

Protein-focused meals and snacks

Meals: 30 g+ protein, under 60 g carbohydrate · Snacks: around 20 g protein.

Designed to go with the 7pm rule: keep dinner the smallest meal of the day.

● Meat, fish, eggs ● Dairy, whey ● Grain, legume, seed ● Vegetables, fruit ● Carbohydrate (full bar = 60 g)

Please read: these figures are estimates (about $\pm 20\%$). Check food labels where you can. They assume standard (blue-top) milk, full-fat plain Greek yoghurt, farmed salmon and cooked weights for meat and fish. Carbohydrate is available carbohydrate, with fibre listed separately, as on NZ labels. Fibre is the least reliable figure; legume and tempeh values vary widely between products. Cooking oil, spreads and dressings are not included: 1 tablespoon of oil adds about 120 kcal and 14 g fat. Non-starchy vegetables add about 5 to 10 g carbohydrate per cup; potato, corn or kūmara add much more. If you are increasing fibre, do it gradually over two to three weeks with extra fluid to limit bloating. This sheet is general information, not individual dietary advice. Discuss changes with your doctor or dietitian, especially if you have diabetes, kidney disease or take medicines that affect glucose.

Cooking tip: try air-frying. Air-frying, grilling, baking or steaming keeps added fat down compared with pan- or deep-frying. Most meats and salmon need no oil at all in an air fryer. To stop skinless chicken breast drying out, marinate it first in plain yoghurt or lemon juice and herbs. Tofu, tempeh and drained chickpeas crisp better with a light spray, and chickpeas make a crunchy high-fibre snack.

HIGH-FIBRE MEALS 30 g+ protein · 10 g+ fibre

Chicken and bean burrito bowl

41 g protein · 11 g fibre · 385 kcal

	Prot	Carb	Fat	Fibre	kcal
● Chicken breast, cooked 100 g	31	0	4	0	165
● Black beans ½ cup	7	13	1	7	105
● Brown rice ½ cup	2	19	1	2	90
● Salsa and salad veg	1	5	0	2	25

Total **41** **37** **6** **11** **385**

Protein  41 g
Carb  37 g

Chia overnight oats

32 g protein · 17 g fibre · 455 kcal

	Prot	Carb	Fat	Fibre	kcal
● Rolled oats ½ cup	5	25	3	4	150
● High-protein yoghurt 200 g	20	10	1	0	125
● Chia seeds 2 tbsp	4	1	6	7	100
● Raspberries ½ cup	1	3	0	4	30
● LSA mix* 1 tbsp	2	1	4	2	50

Total **32** **40** **14** **17** **455**

Protein  32 g
Carb  40 g

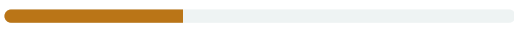
*LSA = ground linseed, sunflower seeds and almonds. Keep in the fridge.

Beef and bean chilli

35 g protein · 10 g fibre · 330 kcal

	Prot	Carb	Fat	Fibre	kcal
● Lean mince, cooked 100 g	26	0	9	0	180
● Kidney beans ½ cup	7	13	1	6	100
● Tomato, capsicum, onion 1 cup	2	8	1	4	50

Total **35** **21** **11** **10** **330**

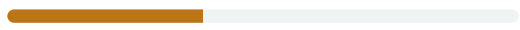
Protein  35 g
Carb  21 g

Tofu and lentil curry

32 g protein · 13 g fibre · 340 kcal

	Prot	Carb	Fat	Fibre	kcal
● Firm tofu 150 g	20	2	9	1	170
● Brown lentils ½ cup	9	13	1	8	115
● Mixed veg 1 cup	3	8	1	4	55

Total **32** **23** **11** **13** **340**

Protein  32 g
Carb  23 g

HIGH-FIBRE SNACKS around 20 g protein · 5 g+ fibre

Yoghurt, chia and berries

23 g protein · 8 g fibre · 205 kcal

	Prot	Carb	Fat	Fibre	kcal
● High-protein yoghurt 200 g	20	10	1	0	125
● Chia seeds 1 tbsp	2	1	3	4	50
● Berries ½ cup	1	3	0	4	30

Total **23** **14** **4** **8** **205**

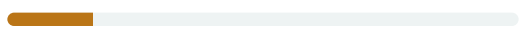
Protein  23 g
Carb  14 g

Tuna and three-bean cup

23 g protein · 5 g fibre · 160 kcal

	Prot	Carb	Fat	Fibre	kcal
● Tuna in springwater 95 g tin	18	0	1	0	85
● Three-bean mix ½ cup	5	10	1	5	75

