



Fibre and Protein: The DREAM TEAM that keeps you strong, satisfied and thriving.

Why are Protein and Fibre the Dream Team?	
Fibre	Protein
Reduces your risk of colorectal cancer.	Main function: Growth, repair and maintenance of body function.
Reduces your risk of cardiovascular disease.	Regulates hormones and enzymes e.g. insulin and digestive enzymes.
Reduces diabetes risk	helps to transport substances such as oxygen through the blood.
Binds to LDL cholesterol (bad cholesterol) and therefore reduces LDL cholesterol.	Supports hair, skin and nails.
Improves digestion by promoting regular bowel movements, reducing constipation and supporting a healthy gut microbiome.	Forms antibodies and keeps our immune system strong.
Fibre is almost like a natural detox and removes waste from your body.	Helps to maintain lean muscle mass. It becomes even more important as we age as our bone mineral density begins to decline from age 30.
Let's make a fuss about fibre, let us make it sexy!	Helps with wound healing and clot formation.
Together, they create bulk and will help to keep you fuller for longer, on lower calories.. Therefore they can help with fat loss and weight maintenance	
Together, they can manage blood glucose and insulin resistance.	
Together, they can help to reduce cravings.	





The Dream Team: Fibre and Protein

Protein: Aim for ~ 0.8g - 2.2g/kg bodyweight, depending on activity level and goals. 0.8 is the minimum to avoid deficiency, so aim higher. I tend to advise 1.2 g/kg body weight and higher depending on goals.

Fibre: Aim for at least 30 g of fibre per day. If you need to increase your fibre intake, do it slowly to avoid gastric issues. Start with one meal or snack for a few weeks and build on it every 2-3 weeks.

Breakfast	
Fibre	Protein
30 g All-Bran Flakes: 5.1 g Fibre	150 g 0% Greek Yoghurt: ~ 15 g
2 Weetabix Biscuits: 3.8 g	30 g uncooked quinoa: ~ 4 g (and ~ 3.6 g fibre too)
30 g raw steel-cut oats: ~ 3.4 g Fibre	1 large egg: ~ 7 g protein
1 slice wholemeal bread: ~ 3.5 g Fibre	1 Cup Cow Milk (whole, semi and skim): ~ 8.75 g
40 g Bite size Shredded Wheat: 5.7 g Fibre	1 Cup Unsweetened Soya Milk: ~ 8.25 g
1 teaspoon chia seeds: 2 g Fibre	70 g Tofu: 11.6 grams
1 teaspoon flax seeds: ~ 1.2 g Fibre	¼ cup cottage cheese: ~ 6 g (slightly higher the lower the fat)
1 teaspoon hemp seeds: ~ 0.5 g Fibre	30 g Mozzarella cheese: ~ 6 g (slightly higher the lower the fat)
2 Ryvita: ~ 2.8 g	2 Baby Bell Lights: ~ 10 g





The Dream Team: Fibre and Protein

Lunch/Dinner	
Fibre	Protein
1 Cup lentils: ~ 15 g fibre and 18 g protein	
1 Cup red kidney beans: ~ 14 g fibre and 15 g protein	
1 Cup black beans: ~ 10 - 15g fibre and ~ 15 g protein	
1 Cup chickpeas: ~ 14 g fibre and 14 g protein	
30 g Uncooked quinoa: ~ 3.6 g fibre and 4.0 g protein	
1/2 Cup cooked barley: ~ 3 g	1 Large egg: ~ 7 g
1 Cup whole-wheat spaghetti: ~ 6 g	70 g Tofu: ~ 11.6 g
1 Slice wholemeal bread: ~ 3.5 g	¼ Cup cottage cheese: ~ 6 g (slightly higher the lower the fat)
1 Wholemeal pita bread: ~ 3.5 - 4.2 g	30 g Mozzarella cheese: ~ 6 g (slightly higher the lower the fat)
1 Baked potato with skin on: ~ 4.0 g	1 Medium chicken breast: ~ 30 g
1 Baked sweet potato with skin on: ~ 5.0- 6.0 g	100 g Salmon fillet: ~ 22-25 g
½ Cup cooked wild rice: ~ 3.0 g	110 g Drained tuna: ~ 26-28 g
½ Cup cooked brown rice: ~ 1.5 - 2.0 g	100 g Cod: ~ 18.0-20.0 g
1 Wholemeal tortilla wrap: ~ 4.0 g	100 g lean steak: ~28 - 30 g





More Fibre Fuelled Food

Fruit, vegetables, nuts and seeds	
1 Cup blackberries: ~ 8.0 g	1 Cup of chopped mixed peppers: ~ 3.0 g
1 Cup raspberries: ~ 8.0 g	1 Cup cooked spinach: ~ 4.0 g
1 Cup blueberries: ~ 5.0 g	1 Cup cooked broccoli: ~ 5.0 g
1 Cup Strawberries: ~3.8 g	1 Cup cooked cauliflower: ~ 3.0 g
1 Kiwi, skin on: ~a 3.5 g (~2.5 g without skin)	1/2 Cup cooked beetroot, skin on: ~ 2.0 g
1 Medium apple, skin on: ~ 4.0 g	7 pecans: ~3.0 g
1 Medium pear, skin on: ~ 5.0 g	7 Walnuts: ~ 4.0 g
1/2 Medium Avocado: ~ 4.0 g	15 Almonds (skin on): ~ 3.0 g
60 g Carrot, skin on: ~ 2.0 g	2 Brazil nuts: ~ 1.0 g
1 Cup cooked Kale: ~ 4.5 g	1 Cup artichokes ~ 9 g
60 g Parsnip, skin on: ~ 2.0 g	80 g Mango: ~ 2.0 g





Remember

- Increase fibre slowly, start with one meal or snack and a couple of weeks later, move on to the next.
- Fibre and protein is the dream team that keeps you strong, satisfied and thriving.
- Fibre and protein is not exclusive to this list. There are many products you may be eating that may have a lot of fibre or protein in it. I work with you and your lifestyle

With My 121 unique coaching I will:

- 01 Support you in developing healthy behaviours, habits, and lifestyle changes.**
- 02 Help you to improve your relationship with food.**
- 03 Support you with weekly check-ins (this is where the magic happens).**
- 04 Support you with monthly review calls.**
- 05 Ensure you are getting essential nutrients into your lower-calorie diet.**
- 06 Reduce risk of nutrient deficiencies/malnutrition.**
- 07 Help you to maintain lean muscle mass.**
- 08 Refer you to a personal trainer or physiotherapist.**

