

The Protein + Fiber Meal-Building Formula

A simple way to build satisfying meals that support steady energy, muscle, digestion, and metabolic health.

You do not need a perfect diet or a tiny plate. Start with two anchors, protein + fiber, then build around them.

1

Start with protein

Choose a meaningful protein source that fits your needs and preferences.

A few examples: eggs + egg whites, chicken or turkey, lean beef, fish or seafood.

2

Add 2 fiber-rich plants

Choose two or more plant foods when practical. Diversity matters more than chasing one "perfect" fiber food.

A few examples: leafy greens, broccoli, berries, avocado, chia or flax, lentils or beans if tolerated.

3

Add strategic energy

Depending on your activity, goals, tolerance, and the rest of your day, add a whole-food carbohydrate.

A few examples: sweet potato, fruit, legumes, or another option that works for you.

4

Add healthy fat + flavor

Make the meal satisfying and enjoyable without letting added fats quietly become the whole meal.

A few examples: olive oil, avocado, nuts, seeds, herbs, spices, salsa or a simple homemade sauce.

The 10-second meal check

- Can I name the protein?
- Can I point to at least 2 fiber-rich plant foods?
- Did I include enough food to support my next 4-5 hours?

Build meals around what your body needs, not around how little you can eat.

Fiber Is More Than a Number

Different plant foods bring different types of support. You do not need all of them in one meal. Think variety across the week.

GUT SUPPORT

Feed your microbes

Some fermentable and prebiotic fibers reach the large intestine, where gut microbes can use them.

A small bite: onion, garlic, asparagus.

SMART STARCH

Think resistant starch

Some starch resists digestion and can behave more like fermentable fiber in the gut.

A small bite: cooled potato or green banana.

PLANT DIVERSITY

Add color + polyphenols

Plants bring more than fiber. Their polyphenols can also interact with the gut microbiome.

A small bite: berries, colorful vegetables, herbs and spices.

IF TOLERATED

Include fermented foods

Fermented foods can add another layer of food diversity when they fit your digestion and preferences.

A small bite: sauerkraut or fermented vegetables.

Your goal this week

Instead of obsessing over a perfect fiber number, add **one plant food you do not eat often**. Small changes can expand variety without making nutrition feel like another full-time job.

Think 80/20, when your body is ready: About 80% of your choices support your health, while 20% allows flexibility for real life. But 80/20 is not always the starting point.

First build a consistent whole-food foundation and reduce likely stressors.

When appropriate, testing can help personalize the process. As your health becomes more stable, gradually add flexibility that works for your body and lifestyle.

Want help making nutrition work for your body, schedule, and goals?

Book a free 20-minute Clarity Session.

www.BeFabBeYou.com/clarity