

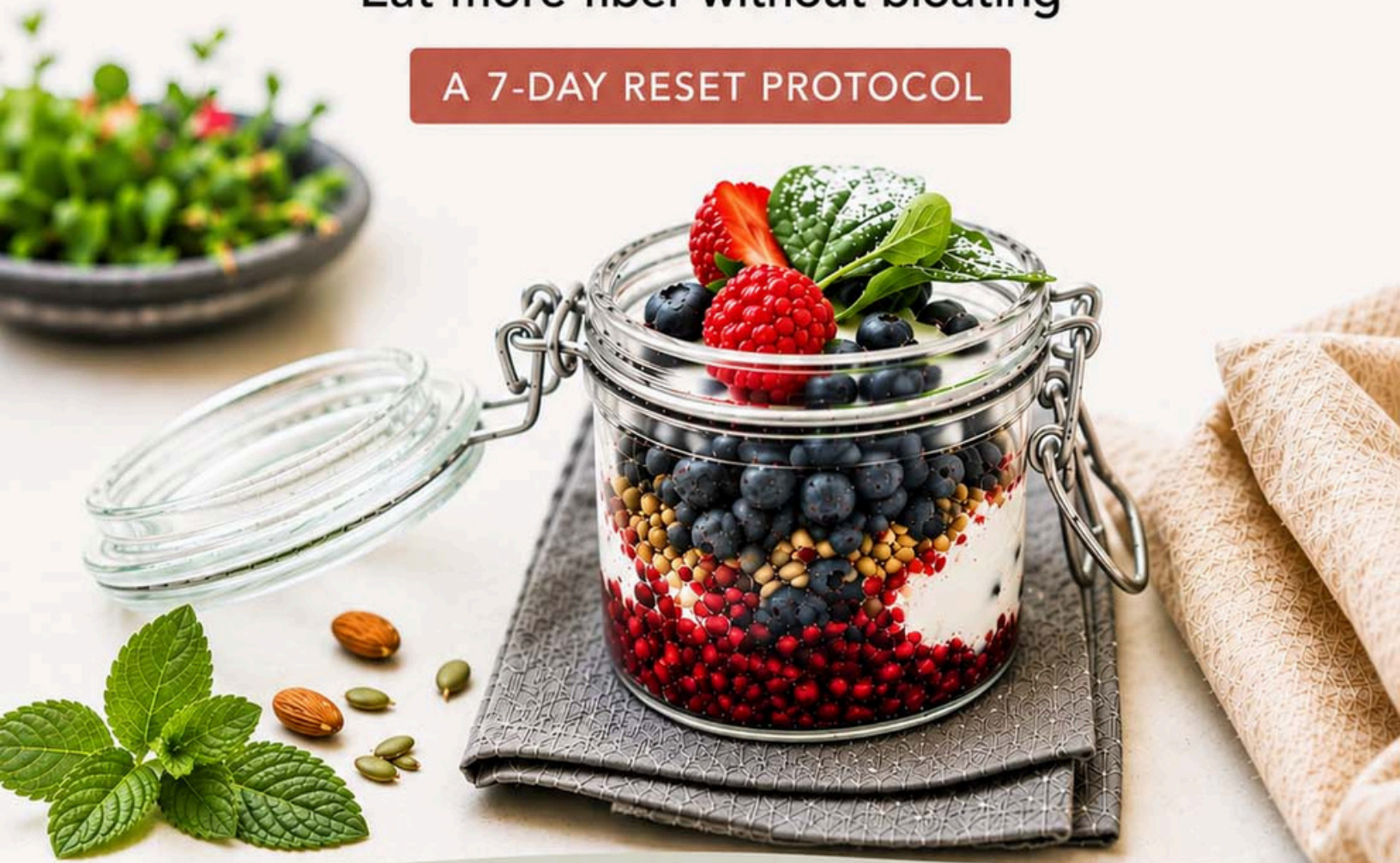
FIBER

— without —

the FLARE

Eat more fiber without bloating

A 7-DAY RESET PROTOCOL



by Mitra Shir, M.Sc., R.H.N.

Founder of Nutriholist

© 2026 Nutriholist. All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means without prior written permission of the author.

This guide is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any medical condition.

The information provided reflects general nutrition principles and may not be appropriate for all individuals. Always consult a qualified healthcare professional before making dietary changes, especially if you have a medical condition, are pregnant, or are taking medications.

Results and tolerance vary by individual.

This guide does not replace personalized medical or nutritional care. If you have conditions such as inflammatory bowel disease, celiac disease, or suspected SIBO, work with a qualified healthcare professional before following this protocol.

Who This Guide is For

This guide is for you if:

- ✓ You feel bloated after eating high-fiber foods
- ✓ Raw vegetables, beans, or large salads leave you uncomfortable
- ✓ Increasing fiber has made your symptoms worse
- ✓ You want to improve digestion without cutting out entire food groups
- ✓ You want to build fiber tolerance gradually

This guide may not be the right fit if:

- You're looking for a strict elimination diet
- You want a quick fix without changing habits
- You have a diagnosed GI condition requiring medical care

What this guide focuses on:

- ✓ Introducing fiber in a way your body can tolerate
- ✓ Choosing the right types of fiber at the right time
- ✓ Avoiding common mistakes that trigger bloating
- ✓ Building long-term digestive resilience

Why Fiber Matters

Supports Regular Elimination

Promotes healthy bowel movements.

Feeds the Microbiome

Supports beneficial gut bacteria.

Stabilizes Blood Sugar

Slows glucose absorption.

Supports Satiety

Helps regulate appetite signals.

