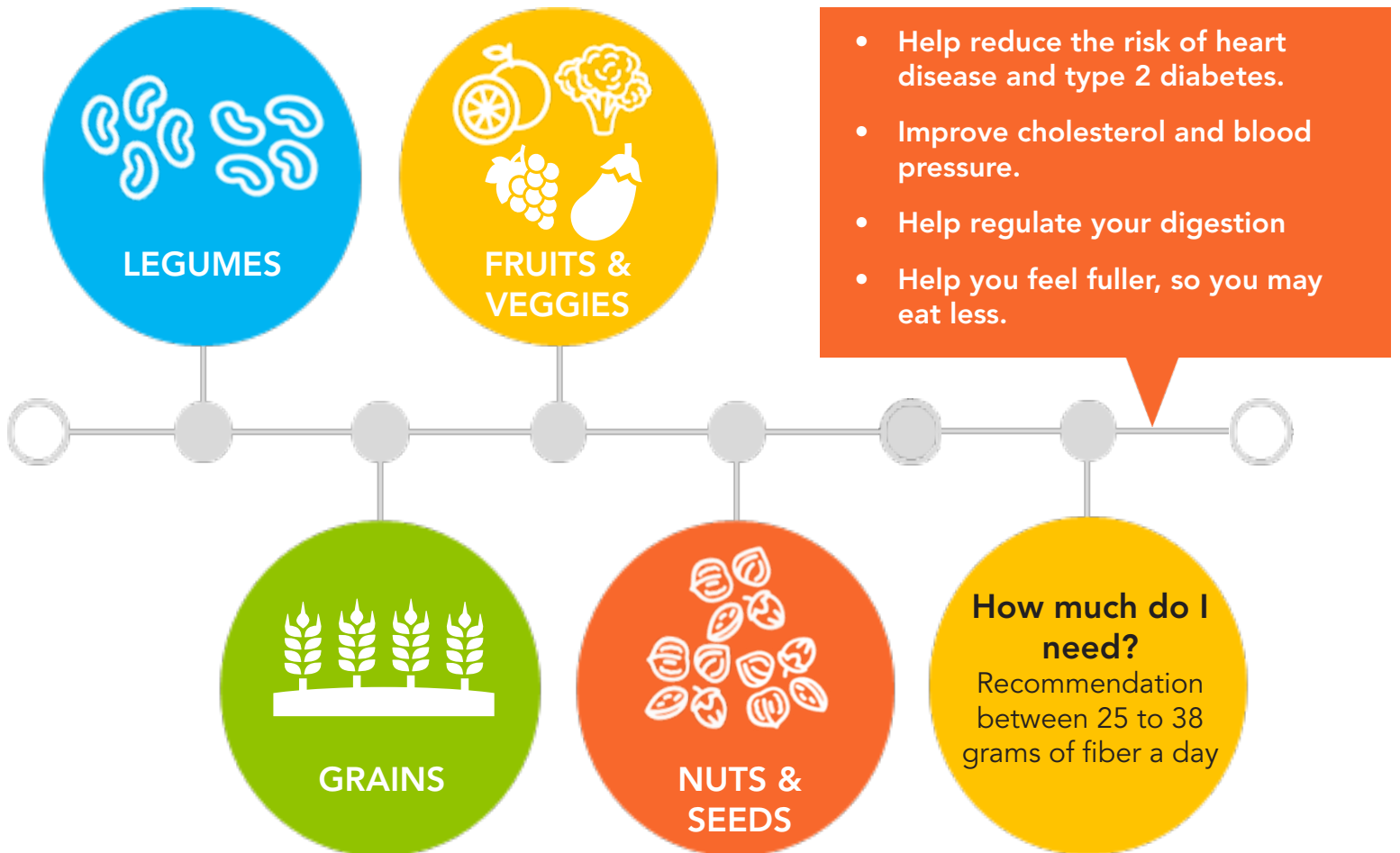


# FIBER FACTS HACKS



# FIBER SNACK AND MEAL IDEAS

## Breakfast

Scrambled eggs with 1 cup of spinach (4 grams of fiber)

Whole Wheat English Muffin (3 grams of fiber)

**Total Grams of Fiber: 7**

## Lunch

Turkey and cheese sandwich and two slices of whole wheat bread (6 grams of fiber) with slices of tomato and some lettuce.

Small salad: One tomato (2 grams of fiber) 2 cups of lettuce (2 grams of fiber)

**Total Grams of Fiber: 10**

## Dinner

1 cup of brown rice (4 grams of fiber) ½ cup of black beans (8 grams of fiber) ½ cup of Brussels sprouts (3 grams of fiber) Salmon

**Total Grams of Fiber: 15**

## Snacks

¼ cup almonds (4 grams of fiber) and one medium pear (5 grams of fiber)

**Total Grams of Fiber: 9**

¾ cup of Plain Greek Yogurt ½ cup of raspberries (3 grams of fiber)

**Total Grams of Fiber: 3**

## Avocado Toast

1 slice of whole wheat bread (3 grams of fiber), ½ cup of avocado (2 grams of fiber)

**Total Grams of Fiber: 5**

## Dip made with Greek plain yogurt and Ranch dressing powder.

1 cup of carrot sticks (3.1 grams of fiber), 1 cup of celery sticks (5 grams of fiber), 1 cup of bell pepper sticks (2.5 grams of fiber)

**Total Grams of Fiber: 10.6**

## Total of Grams of Fiber Per Combination

Option 1  
 $B(7)+L(10)+D(15)+S(9)= 41$

Option 2  
 $B(7)+S(5)+L(10)+D(15)+S(9)= 46$

B: Breakfast.  
 L: Lunch.  
 D: Dinner.  
 S: Snacks