

## Quick and Easy High Protein Food Ideas

Babybels or similar pre-portioned cheese  
Bean salad  
Canned chickpeas, lentils, or black beans  
Canned or smoked salmon  
Canned tuna (plain or flavoured mini cans)  
Cottage cheese  
Egg bites (homemade or store bought)  
Greek or Skyr style yogurts (dairy based only)  
Hard boiled eggs  
Hummus  
Pre-cooked or marinated chicken  
Pre-cooked shrimp  
Roasted chickpeas (store bought or homemade)  
Smoked tofu or tempeh  
Turkey pepperoni



## Filling & Fibre Rich Plant Foods

### Veggies

Artichokes – fresh or marinated  
Asparagus  
Asparagus (fresh or pickled)  
Avocado  
Broccoli  
Cauliflower  
Cherry tomatoes  
Greens – spinach, arugula, kale, others  
Peppers  
Pickled or steamed beets  
Snap peas

### Beans and legumes

Beans, lentils  
Edamame  
Hummus  
Roasted chickpeas

### Fruits

Apples (skin on)  
Berries  
Kiwi  
Mango  
Pears (skin on)

## Swapping Whole Grains For White/Processed Ones



- Bean based pasta
- Quinoa, Millet, Amaranth or any of the whole grains
- Slower cooking oats instead of instant (rolled or steel cut)
- Swapping Whole Grains For White/Processed Ones
- Whole grain crackers
- Whole grain or sprouted grain breads
- Wild rice or brown rice

## Nuts and Seeds

- Flaxseeds (ground for full benefit)
- Hemp hearts
- Pecans
- Pistachios
- Pumpkin seeds
- Sunflower seeds
- Whole almonds



## Fibre Boosters

Add 1 tsp to 2-3 tbsp per day for an extra filling boost of fibre!

- Chia seeds
- Ground flaxseed
- Psyllium husk

\*drink plenty of fluids when boosting fibre