flour
- 1 tbsp. ground almonds
- 2 tsp. xylitol
- ½ tsp. baking powder
- 2 tbsp. almond milk
- 1 tbsp. lemon juice
- 2 tbsp. Greek yogurt, to serve

What you need to do

- Whisk together the melted, cool butter, egg and lemon rind in a small bowl. Add the flour, almond, xylitol, baking powder, milk and juice. Stir well to combine.
- Transfer the mixture into a 1 cup (240ml) sized heat proof mug and microwave on high for 2 minutes. Remove from the microwave and set aside for 30 seconds.
- Top with the coconut yogurt and serve immediately.

V

Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	2 mins	469	35	19	14	10

*nutrition per serving

DISCLAIMER:
Primma MedSpa does not provide medical advice. All information is for general guidance only and should not replace consultation with a licensed healthcare provider.

