



5 Easy High Protein + Fiber *Meals* FOR MIDLIFE





Hi, I'm Coach Mindy, a Nutritionist and Certified Menopause Specialist who helps women in midlife simplify nutrition, support their changing hormones, and achieve sustainable fat loss without restriction or overwhelm. My approach is science-backed, realistic, and built for real life — not perfection.

Simple Meals That Work With Your Midlife Body

Eating for energy, fat loss, and confidence in midlife doesn't require complicated recipes or hours in the kitchen.

It starts with enough protein to support muscle and metabolism, paired with fiber to support fullness, blood sugar, and digestion — all in a way that feels simple and doable.

This short guide gives you:

- 5 simple, protein + fiber-packed meals
- Easy ingredient amounts—no complicated measuring or tracking
- Time-saving shortcuts for busy or low-energy days
- Simple swaps to make each meal your own
- Ideas for repurposing leftovers and getting more from one meal

No perfection required. Just supportive choices you can actually stick with.

How to Use This Guide

- Pick 1–2 meals to repeat during the week
- Use the pro tips to cut corners when needed
- Aim for progress, not variety for the sake of variety
- Consistency beats complexity — especially in midlife.

A Quick Note on the Numbers

Protein and fiber amounts are approximations based on average portions and ingredients. You don't need to track them — use them as a general guide to help you see what a protein + fiber-rich meal can look like.

YOYO
Coach Mindy



Rotisserie Chicken Power Bowl

Why it works: Protein + fiber + plenty of flexibility for your real life.

Ingredients

- 1–1½ cups bagged greens
- ¾–1 cup shredded rotisserie chicken
- ½ cup microwavable brown rice or quinoa
- Handful of cherry tomatoes
- Your favorite dressing, to taste

How to make it:

1. Heat the grain, then add chicken, greens, and veggies. Drizzle with your favorite dressing and toss to combine.

Make It Yours: Swap chicken for shrimp or tofu • switch up the grain • use whatever veggies you already have.

Pro Tip:

Use a store-bought rotisserie chicken + microwavable grain + bagged salad to cut prep time to under 10 minutes.

Repurpose It!

Use the rest of your rotisserie chicken for tacos, wraps, salads, or a quick soup later in the week.

Makes 1 serving

Protein: 35–45g

Fiber: 8–12g



Ground Turkey Taco Skillet

Why it works: One pan + plenty of protein and fiber + easy to customize with your favorite toppings.

Ingredients

- 1 lb lean ground turkey
- 1 can black beans, drained and rinsed
- 1–1½ cups bell peppers, fresh or frozen
- 1 cup corn
- ½ small onion, diced
- 2–3 Tbsp taco seasoning, or to taste
- 1 cup salsa

How to make it:

1. Brown turkey, add seasoning, stir in beans, corn, diced bell peppers and onions until heated.

Make It Yours: Swap turkey for ground chicken or a plant-based option • add avocado or Greek yogurt • serve as-is or over greens, rice, or quinoa.

Pro Tips:

- Keep your favorite frozen veggie blends on hand — no chopping required.
- Use pre-diced or frozen onion and peppers to make this even faster.

Repurpose It!

Enjoy leftovers in lettuce wraps, burrito bowls, or stuffed sweet potatoes—or freeze individual portions for an easy meal later.

Makes about 4 servings

Protein: 30–35g per serving

Fiber: 7-10g per serving



Greek Yogurt Chicken Salad

Why it works: Protein-packed + no cooking required + easy to make ahead for busy days.

Ingredients

- $\frac{3}{4}$ –1 cup shredded chicken
- $\frac{1}{4}$ cup plain Greek yogurt
- $\frac{1}{4}$ cup diced celery
- $\frac{1}{4}$ cup sliced grapes or diced apple
- Salt + pepper, to taste
- $\frac{1}{2}$ avocado or 1–2 slices whole-grain toast for serving

How to make it:

1. Mix chicken, Greek yogurt, celery, fruit, salt, and pepper together. Serve in a halved avocado or on whole-grain toast.

