

High fibre meal plan

A guide for breakfast, lunch, dinner and snacks.



Dietary fibre is the part of plant foods such as vegetables, fruits, wholegrains, legumes, nuts and seeds that cannot be digested in the stomach or small intestine. Instead, it passes relatively unchanged into the large intestine where it is fermented by friendly bacteria.

Dietary fibre is not only great for our digestive health, but it also assists in the prevention of diseases such as diabetes, heart disease and bowel cancer.

Men should aim to consume 30 g of dietary fibre per day and women should aim for 25 g per day.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					
BREAKFAST	Overnight oats.	Muesli and milk, topped with fruit.	Avocado, eggs, tomato and spinach on grainy toast.	Porridge.	Avocado, beans and spinach on grainy toast.
LUNCH	Zucchini slice with a slice of grainy bread.	Wrap with chicken, cheese and salad. Bowl of yoghurt with fruit.	Tuna salad with grainy crackers and cheese.	Leftover veggie noodle soup with a bread roll.	Sandwich with cheese and salad.
DINNER	Chicken salad (make extra chicken to place in your wrap tomorrow) Bowl of yoghurt topped with berries.	Pasta bake with side salad. Piece of fruit.	Veggie noodle soup. *Make extra for lunch tomorrow Piece of fruit.	Chickpea and roast pumpkin salad—serve with fish. Chopped fruit and yoghurt.	Vegetable curry.
SNACKS	Hummus with veggie sticks and grainy crackers. Piece of fruit.	Small slice leftover Zucchini slice. Hummus with veggie sticks and handful of nuts.	Bowl of chopped strawberries. Corn thins with nut butter eg. Peanut butter.	Corn thins topped with ricotta cheese, cucumber and tomato. Piece of fruit and small handful of nuts.	Fruit and yoghurt. Brekky smoothie (without oats).

For these recipes and more head to <http://bit.ly/healthy-meal-ideas>