Supports Heart Health

Helps lower LDL cholesterol.

Supports Waste Elimination

Supports natural bile excretion.

Fiber Intake Guide

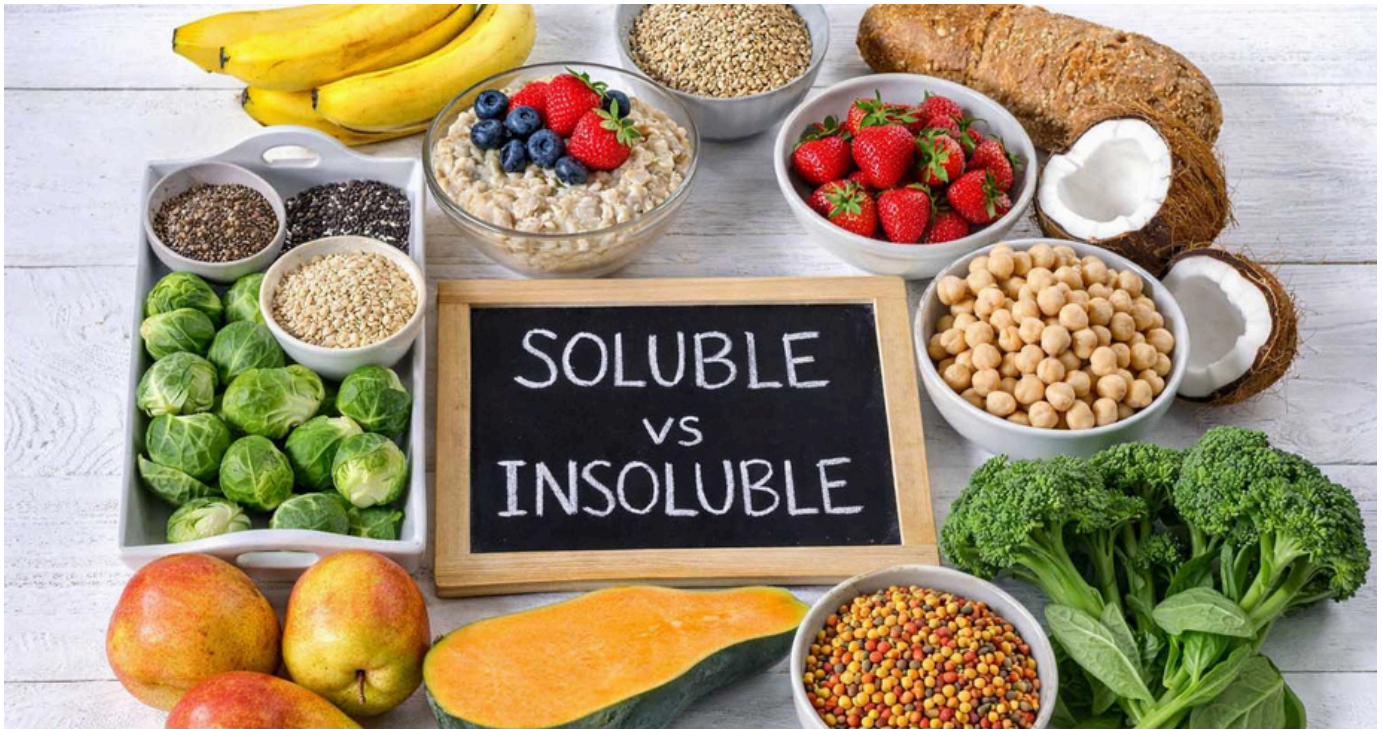
Typical Intake  15 g

Recommended  ~25 g (women)
~38 g (men)

Most people fall short of daily fiber goals.

In this guide, you'll work up to roughly **25-30 g** per day as a long-term goal, after your gut has had time to adapt.

Types of Fiber



Foods Richer in Soluble Fiber

Soluble fiber forms a gel when mixed with water.
Generally gentler and slows digestion.

Oats, barley
Chia seeds, flax seeds, psyllium husk
Lentils, beans
Apples, citrus, berries, bananas
Avocado, sweet potato and white potato (without skin)

Foods Richer in Insoluble Fiber

Insoluble fiber adds bulk and speeds transit.
Can aggravate symptoms during flares.

Leafy greens, broccoli, cauliflower, cabbage, celery, cucumber, bell peppers
Whole wheat, bran, quinoa, brown rice
Nuts and seeds
Apple and pear skins

When Fiber Backfires



Too Much Volume

Large portions overwhelm transit.



Too Fast

Microbiome doesn't adapt instantly.



Wrong Type

Insoluble first can irritate.



Stacked Sources

Multiple fibers in one meal overload digestion.

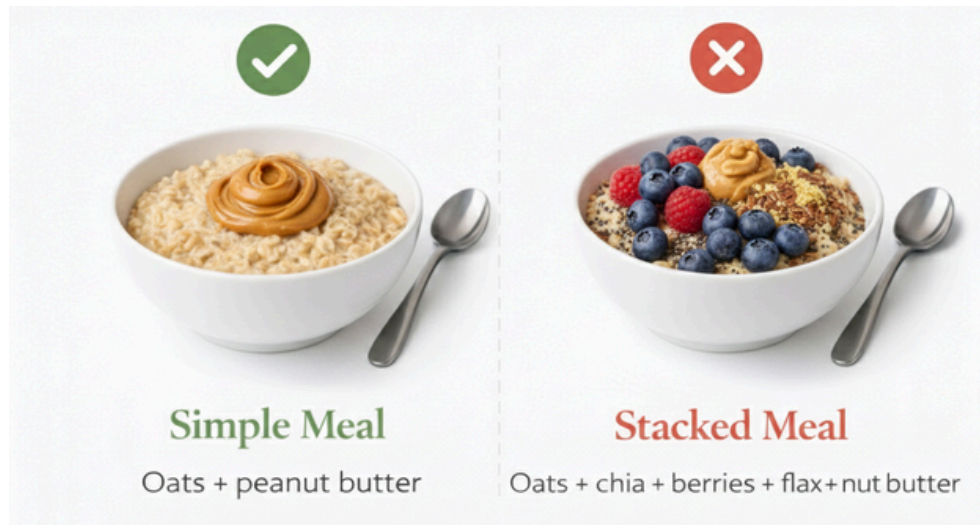


Not Enough Water

Fiber needs fluid to move.

