



# High Fiber High Protein Recipes

Each recipe included has 5-13g of fiber and 20-38g of protein

# Fiber

## What is it?

Fiber is a type of carbohydrate that is not digested in the body. Fiber has many beneficial health effects.

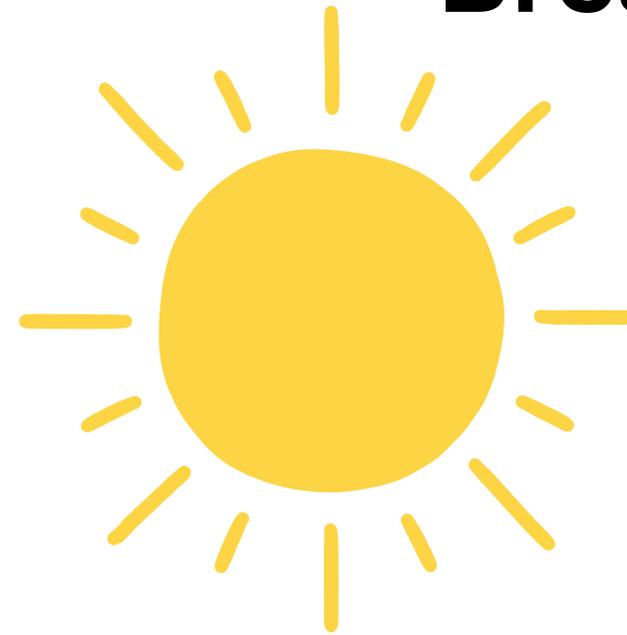
## What does it do?

- Fiber, such as B-Glucan, can help lower risk of cardiovascular disease by lowering LDL (“bad cholesterol”) levels and include foods like **cheerios**, **oatmeal**, and **barley** products.
- Fermentable fiber, like prebiotics, helps to feed the good bacteria in your gut and includes foods such as **chickpeas**, **bananas**, and **garlic**.
- Non-fermentable fibers can help us feel satisfied longer by increasing fecal bulk. These include foods like **brown rice**, **chia seeds**, and **almonds** (Gropper,2021).

## Recommended Amount

The average American person consumes around 10-15g of fiber per day. The daily recommended value of fiber according to the FDA is **28g**. Foods with at least 10% of the daily recommended value (around 3g) is considered a good source of fiber (Gropper,2021).

# Breakfast



## Anti-Inflammatory Breakfast Bowl I Can't Stop Making

This breakfast grain bowl is a nutritional powerhouse, packed with ingredients like black beans, roasted broccoli and beets that fight inflammation to start your day.

EatingWell / Sep 7



## The High-Protein Breakfast You Should Meal-Prep This Weekend

Chia seeds create a thick texture while delivering fiber and healthy omega-3 fatty acids. Peanut butter adds plant-based protein and is balanced by the deep cocoa notes.

EatingWell / Aug 19



## High-Protein Raspberry & Peanut Butter Overnight Oats Are the Best Way to Start Your Day

These high-protein peanut butter overnight oats with raspberries are a deliciously satisfying way to start your day.

EatingWell / Sep 7



## The High-Protein Breakfast You Should Meal-Prep This Weekend

This high-protein blueberry and peanut butter chia pudding is a perfect make-ahead breakfast packed with fiber and protein to keep you energized throughout the day.

EatingWell / Jan 30



## These Overnight Oats Taste Just Like a Cannoli

These cannoli-inspired overnight oats are a nutritious twist on the classic Italian dessert, perfect for a convenient and satisfying breakfast.

EatingWell / Aug 25



## Huevos Divorciados (Divorced Eggs) Is Our Nutrition Editor's Go-To Weekend Breakfast

For those mornings when choosing between red or green salsa feels impossible, enter huevos divorciados, the ultimate solution. It features two sunny-side-up eggs nestled on tortillas, each yolk surrounded by its...

EatingWell / Nov 21



## Make Ahead Fruit & Yogurt Breakfast Parfaits

Make Ahead Fruit & Yogurt Breakfast Parfaits are a quick and healthy breakfast idea! Assemble on the...

Iowa Girl Eats / Oct 11, 2024



## Greek Yogurt Smoothie

Peanut Butter Banana Smoothie with Greek Yogurt is full of flavor, not too...

greensnchocolate.com

# Salad



## Mediterranean-Style Chopped Salad With Chicken

This refreshing Mediterranean chopped salad has shredded chicken, quinoa, chickpeas, and vibrant veggies for a fresh, high-protein main dish.

rd The Real Food Dietitians / 0:58



## Grilled Southwestern Steak Salad

Pasta salad loaded with steak, peppers and onions makes both my boyfriend and me happy. Plus, it's versatile! We serve it hot, room temperature or col...

Taste of Home /



## Tasty Taco Chopped Salad

My friends and I love Mexican food, but we try to eat healthy. My mom taught me how to make this tasty taco salad for my friends. —Matthew Smith, Knipp...

