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Pumpkin Granola Bars (High Fiber and Protein) I made these bars on a whim while craving a pumpkin-y granola bar that would keep me full (with lots of fiber and protein). Feel free to play with the spices and cut down on the sugar as you see fit! The soy nuts could easily be exchanged for any nut (something like pecans would probably taste a bit more fall-like).

<http://ebookslibrary.club/High-Protein-High-Fiber-Recipes-SparkRecipes.pdf>

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High Fiber High Protein Lunch Ideas for Work EatingWell

Fiber and protein are two nutrients that help fill you up. Pack some high-fiber high-protein ingredients in your lunch for work to keep you satisfied all afternoon.

<http://ebookslibrary.club/High-Fiber-High-Protein-Lunch-Ideas-for-Work-EatingWell.pdf>

High Protein High Fiber Blueberry Muffins Recipe Genius

Chef's Note This is my own recipe that I've been playing around with. There's quite a bit of soy flour in it, so if you're not a fan of the flavour then cut it in half and add more whole wheat flour.

<http://ebookslibrary.club/High-Protein--High-Fiber-Blueberry-Muffins-Recipe-Genius--.pdf>

High Fiber High Protein Breakfast Bars Recipe

You can use any type of protein powder. I use hemp because it is high-fiber. If you use a very sweet powder, I'd suggest lowering the amount of honey. I typically use a brand-name peanut butter inside the bars (Jif), and then all-natural to spread on top. After they are cooled, I cut them into individual servings and cover in plastic wrap for a grab-and-go breakfast.

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Low Carb High Protein and High Fiber Recipes ThriftyFun

Changing your diet to make it more healthy may send you scrambling for new recipes. This page contains low carb, high protein, and high fiber recipes.

<http://ebookslibrary.club/Low-Carb--High-Protein-and-High-Fiber-Recipes-ThriftyFun.pdf>

23 High Fiber Lunches That Will Help Control Your Appetite

23 High-Fiber Lunches That'll Keep You Full 'Til Dinner We all know that 3 p.m. slump far too well. Lunch was a quick piece of pizza because we were too busy to grab or prep a salad.

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11 High Fiber Recipes for Weight Loss EverydayHealth.com

This recipe from Chef Vikki of Recipe Rehab makes it easy to dish up burritos for the whole familia (without having to hand-roll each one!). Plus, these burritos have 11 g of fiber per serving.

<http://ebookslibrary.club/11-High-Fiber-Recipes-for-Weight-Loss-EverydayHealth-com.pdf>

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Parsnips are higher in fiber and lower in calories and carbs than potatoes. This side dish is ready in just 35 minutes--perfect for dinner after a busy day at the office. This side dish is ready in just 35 minutes--perfect for

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High Fiber Recipes Allrecipes com

High-Fiber Recipes Muffins, smoothies, and meal ideas to help you get more fiber in your diet. See more than 3,550 recipes, listed by mains, sides, salads, even desserts.

<http://ebookslibrary.club/High-Fiber-Recipes-Allrecipes-com.pdf>

Low Carb High Fiber High Protein Muffins Recipe Genius

Chef's Note These healthy little muffins have no sugar added. They're a great healthy snack but don't expect a sweet cakey treat. They're a great way to get extra fiber and protein into your diet without too many added calories or carbs.

<http://ebookslibrary.club/Low-Carb-High-Fiber-High-Protein-Muffins-Recipe-Genius--.pdf>

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