Your gut isn't broken. It's overwhelmed.

Why “Healthy” Meals Can Cause Bloating



More fiber isn't always better.

In sensitive individuals, multiple fiber sources at once can increase fermentation and gas.

What Stacking Looks Like



One Rule Reset

If you experience bloating or other symptoms, simplify to:

- 1 fiber source per meal
- Cooked textures
- Moderate portions
- Adequate fluids

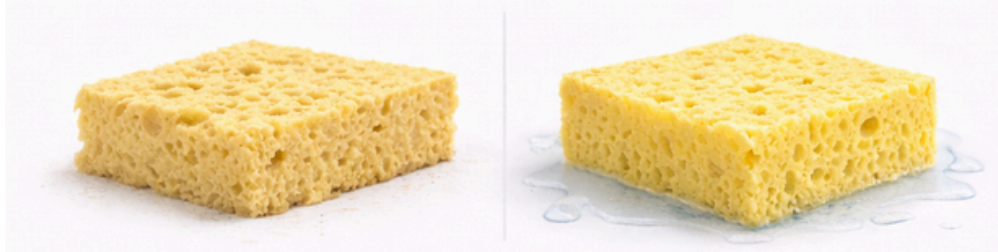


This allows the digestive system to reset and symptoms to ease.

A 'fiber source' means one main grain, legume, or starchy veg, not counting minor herbs, spices, or dressings.

Fiber Needs Water

Without enough fluid, fiber can worsen symptoms.



Fiber absorbs water. Without it, stool hardens.

Soluble Fiber + Low Water	Insoluble Fiber + Low Water
	
• Forms thicker gel • Can slow transit • May increase bloating or heaviness	• Adds bulk without moisture • Can harden stool • May worsen constipation

