



14-DAY

FIBER FOCUS

Challenge

Please note this document is for informational purposes only. Persons who are of good health, suspect of their health or are aware of any conditions, physical deficiencies or diseases should always consult a physician before undertaking any eating or exercise program.

WELCOME TO THE 14-DAY FIBER FOCUS *Challenge!*

The purpose of this challenge is to help you set ideal fiber goals, get adequate fiber daily, and reap the benefits of a fiber-rich diet by focusing on a fiber goal at every meal or snack.

This is a simple challenge about incorporating MORE health into your day (not to mention satisfy you quicker during a meal, reduces sugar cravings, helps regulate blood sugar, improve gut health, keeps things “moving” and more!)

When you focus on fiber, everything improves.



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14 DAY FIBER FOCUS *Challenge!*

The rules are simple:

- 1** Read your “Fiber Hacks & Habits Guide” e-book for full details on how to build your balanced high fiber meals & snacks, simple hacks provided or grab one of the recipes.
- 2** Each day you will aim to get a minimum of 7-10 grams of fiber per meal. This adds up to 28-40 grams per day.

(Please note you can also have a personal goal per meal based on your calculations)
- 3** Log your fiber source & amount completion daily on your “14-Day Challenge” tracker.
- 4** If you have consistently completed your fiber goal daily habit for 14 days, then you have completed the Fiber Focus Challenge!

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FIBER FOCUS CHEAT SHEET

Here is a quick cheat / guide of which foods to mix and match to add to get between 7–10g of fiber at each meal to easily hit a daily goal of 25–40 grams per day.

IMPORTANT! Please note the amount of calories and fiber may vary slightly by brand. Please make sure to read the labels.

FIBER RICH FOOD	SERVING SIZE	FIBER GRAMS
Navy Beans	½ cup	9.5g
Lentils	½ cup	8g
Black Beans	½ cup	7.5 g
Avocado	100g	7g
Chia Seeds	2 tbsp	10g
Acorn Squash	1 cup	9g
Butternut Squash	1 cup	7g
Green Peas, cooked	1 cup	9g
Flax Seed, whole	2 tbsp	5.6g
Pumpkin seeds	1 oz (28.4g)	5g
Almonds	1 oz (28.4g)	4g
Artichokes	½ cup	7g
Spinach, cooked	1 cup	4.5g
Kale, cooked	1 cup	5g
Broccoli, cooked	1 cup	5g
Brussel Sprouts, cooked	1 cup	4g
Apples, medium	184g	4.5g
Pear, cubed	1 cup	5g
Raspberries	1 cup	8g
Blackberries	1 cup	8g
Blueberries	1 cup	4g
Oats, raw	½ cup	4g

OTHER FIBER IDEAS

Here is a quick cheat / guide of low starch, low glycemic vegetables that are also great sources of fiber to add to your meals.

IMPORTANT! Please note the amount of calories and fiber will vary based on source and quantity.

- Artichokes
- Asparagus
- Bean Sprouts
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Garlic
- Green beans
- Kale
- Mushrooms
- Okra
- Onions (in moderation)
- Radishes
- Snow peas
- Spinach
- Swiss chard
- Tomatoes (in moderation)
- Watercress
- Zucchini
- Arugula
- Beet greens
- Butter lettuce
- Chicory
- Collard greens
- Dandelion greens
- Endive
- Escarole
- Frisée
- Iceberg lettuce (in moderation)
- Lacinato kale
- Mesclun
- Mustard greens
- Napa cabbage
- Romaine lettuce
- Sorrel
- Spring mix
- Swiss chard
- Tatsoi
- Turnip greens
- Watercress
- Mizuna
- Red leaf lettuce
- Green leaf lettuce
- Radicchio

DAY 1

___ / ___ / ____

TRACK TODAY		
	FIBER	GRAMS
BREAK FAST		
LUNCH		
SNACK		
DINNER		

MY DAILY FIBER GOAL IS:

DID I HIT MY FIBER GOAL?



DAY 2

___ / ___ / ____

TRACK TODAY		
	FIBER	GRAMS
BREAK FAST		
LUNCH		
SNACK		
DINNER		

MY DAILY FIBER GOAL IS:

DID I HIT MY FIBER GOAL?



DAY 3

___ / ___ / ____

TRACK TODAY		
	FIBER	GRAMS
BREAK FAST		
LUNCH		
SNACK		
DINNER		

MY DAILY FIBER GOAL IS:

DID I HIT MY FIBER GOAL?



DAY 4

___ / ___ / ____

TRACK TODAY		
	FIBER	GRAMS
BREAK FAST		
LUNCH		
SNACK		
DINNER		

MY DAILY FIBER GOAL IS:

DID I HIT MY FIBER GOAL?



DAY 5

___ / ___ / ____

TRACK TODAY		
	FIBER	GRAMS
BREAK FAST		
LUNCH		
SNACK		
DINNER		

MY DAILY FIBER GOAL IS:

DID I HIT MY FIBER GOAL?



DAY 6

___ / ___ / ____

TRACK TODAY		
	FIBER	GRAMS
BREAK FAST		
LUNCH		
SNACK		
DINNER		

MY DAILY FIBER GOAL IS:

DID I HIT MY FIBER GOAL?



DAY 7

___ / ___ / ____

TRACK TODAY		
	FIBER	GRAMS
BREAK FAST		
LUNCH		
SNACK		
DINNER		

MY DAILY FIBER GOAL IS:

DID I HIT MY FIBER GOAL?



DAY 8

___ / ___ / ____

TRACK TODAY		
	FIBER	GRAMS
BREAK FAST		
LUNCH		
SNACK		
DINNER		

MY DAILY FIBER GOAL IS:

DID I HIT MY FIBER GOAL?



DAY 9

___ / ___ / ____

TRACK TODAY		
	FIBER	GRAMS
BREAK FAST		
LUNCH		
SNACK		
DINNER		

MY DAILY FIBER GOAL IS:

DID I HIT MY FIBER GOAL?



DAY 10

___ / ___ / ____

TRACK TODAY		
	FIBER	GRAMS
BREAK FAST		
LUNCH		
SNACK		
DINNER		

MY DAILY FIBER GOAL IS:

DID I HIT MY FIBER GOAL?



DAY 11

___ / ___ / ____

TRACK TODAY		
	FIBER	GRAMS
BREAK FAST		
LUNCH		
SNACK		
DINNER		

MY DAILY FIBER GOAL IS:

DID I HIT MY FIBER GOAL?



DAY 12

___ / ___ / ____

TRACK TODAY		
	FIBER	GRAMS
BREAK FAST		
LUNCH		
SNACK		
DINNER		

MY DAILY FIBER GOAL IS:

DID I HIT MY FIBER GOAL?



DAY 13

___ / ___ / ____

TRACK TODAY		
	FIBER	GRAMS
BREAK FAST		
LUNCH		
SNACK		
DINNER		

MY DAILY FIBER GOAL IS:

DID I HIT MY FIBER GOAL?



DAY 14

___ / ___ / ____

TRACK TODAY		
	FIBER	GRAMS
BREAK FAST		
LUNCH		
SNACK		
DINNER		

MY DAILY FIBER GOAL IS:

DID I HIT MY FIBER GOAL?