Total **23** **10** **2** **5** **160**

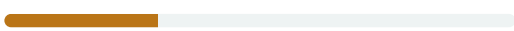
Protein  23 g
Carb  10 g

Berry, oat and whey smoothie

25 g protein · 7 g fibre · 220 kcal

	Prot	Carb	Fat	Fibre	kcal
● Whey in water 1 scoop	22	3	2	0	115
● Rolled oats 2 tbsp	2	9	1	2	55
● Frozen mixed berries 1 cup	1	6	0	5	50

Total **25** **18** **3** **7** **220**

Protein  25 g
Carb  18 g

Edamame

22 g protein · 10 g fibre · 230 kcal

	Prot	Carb	Fat	Fibre	kcal
● Edamame 1¼ cups	22	7	10	10	230

Total **22** **7** **10** **10** **230**

Protein  22 g
Carb  7 g

STANDARD MEALS 30 g+ protein · under 60 g carbohydrate

Eggs, toast and yoghurt

31 g protein · 5 g fibre · 440 kcal

	Prot	Carb	Fat	Fibre	kcal
● Eggs 2	12	1	10	0	140
● Wholegrain toast 2 slices	8	24	2	5	150
● Plain Greek yoghurt 150 g	11	6	9	0	150
Total	31	31	21	5	440

Protein 31 g

Carb 31 g

Chicken sandwich and milk

32 g protein · 4 g fibre · 395 kcal

	Prot	Carb	Fat	Fibre	kcal
● Sliced chicken 80 g	16	1	2	0	85
● Wholemeal bread 2 slices	8	24	2	4	150
● Standard milk 250 ml	8	12	8	0	160
Total	32	37	12	4	395

Protein 32 g

Carb 37 g

Salmon, rice and veg

34 g protein · 1 g fibre · 455 kcal

	Prot	Carb	Fat	Fibre	kcal
● Salmon, cooked 120 g	30	0	15	0	250
● Rice, cooked 1 cup	4	45	1	1	205
Total	34	45	16	1	455

Protein 34 g

Carb 45 g

STANDARD SNACKS around 20 g protein

High-protein yoghurt

20 g protein · 0 g fibre · 125 kcal

	Prot	Carb	Fat	Fibre	kcal
● High-protein yoghurt 200 g	20	10	1	0	125
Total	20	10	1	0	125

Protein 20 g

Carb 10 g

Cottage cheese and crackers

22 g protein · 1 g fibre · 235 kcal

	Prot	Carb	Fat	Fibre	kcal
● Cottage cheese 180 g	20	6	7	0	170
● Crackers 2	2	10	2	1	65
Total	22	16	9	1	235

Protein 22 g

Carb 16 g

Tuna and rice crackers

20 g protein · 0 g fibre · 160 kcal

	Prot	Carb	Fat	Fibre	kcal
● Tuna in springwater 95 g tin	18	0	1	0	85
● Rice crackers 4	2	16	1	0	75
Total	20	16	2	0	160

Protein 20 g

Carb 16 g

Protein oats

39 g protein · 4 g fibre · 460 kcal

	Prot	Carb	Fat	Fibre	kcal
● Rolled oats ½ cup	5	25	3	4	150
● Standard milk 300 ml	10	14	10	0	190
● Whey 1 scoop	24	3	2	0	120
Total	39	42	15	4	460

Protein 39 g

Carb 42 g

Chicken and chickpea salad

38 g protein · 5 g fibre · 275 kcal

	Prot	Carb	Fat	Fibre	kcal
● Chicken breast, cooked 100 g	31	0	4	0	165
● Chickpeas ½ cup	7	15	2	5	110
Total	38	15	6	5	275

Protein 38 g

Carb 15 g

Tempeh stir-fry

38 g protein · 9 g fibre · 380 kcal

	Prot	Carb	Fat	Fibre	kcal
● Tempeh 150 g	29	10	16	5	290
● Edamame ½ cup	9	3	4	4	90
Total	38	13	20	9	380

Protein 38 g

Carb 13 g

Whey shake

22 g protein · 0 g fibre · 115 kcal

	Prot	Carb	Fat	Fibre	kcal
● Whey in water 1 scoop	22	3	2	0	115
Total	22	3	2	0	115

Protein 22 g

Carb 3 g

Eggs and milk

20 g protein · 0 g fibre · 300 kcal

	Prot	Carb	Fat	Fibre	kcal
● Boiled eggs 2	12	1	10	0	140
● Standard milk 250 ml	8	12	8	0	160
Total	20	13	18	0	300

Protein 20 g

Carb 13 g