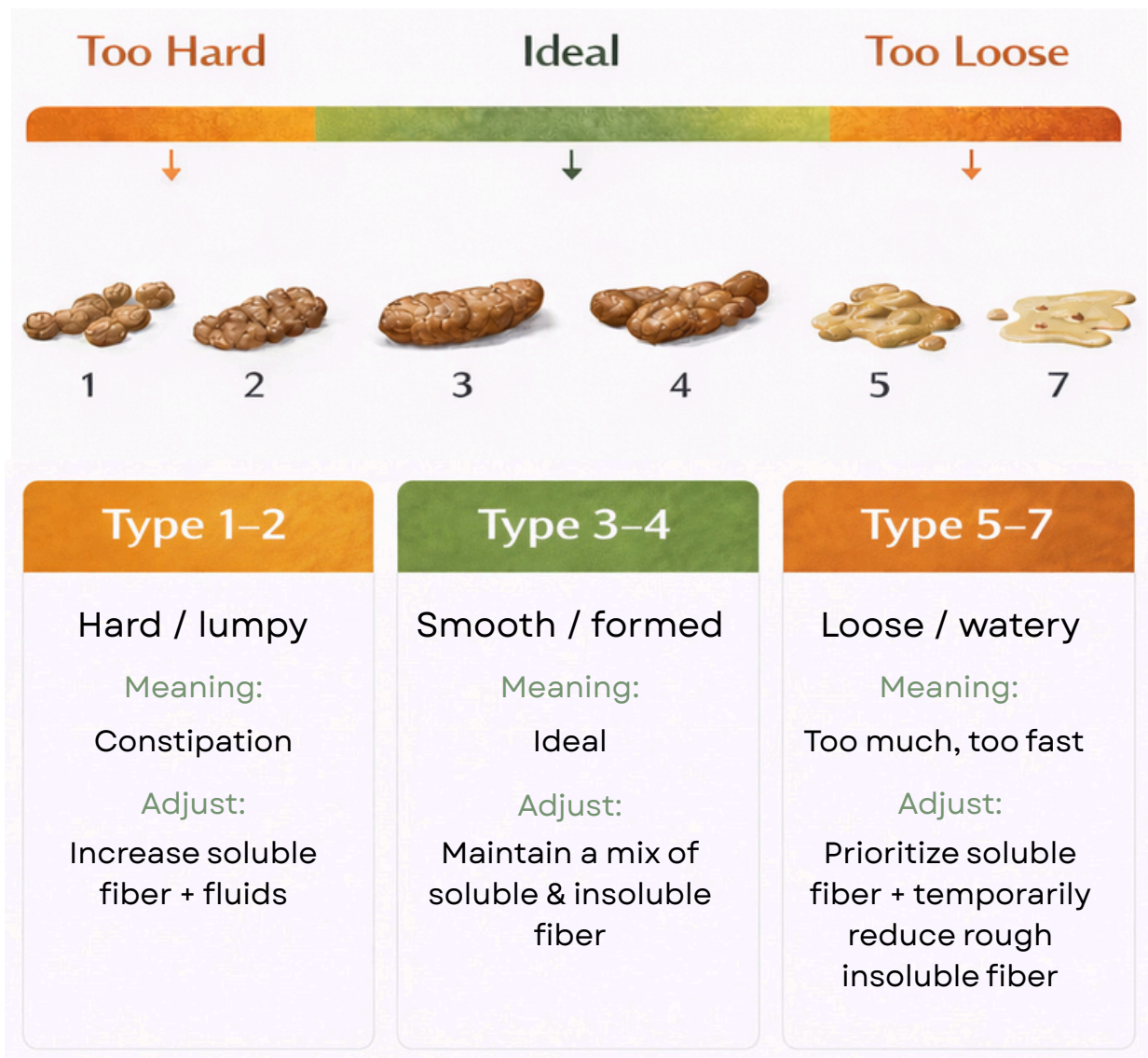
Adjustment

~ 1.5-2 L water daily

More with higher fiber, activity, heat

How to Track Progress

Fiber changes stool form. Use this as feedback.



Fiber Tolerance Map

Start simple. Build gradually.

START	BUILD	PAUSE
(Very gentle / lowest symptom risk)	(Moderate / structured progression)	(During flares / highest symptom risk)
• Well-cooked oats • White rice • Potatoes (peeled) • Sweet potato (peeled, mashed) • Squash (well cooked) • Carrots, zucchini (cooked) • Ripe banana • Applesauce or stewed fruit (no skin) • Blended soups (vegetable-based) (Keep portions moderate.)	Step 1 • Quinoa • Barley • Cooked vegetables (broccoli, spinach, asparagus) • Berries • Apples, pears (peeled first) Step 2 • Lentils (well cooked, start with small portions) • Chickpeas (blended or very well cooked) • Black beans, pinto beans (small portions) • Ground flaxseed • Chia pudding • Nuts and seeds (small portions) (Introduce one at a time.)	• Large raw salads • Raw cruciferous vegetables (broccoli, cauliflower, cabbage, Brussels sprouts) • Bran cereals / oat bran, other high-bran products • Large portions of legumes • Whole soybeans • Multiple fiber sources in one meal (stacking) • Seed-heavy foods (crackers, bars, trail mixes) • Popcorn • Large amounts of dried fruit (Not forever—just not first.)

Symptoms are often related to fiber type, amount, meal stacking, preparation, hydration, and how quickly intake increases, not just the total amount consumed.

Legumes: A Common Trigger

(and how to handle them)

Preparation dramatically improves tolerance.

Dry Legumes	Soak 8–12 Hours	Sprouting (Optional)
		
Contain enzyme inhibitors and fermentable carbs.	Add 1–2 teaspoons salt per cup dried beans Drain & rinse before cooking Reduces some gas-producing compounds	24–48 hours Rinse twice daily Further reduces certain fermentable sugars

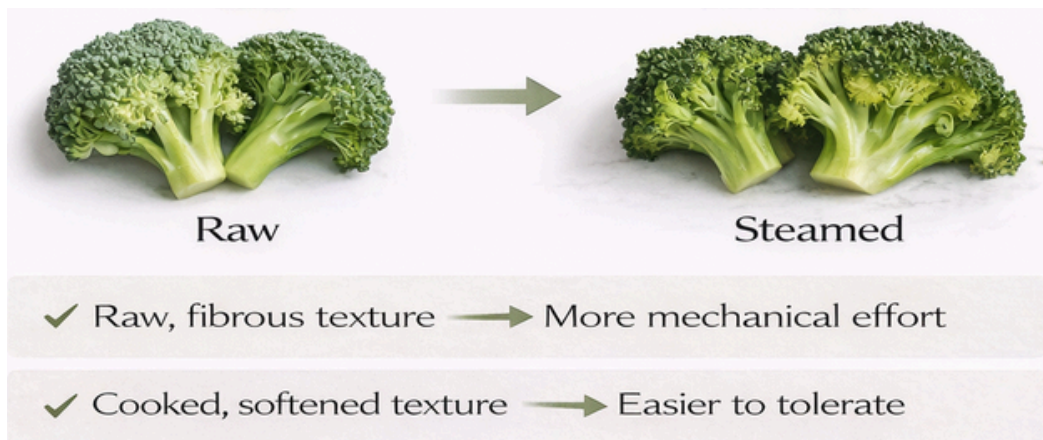
Digestibility Ranking

Easiest	Moderate	Harder	Hardest
● Red lentils ● Yellow split peas ● Mung dal ● Fresh peas ● Skinned fava	● Adzuki ● Cannellini ● Green lentils ● Lima beans	● Chickpeas ● Black beans ● Pinto beans ● Navy beans	● Kidney beans ● Dry soybeans ● Whole mung beans

Start with the easiest. Build gradually.

Make Other Fibers Gentler

Vegetables	Grains	Seeds
		
● Cooked before raw during sensitive phases ● Peel skins if needed ● Start with soft textures (zucchini, carrots)	● Choose well-cooked over undercooked ● Rinse quinoa thoroughly ● Try sourdough over dense whole wheat	● Hydrate chia and flax ● Grind flax ● Start small (1 tsp–1 tbsp)



