EASY PROTEIN + FIBER PAIRINGS GUIDE

BRENDA WATSON ND

10 simple meal ideas built around protein + fiber to help you stay satisfied, steady your appetite and make weight-loss meals easier.

PROTEIN+ FIBER
Better Together

Protein and fiber are better together. Both promote fullness, with protein satisfying you now and fiber giving that fullness staying power. Together, they also support steadier blood sugar and appetite signals that tell your brain, "I've had enough."

These easy meal pairings combine satisfying portions of protein with fiber-dense foods and healthy fats to help keep hunger in check for throughout the day. Use your Fiber Hierarchy bonus to help guide your fiber choices.

HERE ARE 10 EASY COMBINATIONS TO GET YOU STARTED.

1.

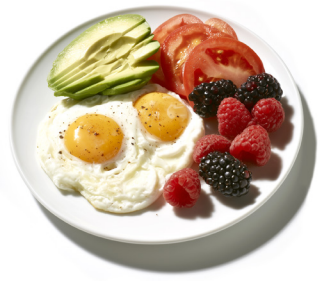


GREEK YOGURT BERRY CRUNCH BOWL

¾ cup plain Greek yogurt + ½ cup raspberries and/or blackberries + 1 Tbsp chia seeds + 2 Tbsp chopped walnuts

Approx: 21g protein | 9–10g fiber

2.



EGG + AVOCADO PLATE

2 eggs + ½ avocado + sliced tomato + ½ cup raspberries or blackberries

Approx: 15g protein | 10–11g fiber

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3.



COTTAGE CHEESE BERRY BOWL

1 cup cottage cheese + ½ cup raspberries or blackberries
+ 1 Tbsp ground flaxseed + 2 Tbsp chopped almonds
Approx: 31g protein | 7–8g fiber

4.



BERRY CHIA PROTEIN SHAKE

1 scoop unsweetened vanilla protein powder (~ 20g protein)
+ 1 cup unsweetened almond milk + ½ cup berries
+ 1 Tbsp chia seeds
Approx: 22g protein | 8–9g fiber

5.



SALMON + AVOCADO CHOPPED SALAD

4 oz salmon + ½ avocado + 2 cups hearty greens
+ plenty of chopped tomato, cucumber, celery,
peppers, cabbage or other non-starchy vegetables
Approx: 27g protein | 10–12g fiber
Dress it: EVOO + vinegar or fresh lemon

6.



SHRIMP + CRUNCHY GREEN SALAD

4 oz shrimp + ½ avocado + 2 cups hearty greens
+ cucumber, tomato, peppers, cabbage, celery and
other crunchy vegetables
Approx: 27g protein | 10–12g fiber
Dress it: EVOO + vinegar or fresh lemon

Nutrition numbers are approximate and will vary by brand, produce size and the exact vegetables you choose.

CONTINUED...



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7.



CHICKEN + ROASTED VEGGIE BOWL

4 oz chicken + about 2 cups mixed Brussels sprouts, broccoli and cauliflower + 2 Tbsp sliced almonds
Approx: 38g protein | 8–10g fiber
Make it tasty: Toss the vegetables with EVOO before roasting. Add a splash of soy sauce or tamari if you like.

8.



TURKEY + CHEESE SNACK PLATE

4 oz sliced turkey + 1 oz hard cheese + ½ avocado + bell pepper and cucumber strips + small handful of almonds
Approx: 38g protein | 10–12g fiber

9.



CHICKEN + ASPARAGUS ALMOND SAUTÉ

4 oz chicken + 1 cup asparagus + peppers and onion + 1 oz slivered almonds
Approx: 41g protein | 7–8g fiber

10.



TUNA + AVOCADO LETTUCE CUPS

1 can light tuna, drained + ½ avocado + chopped celery + cucumber or bell pepper, served in crisp lettuce leaves
Approx: 32–34g protein | 8–9g fiber
Add mayo, lemon, herbs or seasonings to taste.

Nutrition numbers are approximate and will vary by brand, produce size and the exact vegetables you choose.

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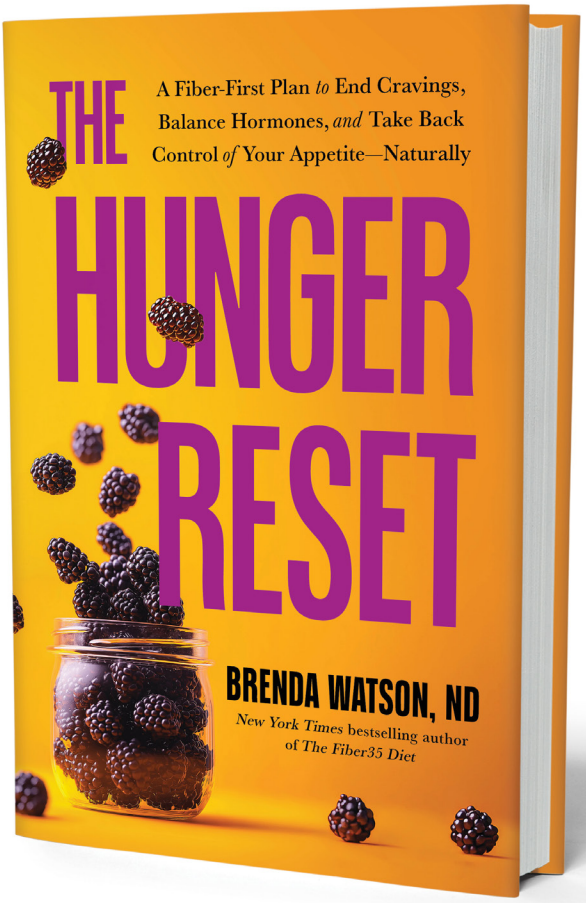
NOW MAKE IT YOUR OWN

Use these pairings as inspiration, then start mixing and matching your own protein + fiber combinations. Once you know what to look for, the possibilities are endless.

COMING APRIL 2027





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