

PROTEIN + FIBER POWER PAIRS

THE FOUNDATION OF A HEALTHY PLATE



WHY IT WORKS

Protein builds and repairs your body. Fiber feeds your gut and balances blood sugar. Together, they calm cravings, keep you satisfied, and give you lasting energy. Soluble fiber also slows digestion and naturally boosts appetite-regulating hormones like GLP-1 — the same ones weight-loss drugs mimic, but without the side effects.

Add in healthy fats, and you've got the perfect trio for fullness, steady energy, and gut support.

POWER PAIRS TO TRY



AVOCADO + BLACK BEANS

Fiber + protein + healthy fats = a simple, filling lunch topper.



SALMON + BROCCOLI

Protein + fiber with omega-3s to support gut and heart health.



GREEK YOGURT + BERRIES + FLAXSEED

Protein + fiber + healthy fats for a gut-friendly breakfast or snack.



EGGS + SPINACH + MUSHROOMS

A quick scramble that delivers protein, fiber, and phytonutrients.



CHICKEN + LENTILS + AVOCADO

Fiber-rich lentils with lean protein and creamy healthy fat — perfect for bowls or tacos.



APPLE SLICES + ALMOND BUTTER

Portable snack with protein, fiber, and healthy fats.



GREENS SALAD + SHRIMP + OLIVE OIL/VINEGAR

Light yet nutrient-dense combo with fiber, lean protein, and healthy fats.



COTTAGE CHEESE + BERRIES + CHIA SEEDS

Trending favorite: high protein, gut-friendly fiber, and omega-3s in one bowl.

BUILD YOUR OWN POWER PAIR

Pick one Protein, one Fiber, and (optionally) a Healthy Fat for balance.

CONTINUED...

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TOP 10 HIGH-FIBER FOODS

- Lentils (15g per cup)
- Black beans (15g per cup)
- Chickpeas (12g per cup)
- Avocado (10g each)
- Chia seeds (10g per 2 Tbsp)
- Raspberries (8g per cup)
- Artichoke (7g each)
- Pear (6g with skin)
- Broccoli (5g per cup cooked)
- Oats (4g per cup cooked)

QUICK TIPS FROM BRENDA

- ✓ **Eat fiber first** — start your meal with veggies, salad, or a little soluble fiber to steady blood sugar and calm cravings.
- ✓ **Add fiber gradually & drink water to avoid bloating.**
- ✓ **Pair protein + fiber at every meal for steady energy.**
- ✓ **Eat the rainbow** — color variety = diverse nutrients for your gut bugs!
- ✓ **Don't forget healthy fats** — they help with fullness and nutrient absorption.



FINAL THOUGHTS

Remember, this isn't about perfection — it's about balance. When you start building meals around Fiber + Protein, your cravings calm down, your energy steadies, and your gut feels better. It's one of the simplest but most powerful shifts you can make.

Based on results I've seen, I encourage aiming for about 35g of fiber daily, and enough protein to meet your needs — roughly 1.2g per kg of body weight, or about 80g protein for a 150 lb. person. But everyone is different — the key is to notice how you feel and adjust through a little trial and error until you find what works best for you.



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