Start Small

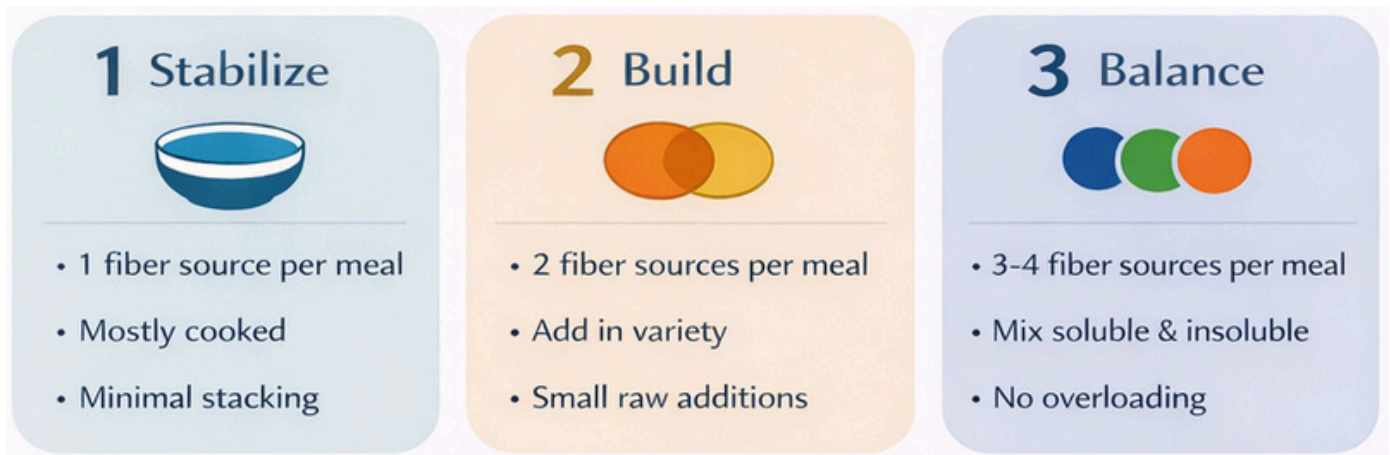


Small portions allow adaptation without overload.

The Fiber Build Framework

How to eat for long-term balance

The 3 Phases of Fiber Tolerance



✓ How to Know You're Ready to Move Forward

You're likely ready to advance if:

- ✓ Bloating is mild and short-lived
- ✓ Stool is formed and easy to pass
- ✓ Gas is predictable, not painful
- ✓ Energy is stable after meals

Signs You're Moving Too Fast

- ! Distension that lasts hours
- ! Urgency or loose stool
- ! Hard, dry stool
- ! New cramping after meals

If these happen → step back one phase for 2-3 days.

Don't chase high fiber overnight.

Build tolerance first.

Then aim for roughly 25-30 g per day *long-term*.

Simple Plate Builder

Use this once you move beyond strict Stabilize.

Step 1 — Choose Protein

- Eggs
- Chicken
- Salmon
- Turkey
- Greek yogurt
- Tofu

Protein buffers fermentation.
Always anchor the plate with it.



Step 2 — Add Cooked Vegetables

- Zucchini
- Carrots
- Spinach
- Green beans
- Eggplant
- Cooked broccoli (if tolerated)

Cooked first. Raw later.



Step 3 — Add ONE Fiber Add-On

- Grain OR legume OR starchy veg.
 - Oats
 - Quinoa
 - Lentils
 - Sweet potato

Not all of them together.
Just one.



Step 4 — Add Flavor (Small, Intentional)

- Herbs
- Spices
- Simple dressing
- Citrus
- Nuts
- Seeds



Phase 1: Stabilize Recipes

Goal: Calm the gut and introduce gentle fiber



Daily target: 10–15 g fiber
Per meal: 3–5 g fiber

Easy-to-digest ingredients
Mostly cooked + soft textures
Builds tolerance and comfort

CREAMY CARDAMOM OAT BOWL

Serves 2 | fiber per serving: ~4 g



INGREDIENTS

- 1 cup (100 g) rolled oats
- 2 cups (480 ml) unsweetened dairy-free milk
- Pinch sea salt
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon cinnamon
- 1-2 tablespoons (15-30 ml) maple syrup, to taste

INSTRUCTIONS

Combine oats, dairy-free milk, and salt in a saucepan. Bring to a gentle simmer over medium heat. Reduce heat and cook 7 to 8 minutes, stirring occasionally, until soft and creamy.

Stir in cardamom and cinnamon. Remove from heat and let thicken slightly. Divide into bowls, top with banana slices, and drizzle with maple syrup, if desired.

VANILLA STEWED PEAR YOGURT

Serves 2 | fiber per serving: 2-3 g



INGREDIENTS

2 ripe pears, peeled and chopped
(about 320 g)
1/4 cup (60 ml) water
1/2 teaspoon cinnamon
1/2 teaspoon vanilla extract
1 1/2 cups (360 g) plain Greek or
dairy-free yogurt
Pinch sea salt

INSTRUCTIONS

Place pears and water in a saucepan. Cover and cook over low heat for 8 to 10 minutes until very soft. Stir in cinnamon and vanilla and allow to cool slightly.

Divide yogurt between two bowls. Top with warm stewed pears and a small pinch of salt.

NOTE: If you tolerate fiber well and don't experience digestive symptoms, you can leave the pear skins on. The skins add extra fiber and nutrients, but peeling them makes the recipe gentler on digestion during the early phases.

GINGER GARLIC CHICKEN AND ZUCCHINI

Serves 2 | fiber per serving: ~3 g



INGREDIENTS

1 tablespoon (15 ml) extra-virgin olive oil
12 ounces (340 g) boneless skinless chicken breast, thinly sliced
Sea salt and black pepper, to taste
2 cloves garlic, finely minced
1 teaspoon grated fresh ginger
1/2 teaspoon ground turmeric
1/2 teaspoon ground cumin
1/4 teaspoon paprika
5 cups (560 g) sliced zucchini
1 tablespoon (15 ml) fresh lemon juice

INSTRUCTIONS

Heat olive oil in a large skillet over medium heat. Add the sliced chicken in a single layer. Season lightly with salt and black pepper and cook for 4 to 5 minutes, stirring occasionally, until the chicken is mostly cooked through and lightly golden.

