

THE PROTEIN + FIBER FOUNDATION

A 5-Day Guide for Women Who Want to Feel Better — Starting Now

By Coach Jen Snyder & Coach Amy Sheefel | NEW U Coaching

WELCOME

If you picked up this guide, chances are something hasn't been working. Maybe your energy is off, the scale isn't moving, you're bloated more than you should be, or you just feel like your body isn't cooperating — even when you're trying.

Here's what we want you to know: it's probably not what you think. It's not willpower. It's not that you need to eat less. In most cases, women are simply not eating enough of the two things that matter most — protein and fiber.

This 5-day guide is built around one powerful idea: when you give your body enough protein and fiber every single day, almost everything else starts to fall into place. Energy improves. Cravings quiet down. Digestion smooths out. Hormones have what they need. And fat loss becomes a side effect of a body that's actually nourished.

Let's walk you through it. — Coach Jen & Coach Amy

WHY PROTEIN + FIBER? HERE'S THE SCIENCE — SIMPLY.

Protein: The Foundation Your Body Is Craving

Protein is the single most important macronutrient for women — especially in our 30s, 40s, and 50s. Most women are chronically under-eating it, and their bodies are paying the price.

- Stabilizes blood sugar — fewer crashes, fewer cravings, more even energy all day
- Supports muscle — which keeps your metabolism strong as you age

- Helps regulate hormones — progesterone, estrogen, and thyroid all depend on adequate protein
- Keeps you full — so you stop fighting hunger from morning to night
- Supports fat loss — your body burns more energy digesting protein than carbs or fat
- Rebuilds and repairs — skin, hair, nails, gut lining, and every cell in your body

YOUR TARGET: Daily protein goal: 120-140 grams total — split across 3 meals at 30-40g each. This is non-negotiable for women who want to feel and look their best.

Fiber: The Unsung Hero of Women's Health

Fiber is the one nutrient almost nobody talks about — and almost everyone is deficient in. The average American woman gets about 10-15g of fiber per day. The recommendation is 25g. That gap is causing more problems than most people realize.

- Feeds your gut microbiome — which regulates immunity, mood, and inflammation
- Slows sugar absorption — smooths out blood sugar spikes and crashes
- Removes excess estrogen — fiber literally escorts used hormones out of your body (critical for hormone balance)
- Reduces cholesterol — soluble fiber binds to it in the digestive tract
- Keeps you regular — constipation is inflammatory and affects your entire system
- Keeps you full longer — fiber slows digestion, which means less snacking and fewer cravings

YOUR TARGET: Daily fiber goal: 25 grams — from real food sources. Vegetables, fruits, legumes, and whole grains are your best sources.

Why They Work Together

Protein and fiber are the power couple of nutrition. Together, they keep blood sugar stable, reduce inflammation, support your hormones, feed your gut, and keep you satisfied — without restriction or obsessive tracking. When you consistently hit both targets, your body has what it needs to heal, balance, and thrive.

YOUR DAILY TARGETS

Protein: 30-40g Per Meal (120-140g/day)

What does 30-40g of protein look like?

- 5-6 oz chicken breast ≈ 35-42g protein
- 5-6 oz ground turkey (93% lean) ≈ 35-40g protein
- 3 whole eggs + 3 egg whites + 1 oz cheese ≈ 32g protein
- 1.5 cups cottage cheese ≈ 35-38g protein
- 1.5 cups Greek yogurt (plain) ≈ 25-33g protein
- 5-6 oz pork tenderloin ≈ 35-40g protein
- 5-6 oz ground beef (93% lean) ≈ 35-42g protein

Fiber: 25g Per Day

What does 25g of fiber look like?

- 1 cup black beans ≈ 15g fiber
- 1 cup lentils ≈ 16g fiber
- 1 medium avocado ≈ 10g fiber
- 1 cup broccoli (cooked) ≈ 5g fiber
- 1 cup raspberries ≈ 8g fiber
- 2 tbsp chia seeds ≈ 10g fiber
- 1 medium apple ≈ 4g fiber
- 1 cup edamame ≈ 8g fiber
- 1/2 cup oats ≈ 4g fiber

SIMPLE FORMULA: A simple daily formula: 3 protein-anchored meals (30-40g each) + 2-3 cups of vegetables + 1 serving of legumes or fruit = you'll hit both targets without counting.

