

High fibre meal plan

A guide for breakfast, lunch, dinner and snacks for one adult.



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. Serves 2.	½ cup muesli with 1 cup milk and 1 cup canned fruit.	2 slices grainy toast, 2 poached eggs, 1 tomato sliced, ½ avocado sliced, ½ cup spinach.	Porridge. Serves 2.	2 slices of grainy toast, ½ avocado, 1 cup baked beans, ½ cup spinach.
LUNCH	Zucchini slice*# (make the night before). Serves 6. Serve with slice of multigrain bread.	Multigrain wrap with leftover chicken salad. ¾ cup yoghurt with 1 medium piece of fruit.	Tuna salad with 2 grainy crackers and 2 slices of cheese. Serves 2.	Left over veggie noodle soup with a multigrain bread roll.	Left over chickpea and roast pumpkin salad with a multigrain bread roll.
DINNER	Chicken salad.* Serves 2. ¾ cup of yoghurt with 1 cup frozen berries.	Pasta bake.* Serves 6. Serve with 1 cup mixed salad.^	Veggie noodle soup.* 1 medium piece of fruit.	Chickpea and roast pumpkin salad.* Serves 4. Serve with fish fillet (100g cooked) of your choice. ¾ cup yoghurt with 1 cup frozen berries.	Vegetable curry.* Serves 6. Serve with ½ cup cooked rice.
SNACKS	4 tbsp Hummus with 1 cup of carrot and celery sticks and 4 grainy crackers. 1 medium piece of fruit.	Piece of zucchini slice. 4 tbsp Hummus with 1 cup of carrot and celery sticks and 30g of unsalted nuts.	1 cup of chopped strawberries. 2 corn thins with 1 tbsp peanut butter.	2 corn thins, ½ cup ricotta, 1 sliced tomato, ¼ cup sliced cucumber. 1 medium piece of fruit and 30g of unsalted nuts.	¾ cup of yoghurt with 1 cup canned fruit. Brekky smoothie (use oats instead of bran). <i>If making for two people, double recipe.</i>



*Freeze leftovers.

#Use leftovers for tomorrow.

^Mixed salad: ½ cup spinach, ½ tomato, 6 slices of cucumber, ½ avocado, ½ grated carrot.