Add the garlic and ginger and cook for 30 seconds until fragrant. Stir in turmeric, cumin, and paprika. Add the sliced zucchini and toss well to coat with the spices. Cook for another 5 to 6 minutes, stirring occasionally, until the zucchini becomes very soft and the chicken is fully cooked.

Finish with fresh lemon juice and adjust salt and pepper to taste before serving.

TURMERIC RED LENTIL STEW

Serves 4 | fiber per serving: ~4 g



INGREDIENTS

- 1 cup (200 g) dry red lentils
- 1 1/2 tablespoons (22 ml) extra-virgin olive oil
- 2 cloves garlic, finely minced
- 1 teaspoon (5 g) grated fresh ginger
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- 1/4 teaspoon paprika
- Sea salt and black pepper, to taste
- 3 cups (720 ml) water or low-sodium broth
- 1 tablespoon (15 ml) fresh lemon juice
- Optional garnish: chopped parsley

NOTE: Texture matters for tolerance, and soft red lentils digest easier than other legumes.

INSTRUCTIONS

Rinse lentils under cold water until the water runs mostly clear. Place them in a bowl and cover with plenty of hot water. Soak for 30 minutes to 2 hours, then drain and rinse well.

In a saucepan over medium heat, warm the olive oil. Add garlic and ginger and cook for about 30 seconds until fragrant. Stir in turmeric, cumin, and paprika, and cook another 20 seconds.

Add the lentils and water (or broth). Bring to a gentle boil, then reduce heat to low and simmer uncovered for 18 to 22 minutes, stirring occasionally, until the lentils are very soft and slightly creamy.

Season with salt and black pepper. Stir in fresh lemon juice just before serving. Garnish with parsley if desired.

LEMON HERB SALMON WITH ROASTED CARROTS

Serves 2 | fiber per serving: ~3 g



INGREDIENTS

4 medium carrots (240 g), sliced lengthwise
2 tablespoons (30 ml) avocado oil, divided
2 salmon fillets (4–5 ounces / 115–140 g each)
2 cloves garlic, finely minced
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
1/4 teaspoon paprika
Sea salt and black pepper, to taste
Fresh lemon juice, to taste
Optional garnish: chopped parsley

INSTRUCTIONS

Preheat oven to 400°F (200°C).

Place carrots on a parchment-lined baking sheet. Drizzle with 1 tablespoon avocado oil, season with salt and pepper, and toss to coat. Spread them in a single layer and roast for 14 to 16 minutes, until they begin to caramelize and develop darker roasted edges.

Meanwhile, pat the salmon fillets dry. Rub with the remaining 1 tablespoon avocado oil, minced garlic, thyme, oregano, paprika, salt, and pepper.

Remove the sheet from the oven and move the carrots slightly to the sides. Place the salmon fillets in the center. Return the pan to the oven and roast 7 to 9 minutes, until the salmon flakes easily and the carrots are deeply roasted and very tender.

Drizzle the salmon with fresh lemon juice and garnish with parsley if desired.

MEDITERRANEAN TURKEY AND QUINOA

Serves 3 | fiber per serving: ~3 g



INGREDIENTS

- 1 1/2 tablespoons (22 ml) extra-virgin olive oil
- 1 lb (454 g) ground turkey
- 2 cloves garlic, finely minced
- 1 tablespoon (15 g) tomato paste
- 1 teaspoon dried oregano
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- Sea salt and black pepper, to taste
- 1 1/2 cups (275 g) cooked quinoa
- Fresh lemon juice, to taste
- Optional garnish: chopped parsley

INSTRUCTIONS

Heat olive oil in a large skillet over medium heat.

Add ground turkey and cook for 6 to 8 minutes, breaking it apart with a wooden spoon, until fully cooked and lightly browned.

Add garlic and cook for 30 seconds, stirring frequently, until fragrant. Stir in the tomato paste and cook for 30 to 45 seconds, allowing it to darken slightly and caramelize.

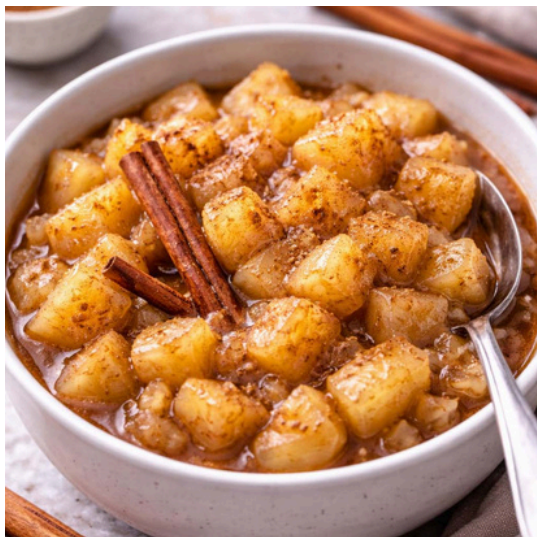
Add oregano, paprika, turmeric, cumin, salt, and pepper. Stir well to coat the turkey with the spices.

Add the cooked quinoa and toss to combine. Cook for 2 to 3 minutes, stirring occasionally, until warmed through.

Finish with fresh lemon juice and garnish with parsley if desired. Serve warm.