DAY 1

Start Simple

Focus: Protein at every meal, fiber from vegetables

Day 1 is about building the habit of leading with protein. At every meal today, ask yourself: 'Where's my protein?' — then build the rest of the plate around it.

Day 1 Meal Plan

Meal	Example	Protein + Fiber
Breakfast	3 whole eggs + 3 egg whites scrambled with spinach + 1 oz feta + 1/2 avocado	~33g protein • ~8g fiber

Meal	Example	Protein + Fiber
Lunch	Large salad + 5 oz grilled chicken + chickpeas + lots of veggies + olive oil dressing	~38g protein · ~9g fiber
Dinner	5 oz ground turkey + roasted broccoli + black beans + salsa over cauliflower rice	~40g protein · ~12g fiber
Snack (if needed)	1 cup Greek yogurt + 1 tbsp chia seeds + berries	~18g protein · ~6g fiber

TODAY'S WIN: Today's win: Eat your breakfast protein within 90 minutes of waking. This sets your blood sugar and hunger hormones for the entire day.

DAY 2

Prep Ahead

Focus: Remove friction — protein and fiber need to be ready

The #1 reason women miss their targets is that the right food isn't ready when hunger hits. Today we prep. 15 minutes of effort now = an entire week of better choices.

Day 2 Meal Plan

Meal	Example	Protein + Fiber
Breakfast	Protein smoothie: 1.5 scoops protein powder + 1 cup Greek yogurt + 2 tbsp chia seeds + frozen berries	~38g protein · ~12g fiber
Lunch	Ground turkey bowl: 5 oz turkey + brown rice + roasted veggies + avocado + hot sauce	~38g protein · ~9g fiber
Dinner	5 oz chicken thigh + lentil soup with kale and carrots	~40g protein · ~10g fiber
Snack (if needed)	1 cup cottage cheese + 1/2 cup raspberries + 1 tbsp flaxseed	~28g protein · ~7g fiber

Quick Prep List for Tonight:

- Cook a batch of ground turkey or chicken — use all week in bowls, salads, wraps
- Hard boil 8 eggs — instant grab-and-go protein any time
- Wash and chop vegetables — they get eaten more often when they're ready
- Rinse a can of chickpeas or black beans — ready to throw on anything

COACH TIP: Protein and fiber both require a little forethought. Women who prep even slightly outperform those who try to figure it out at meal time every single day.

DAY 3

Handle the Midday

Focus: Lunch is where most women fall short on both targets

Lunch is the meal most women either skip, grab on the run, or under-eat on protein and fiber. Today's focus: build a lunch that actually carries you through the afternoon.

Day 3 Meal Plan

Meal	Example	Protein + Fiber
Breakfast	1.5 cups cottage cheese + 1/2 cup oats + berries + cinnamon	~35g protein · ~8g fiber
Lunch	Power bowl: 5 oz grilled chicken + quinoa + roasted sweet potato + spinach + tahini drizzle	~38g protein · ~8g fiber
Dinner	5 oz ground beef tacos in lettuce wraps + black beans + avocado + pico de gallo	~38g protein · ~12g fiber
Snack (if needed)	2 hard-boiled eggs + apple + 1 tbsp almond butter	~13g protein · ~6g fiber

When You Can't Cook — Restaurant Options:

- Chipotle: chicken or steak bowl, double protein, add black beans + fajita veggies → ~45g protein, ~10g fiber
- Panera: You Pick Two with turkey sandwich + broth bowl or salad → ~30g protein
- Chick-fil-A: Grilled chicken sandwich + side salad + fruit cup → ~30g protein, ~6g fiber
- Any Mexican restaurant: chicken fajitas + black beans + avocado → ~35g protein, ~10g fiber

MINDSET SHIFT: Eating out is not a problem — it's a skill. When you know how to build protein and fiber into any menu, you can stay on track anywhere.