Make It Yours: Add walnuts or almonds for crunch • swap grapes for apple • add dried cranberries, herbs, or your favorite seasonings.

Pro Tip:

Make a double batch — it keeps well for 3–4 days.

Repurpose It!

Use as a wrap filling or scoop into bell peppers for a quick lunch.

Makes 1 serving

Protein: 35–45g

Fiber: 4–7g



Salmon + Sheet-Pan Veggies

Why it works: Protein + fiber + healthy fats, with everything cooking together on one pan.

Ingredients

- 4–5 oz salmon fillet
- 1 cup broccoli florets
- ½–1 cup zucchini, bell peppers, carrots and/or cherry tomatoes
- 1–2 tsp olive oil
- Garlic powder, salt + pepper, to taste
- Optional: lemon wedges or balsamic drizzle

How to make it:

1. Preheat oven to 400°F
2. Place salmon and vegetables on a large sheet pan.
3. Drizzle everything with olive oil and season.
4. Spread vegetables in a single layer.
5. Roast for 12–15 minutes, until salmon flakes easily and veggies are tender.

Make It Yours: Use the vegetables you already have • swap salmon for shrimp or chicken • add a microwavable grain or small potato when you want something more substantial.

Pro Tips:

- Use pre-cut or frozen vegetables to save prep time.
- Cut vegetables into similar-size pieces so they cook evenly.
- Line your pan with parchment for easier cleanup.

Repurpose It!

Flake leftover salmon into a salad or grain bowl, or toss leftover roasted veggies into eggs for an easy meal the next day.

Makes 1 serving

Protein: 30–40g

Fiber: 6–9g



High-Protein Egg & Veggie Scramble

Why it works: Quick + budget-friendly + an easy way to start the day with protein and fiber.

Ingredients

- 2 eggs + ½ cup egg whites
- ½–1 cup spinach or your favorite veggie mix
- ¼ cup cottage cheese or shredded cheese
- 1 slice whole-grain toast
- Salt + pepper, to taste
- Optional: berries or cherry tomatoes on the side

How to make it:

1. Scramble eggs with veggies, stir in cheese at the end.
2. Serve on whole-grain toast and add your favorite toppings.

Make It Yours: Use whatever veggies you have • add avocado or salsa • swap toast for a whole-grain tortilla or small potato.

Pro Tips:

- Stir in cottage cheese for an easy protein boost.
- Frozen vegetables work perfectly here — no chopping required.

Repurpose It!

Turn the same ingredients into a breakfast wrap, egg bowl, or omelet later in the week.

Makes 1 serving

Protein: 25–35g

Fiber: 4–6g



Time-Saving Kitchen Shortcuts

- **Rotisserie chicken or canned chicken**
 - A protein shortcut that's always ready — perfect for salads, wraps, and quick meals (budget-friendly and shelf-stable).
- **Canned beans & canned corn**
 - An easy way to boost fiber, carbs, and satisfaction with zero prep—great for bowls, skillet meals, and salads.
- **Frozen veggies**
 - Washed, chopped, and ready to go—no spoilage, no stress.
- **Microwavable grains**
 - Brown rice or quinoa in 90 seconds = instant base for balanced meals.
- **Double batches**
 - Cook once, eat twice (or three times) to reduce decisions and save energy.

Final Reminder

Eating better in midlife doesn't have to be perfect — or complicated. Simple meals, a few go-to options, and consistent habits can make a big difference over time.

Want to keep making everyday eating feel easier?

You're now part of the Mind + Body Elite community, where I share practical nutrition tips, simple recipes, midlife wellness strategies, and realistic ways to create habits that work for your real life.

Keep an eye on your inbox — I'll be sharing more simple, practical support with you soon!



Ready for your next step?

Explore more resources designed to make eating better in midlife simpler.



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