CINNAMON STEWED APPLES

Serves 2 | fiber per serving: 2-3 g



INGREDIENTS

2 medium apples, peeled, cored, and chopped (about 300 g)

1/4 cup (60 ml) water

1/2 teaspoon ground cinnamon

1/4 teaspoon ground ginger

Pinch sea salt

1 teaspoon maple syrup (optional)

INSTRUCTIONS

Place the chopped apples and water in a small saucepan. Bring to a gentle simmer over medium heat. Reduce heat to low, cover, and cook for 8 to 10 minutes, stirring occasionally, until the apples are very soft and beginning to break down.

Stir in the cinnamon, ginger, sea salt, and maple syrup if using.

Cook uncovered for 1 to 2 minutes more to allow the mixture to thicken slightly. Serve warm on its own or spooned over yogurt.

NOTE: If you tolerate fiber well and don't experience digestive symptoms, you can leave the apple skins on. The skins add extra fiber and nutrients, but peeling them makes the recipe gentler on digestion during the early phases.

SIMPLE BAKED SWEET POTATO

Serves 2 | fiber per serving: 4-5 g



INGREDIENTS

2 medium sweet potatoes
(about 450 g)
2 teaspoons extra-virgin olive oil
Pinch sea salt
Pinch ground cinnamon

INSTRUCTIONS

Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper.

Pierce the sweet potatoes with a fork and place them on the lined baking sheet.

Bake for 40 to 50 minutes until completely soft.

Split open and serve warm, drizzled with olive oil and sprinkled with sea salt and cinnamon.

Phase 2: Build Recipes

Goal: Increase fiber diversity while maintaining tolerance

If symptoms flare (bloating that lasts hours, looser stool, or new cramping), step back to Phase 1 for 2-3 days.



Daily target: 16-23 g fiber
Per meal: 6-8 g fiber

Two fiber sources per meal
Cooked + small raw additions
Expand variety gradually

BLUEBERRY OVERNIGHT OATS

Serves 2 | fiber per serving: ~7 g



INGREDIENTS

1 cup (100 g) rolled oats
1 cup (240 ml) dairy-free milk
1/2 cup (120 g) plain Greek or dairy-free yogurt
2 teaspoons maple syrup (optional)
1/2 teaspoon cinnamon
Pinch sea salt
1 cup (150 g) blueberries, fresh or frozen

INSTRUCTIONS

In a medium bowl or large jar, combine the oats, milk, yogurt, maple syrup, cinnamon, and a pinch of sea salt. Stir until the mixture is smooth and the oats are evenly coated. Fold in the blueberries.

Cover and refrigerate overnight, or for at least 4 hours, until the oats have softened and absorbed the liquid.

When ready to serve, stir well. If the oats are thicker than you like, add a splash of milk to loosen. Divide between two bowls and serve chilled.

KIWI CHIA YOGURT BOWL

Serves 2 | fiber per serving: ~7 g



INGREDIENTS

2 tablespoons (20 g) chia seeds
1/2 cup (120 ml) water
1 cup (240 g) plain Greek or dairy-free yogurt
2 medium kiwis (about 140 g), peeled and sliced
1 teaspoon (7 g) maple syrup (optional, to taste)
Pinch cinnamon (optional)

INSTRUCTIONS

In a medium bowl, combine the chia seeds and water. Stir well and let sit for 10 minutes, until the seeds absorb the liquid and form a gel.

Add the yogurt into the chia mixture and stir until evenly combined.

Divide the chia yogurt mixture between two bowls. Top with sliced kiwi, drizzle with maple syrup, and sprinkle with cinnamon if desired.

FARRO CHICKPEA LEMON BOWL

Serves 4 | fiber per serving: 7-8 g



INGREDIENTS

1 cup (200 g) uncooked farro, rinsed
3 cups (720 ml) water
1 1/2 cups (250 g) cooked chickpeas, drained and rinsed
1 cup (150 g) cucumber, diced
1/2 cup (75 g) cherry tomatoes, halved
1/4 cup (15 g) fresh parsley, finely chopped
3 tablespoons (45 ml) extra-virgin olive oil
2 tablespoons (30 ml) fresh lemon juice
1/2 teaspoon ground cumin
Pinch sea salt and black pepper, to taste

INSTRUCTIONS

In a medium saucepan, combine the farro, water, and a pinch of salt. Bring to a boil, reduce heat to low, cover, and simmer for 20–25 minutes until the farro is tender but still pleasantly chewy. Drain any excess water if needed and let the farro cool slightly.

Transfer the warm farro to a large bowl. Add the chickpeas, cucumber, cherry tomatoes, and parsley.

Drizzle with olive oil and lemon juice. Sprinkle with cumin, sea salt, and black pepper to taste.

Toss gently until everything is evenly combined. Serve slightly warm or at room temperature.

NOTE: Although this bowl includes vegetables like cucumber, tomatoes, and parsley, they contribute only small amounts of fiber. The main fiber load in this meal comes from farro and chickpeas, which keeps the total fiber moderate and appropriate for Phase 2.

SESAME CHICKEN QUINOA BOWL

Serves 4 | fiber per serving: ~7 g



INGREDIENTS

- 1 cup (170 g) uncooked quinoa, rinsed
- 2 cups (480 ml) water
- 1 tablespoon (15 ml) avocado or olive oil
- 1 lb (450 g) boneless skinless chicken thighs or breasts, cut into bite-size pieces
- 1 cup (150 g) shelled edamame, fresh or frozen
- 2 tablespoons (30 ml) tamari or soy sauce
- 1 tablespoon (15 ml) toasted sesame oil
- 1 tablespoon (15 ml) rice vinegar
- 1 teaspoon maple syrup
- 1 teaspoon freshly grated ginger
- 1 clove garlic, finely minced
- 2 tablespoons (18 g) sesame seeds
- Pinch sea salt and black pepper, to taste

INSTRUCTIONS

In a medium saucepan, combine quinoa and water. Bring to a boil, reduce heat to low, cover, and simmer for 12–15 minutes until water is absorbed and quinoa is tender. Remove from heat and let sit covered for 5 minutes, then fluff with a fork.