Taste of Home /



## Mediterranean Tuna Salad

If you think tuna salad means lots of mayonnaise, think again! Our Mediterranean tuna salad recipe mixes protein-packed canned tuna, chickpeas,...

Taste of Home /



## Strawberry Chicken Salad

Juicy berries, crisp sugar snap peas and crunchy pecans complement the lime-marinated chicken in this pretty salad. The homemade sweet-sour...

Taste of Home /



## Tuna Nicoise Salad

Tuna Nicoise salad is a perfect lunch for a weekend or even to make ahead for the work week. Our recipe is traditional with tuna, tomatoes and bean...

Taste of Home /



# Protein

## What is it?

Amino acids that form various types of proteins that can act as enzymes, hormones, building blocks, and catalysts (LePelusa,2022)

## Why it's important

There are nine essential amino acids that the body can not make and must obtain through what we eat. Eating a variety of protein sources can ensure that all nine amino acids are included in our diet (LePelusa,2022).

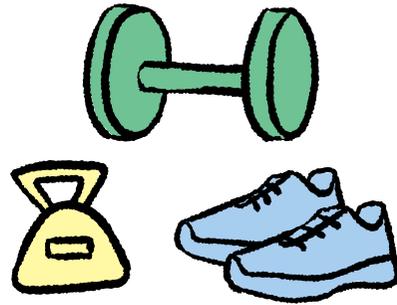
**Animal protein: meat, eggs, dairy, fish/seafood**

**Plant protein: Beans, nuts, seeds, tofu, vegetables**

## Recommended Amount

The recommended protein intake according to the FDA is **0.8g per kg** of body weight or about 20g per meal. 1.2g/kg of body weight is recommended for those who engage in resistance training or are highly physically active (Gropper,2021).

# Protein Bowls



## Egg Roll in a Bowl

This egg roll in a bowl recipe is like a deconstructed egg roll with savory fillings like ground chicken, mushrooms and cabbage, all tossed with rice. No...

 Taste of Home /



## Chicken Quinoa Bowl

Try this chicken quinoa bowl with balsamic dressing for a quick and healthy family meal. Ready in 40 minutes, it's packed with flavor and easily...

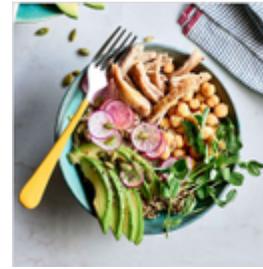
 Taste of Home /



## Chicken Hummus Bowls

The spiced chicken atop these bowls is ready fast with the help of the broiler. Serve with warm whole-wheat pita for scooping up extra hummus at the...

 EatingWell



## Chicken, Avocado & Quinoa Bowls with Herb Dressing

Arrange the toppings individually on these protein-packed grain bowls so each bite has a contrasting...

 EatingWell



## Chicken Fajita Bowls

These satisfying bowls are chock full of protein and fiber, thanks to chicken breast, black beans, sweet potatoes and bulgur--a versatile grain that has...

 EatingWell



## Salmon Sushi Grain Bowl

Get all the delicious flavors of sushi without the time-consuming rolling with this quick grain bowl recipe. All you need is 15 minutes to get this health...

 EatingWell



# Entrees



## White Chicken Enchiladas

These white chicken enchiladas are full of flavor thanks to cilantro, jalapeno and cumin. Want to make them even spicier? Keep the jalapeno seeds!

 Taste of Home /



## Sheet-Pan Tandoori Chicken

This tandoori chicken recipe is easy for weeknights since it bakes in one pan, but it is also special enough for guests. The best part? There isn't muc...

 Taste of Home /



## Chicken Nachos

In these chicken nachos, crunchy chips are topped with hot spiced shredded chicken, beans and melted cheese plus cooling chunks of avocado, red onion...

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## Sloppy Joe Casserole

Like sloppy Joes? Then you'll love this sloppy Joe casserole recipe. This kid-friendly dinner has the classic sloppy Joe flavors kids love, while parents ...

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## Sausage and Lentil Soup

Spicy sausage and chicken broth flavor the milder lentils and beans in this sausage and lentil soup recipe. Tomatoes and spinach add color while goat...

 Taste of Home /



## Chicken Sweet Potato Skillet

Reinvent leftover cooked chicken into a saucy, southwestern chicken sweet potato skillet with veggies. Using jarred salsa in the simmering liquid...

 Taste of Home /



## Turkey Avocado Sandwich

With this recipe, two can enjoy the taste of something new and elegant in minutes. All you need to add is the ambiance for a bistro meal at home. ...

 Taste of Home /



## Blackened Fish Tacos

The blackened fish packs a punch in these quick blackened fish tacos.

