

How to get enough fibre to support hormones and get those bowels moving!

Getting a minimum of 30 grams of fibre per day through wholesome food is easy! Here's a simple guide using plenty of fresh vegetables, fruits, legumes, and seeds that adds up to well over 30grams.

MORNING BREAKFAST SMOOTHIE

- Breakfast Smoothie
- 1 cup mixed berries (blueberries, raspberries, strawberries) – 8g fibre
- 1 tablespoon chia seeds – 5g fibre
- 1 tablespoon ground flaxseeds – 3g fibre
- 1/2 cup baby spinach – 1g fibre
- 1/2 avocado – 5g fibre

Total for breakfast: 22g fibre

MID-MORNING SNACK

- 1 medium apple – 4g fibre
- 1 small handful of almonds (about 20) – 3g fibre

Total for snack: 7g fibre

LUNCH ROAST VEGGIE SALAD

- 1 cup mixed leafy greens (spinach, rocket) – 1.5g fibre
- 1/2 cup cooked chickpeas – 7g fibre
- 1/2 roasted sweet potato – 4g fibre
- 1/4 cup shredded carrot – 2g fibre
- 1 tablespoon pumpkin seeds – 1g fibre

Total for lunch: 15.5g fibre

AFTERNOON SNACK

- 1 medium pear – 6g fibre

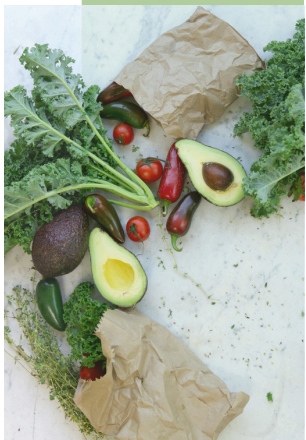
Total for snack: 6g fibre

DINNER VEGGIE STIR-FRY

- 1 cup cooked quinoa – 5g fibre
- 1 cup steamed broccoli – 5g fibre
- 1/2 cup cooked black beans – 7g fibre
- 1/4 red capsicum – 1g fibre
- 1/4 cup onion – 1g fibre

Total for dinner: 19g fibre

Daily Fibre Total: 70.5g



TIPS FOR SUCCESS:

1. **Drink Plenty of Water:** Fibre needs water to keep digestion on track.
2. **Use Whole, Fresh Ingredients:** Stick to fresh vegetables, legumes, nuts, and seeds for a wholesome approach.
3. **Roast or Steam Vegetables:** For taste and ease of digestion, roasted and steamed veggies are ideal.

This day plan keeps you *well* over 30g of fibre with tasty, simple ingredients.



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