DAY 4

Navigate the Evening

Focus: Dinner + the after-dinner snack trap

Day 4 is about dinner and what comes after. Evening is where most women run into trouble — stress eating, low-fiber snacking, or skipping dinner because it's late and you're exhausted.

Day 4 Meal Plan

Meal	Example	Protein + Fiber
Breakfast	3 whole eggs + 3 egg whites + sautéed peppers and onions + 1 slice Ezekiel toast	~32g protein · ~5g fiber
Lunch	Turkey and avocado wrap in a high-fiber tortilla + raw veggies + hummus	~35g protein · ~9g fiber
Dinner	5 oz pork tenderloin + roasted Brussels sprouts + lentils with olive oil and lemon	~40g protein · ~12g fiber
Evening snack (if hungry)	1/2 cup cottage cheese + 1 tbsp chia seeds + cinnamon	~18g protein · ~5g fiber

If you're genuinely hungry after dinner, that's a signal you under-ate protein or fiber during the day. A small high-protein snack is completely fine.

COACH TIP: Nighttime cravings are almost always a protein and fiber deficit from earlier in the day catching up with you. Fix the day, and the night fixes itself.

DAY 5

Real Life

Focus: Keep it going without making it complicated

Day 5 is about making this sustainable. You've built four days of momentum. Today we zoom out and talk about how to carry this forward — because this isn't a temporary thing. It's how you eat for life.

Day 5 Meal Plan

Meal	Example	Protein + Fiber
Breakfast	Your favorite from this week — you know what works for you now.	~30-40g protein
Lunch	Your favorite from this week.	~30-40g protein
Dinner	5 oz chicken breast + roasted sweet potato + steamed broccoli + black bean salsa	~38g protein · ~10g fiber
Snack (if needed)	Greek yogurt + 2 tbsp chia seeds + handful of berries	~20g protein · ~8g fiber

Your Simple Blueprint Going Forward:

- Protein first — build every meal around your protein source, then add fiber and color
- 30-40g protein per meal, 3 meals a day — that gets you to 90-120g before snacks

- 25g fiber per day — 2-3 cups of vegetables + one serving of legumes or fruit gets you there
 - Don't aim for perfect — aim for consistent. Five good days out of seven is a winning week.
 - Keep easy proteins stocked: Greek yogurt, cottage cheese, hard-boiled eggs, ground turkey, rotisserie chicken
 - Keep easy fiber stocked: frozen veggies, canned beans, berries, avocados, chia seeds
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YOUR GO-TO GROCERY LIST

Protein Sources

- Chicken breast or thighs
- Ground turkey (93% lean)
- Ground beef (93% lean)
- Pork tenderloin
- Eggs (buy a lot — always)
- Greek yogurt (plain, 2% or whole milk)
- Cottage cheese
- Deli turkey (low-sodium)
- Protein powder (20-25g per scoop)
- String cheese or Babybel

High-Fiber Vegetables

- Broccoli, Brussels sprouts, cauliflower
- Spinach, kale, mixed greens
- Bell peppers, zucchini, asparagus
- Sweet potatoes
- Frozen veggie blends (just as nutritious, much faster)

High-Fiber Fruits + Extras

- Avocados
- Berries — fresh or frozen (raspberries + blackberries are highest in fiber)
- Apples
- Chia seeds and flaxseeds
- Canned black beans, chickpeas, lentils

- Edamame (frozen, shelled)
 - Oats (old-fashioned rolled)
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WHAT'S NEXT?

Five days of protein + fiber-focused eating is a powerful foundation. But if you want to go deeper — if you want to understand your hormones, your lab work, your macros, and build a plan designed for your specific body — that's exactly what we do at NEW U.

- One-on-one functional nutrition coaching tailored to your labs, hormones, and goals
- Small group coaching for accountability and real connection
- Lab review and interpretation — we help you understand what your numbers actually mean
- Macro coaching that's flexible, not obsessive — we make it simple

READY FOR MORE? If any part of you is thinking 'I want more of this' — reach out. We will tell you honestly whether we're the right fit. No pressure, no sales pitch.

simplemadewellness.com | Message us anytime

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