 EatingWell

# Fiber and Protein deficiency

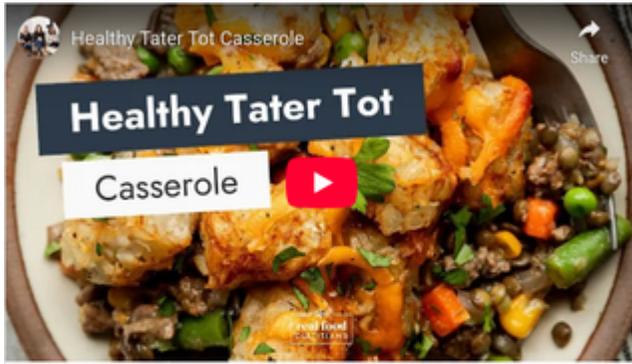
## Fiber deficiency:

- Higher risk for heart disease, diabetes, and certain cancers
- Can contribute to high blood pressure
- Constipation (Staff,2021)

## Protein deficiency:

- Muscle wasting
- Weakened immune system
- Edema (swelling in legs and feet)
- Does not stay full very long (Cleveland Clinic,2025)

# Entrees cont.



Healthy Tater Tot Casserole

**Healthy Tater Tot Casserole**

This **Healthy Tater Tot Casserole with Beef and Lentils** is a protein- and fiber-rich take on the classic with the addition of nutritious lentils and veggies.

rf The Real Food Dietitians / 0:43



## Ground Beef And Zucchini...

This easy and healthy, high-protein Mexican skillet dinner features groun...

[therealfooddietitians.com](http://therealfooddietitians.com)



## Anti-Inflammatory Sweet Potato-Black Bean Stuffed Peppers Are a "Wonderful, Quick and Filling Dish"

These delicious sweet potato-stuffed peppers are an easy anti-inflammatory meal, thanks to the combination of sweet potatoes, black beans and bell peppers.

[EatinWell.com](http://EatinWell.com) / Sep 7



## This Grilled Cheese with Spinach & Tomato Is Ooey-Goey Delicious

This grilled cheese with spinach and tomato is a flavorful twist on the classic sandwich, cooked to golden perfection on the stove.

[EatinWell.com](http://EatinWell.com) / Jul 4



# Pasta



## Turkey Meatballs with Linguine & Fresh Tomato Sauce

For this healthy turkey meatball recipe, lean ground turkey is mixed with fresh mushrooms, oats, garlic...

 EatingWell



## Cheesy Chicken Pasta Bake

This chicken pasta bake is cheesy with a smoky kick, thanks to the combination of chipotle peppers and smoked Gouda cheese.

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## Spaghetti with Baked Brie, Mushrooms & Spinach

Melted Brie cheese coats pasta and veggies in this vegetarian pasta dish. White-wine vinegar and balsamic glaze add tang and a hint of sweetness in this easy weeknight dinner.

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## One-Pot Spinach, Chicken Sausage & Feta Pasta

A little bit of Sunday meal prep goes a long way in this one-dish pasta recipe. Cooking the pasta ahead and refrigerating it saves time here—or use any leftover cooked pasta you have on hand.

 EatingWell



## Creamy Zucchini & Rotisserie Chicken Pasta Bake

If you're swimming in zucchini, take some off your hands with this creamy zucchini and chicken pasta bake. The zucchini melts into the sauce, while Dijon mustard and lemon zest brighten the flavor.

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# Dessert

Disclaimer: The desserts do not have the same protein/fiber requirements that the rest of the recipes have. They are still higher in fiber and protein than most desserts.



**Protein Brownies**

Get Protein Brownies Recipe from Food Network

Food Network



**High-Protein Chocolate Pancakes**

Get High-Protein Chocolate Pancakes Recipe from Food Network

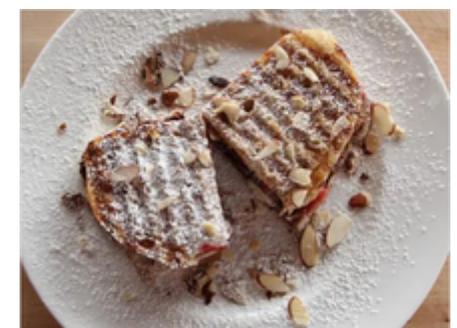
Food Network



**High-Protein Black Bean Chocolate Cake**

Get High-Protein Black Bean Chocolate Cake Recipe from Food Network

Food Network



**Dessert Panini**

Get Dessert Panini Recipe from Food Network

Food Network



## Banana Pudding Parfaits

These individual banana puddings contain all of those delicious traditional banana pudding flavors in a healthy little parfait package.

EatingWell / Oct 9, 2024

# Please take a moment to fill out this quick survey!

## High Fiber High Protein Survey

This is to assess students knowledge of fiber and protein after going through this resource page

[Sign in to Google](#) to save your progress. [Learn more](#)

\* Indicates required question

How would you rate your knowledge of protein/protein rich meals before going through this resource page? \*

1 2 3 4 5

Very little knowledge

I am a protein expert



**Thanks!**

# Reference Page

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LaPelusa, A. (2022, November 14). Physiology, proteins. StatPearls [Internet]. <https://www.ncbi.nlm.nih.gov/books/NBK555990/>

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