Heat oil in a large skillet over medium-high. Add chicken pieces and cook for 6–8 minutes, stirring occasionally, until golden and cooked through.

Add edamame and cook for 3–4 minutes until tender but still bright.

In a small bowl, whisk together tamari, sesame oil, rice vinegar, maple syrup, ginger, and garlic. Pour the sauce over the chicken and vegetables and toss to coat evenly. Cook for another 1–2 minutes until everything is heated through.

Divide quinoa between bowls and top with the sesame chicken mixture. Sprinkle with sesame seeds and serve warm.

ROASTED SWEET POTATO LENTIL BOWL

Serves 4 | fiber per serving: ~8 g



INGREDIENTS

2 medium sweet potatoes (about 600 g), peeled and cut into 1-inch cubes
2 tablespoons (30 ml) extra-virgin olive oil, divided
1 teaspoon ground cumin
1/2 teaspoon smoked paprika
Pinch sea salt and black pepper
1 cup (200 g) dry brown or green lentils
3 cups (720 ml) water or broth
1/4 cup (15 g) fresh parsley, finely chopped
2 tablespoons (30 ml) fresh lemon juice

INSTRUCTIONS

Preheat the oven to 400°F (200°C). Spread sweet potato cubes on a parchment-lined baking sheet. Drizzle with half the olive oil and sprinkle with cumin, smoked paprika, salt, and pepper. Toss to coat evenly.

Roast for 25–30 minutes, stirring once halfway through, until tender and lightly caramelized.

Meanwhile, rinse the lentils under cold water. In a medium saucepan, combine the lentils and water or broth. Bring to a boil, reduce heat to low, and simmer for 18–20 minutes until tender but not mushy. Drain any excess liquid and drizzle with the remaining olive oil and the lemon juice. Toss gently.

Divide lentils between the serving bowls and top with roasted sweet potatoes. Sprinkle with fresh parsley and serve warm.

LEMONY SALMON WITH BROCCOLI & GREEN BEANS

Serves 4 | fiber per serving: 7-8 g



INGREDIENTS

- 4 salmon fillets (about 5 oz/140 g each)
- 5 cups (450 g) broccoli florets
- 5 cups (550 g) green beans, trimmed
- 3 tablespoons (45 ml) extra-virgin olive oil
- 3/4 teaspoon smoked paprika
- 3/4 teaspoon ground cumin
- Pinch sea salt and black pepper
- 4 cloves garlic, finely minced
- 1 1/2 teaspoons grated fresh ginger
- 1 1/2 teaspoons lemon zest
- 3 tablespoons (45 ml) fresh lemon juice
- Optional garnish: chopped parsley

INSTRUCTIONS

Preheat the oven to 400°F (200°C).

Spread broccoli and green beans on a parchment-lined baking sheet. Drizzle with 1 1/2 tablespoons olive oil and season with paprika, cumin, salt, and black pepper. Toss well to coat. Roast for 12 minutes, until vegetables begin to brown.

Place salmon fillets on a second parchment-lined baking sheet. Drizzle with the remaining olive oil and season with salt and black pepper. After the vegetables have roasted for 12 minutes, place the salmon in the oven and bake for 10-12 minutes, until the salmon flakes easily with a fork.

In a small bowl, combine garlic, ginger, lemon zest, and lemon juice. Remove salmon and vegetables from the oven and toss the veggies with the lemon-garlic mixture while still hot so the flavors coat the vegetables.

Serve the salmon over a generous portion of roasted broccoli and green beans. Spoon any remaining lemon juices from the pan over the fish and garnish with chopped parsley if desired.

APPLE ALMOND ENERGY BITES

Yields ~8 bites | fiber per serving: 5-7 g



INGREDIENTS

1 medium apple (180 g), finely grated
1 cup (100 g) almond flour
1/2 cup (120 g) almond butter
1 teaspoon vanilla extract
1/2 teaspoon cinnamon
Pinch sea salt

INSTRUCTIONS

Place the grated apple in a clean kitchen towel and gently squeeze out some of the excess moisture.

In a medium bowl, combine the almond flour, almond butter, grated apple, vanilla, cinnamon, and sea salt. Mix until a thick dough forms.

Scoop about 1 tablespoon of the mixture and roll into small balls. Place the bites on a plate or tray and refrigerate for 20 minutes to firm up.

Store in an airtight container in the fridge for up to 4 days or in the freezer with parchment between the layers for up to 2 months.

WHITE BEAN AVOCADO SPREAD

Serves 2 | fiber per serving: ~7 g



INGREDIENTS

3/4 cup (130 g) cooked white beans, drained and rinsed
1/2 ripe avocado (about 75 g)
1 tablespoon (15 ml) fresh lemon juice, or more to taste
1 tablespoon (15 ml) extra-virgin olive oil
1 tablespoon finely chopped parsley
Pinch sea salt and black pepper, to taste
Optional for serving: cucumber slices, bell pepper strips, or crackers

INSTRUCTIONS

Place the white beans and avocado in a small bowl.

Add the lemon juice, olive oil, parsley, sea salt, and black pepper.

Mash with a fork until slightly chunky but spreadable. Taste test and adjust lemon, salt, and pepper as needed.

Serve with cucumber slices, bell pepper strips, or your favorite crackers.

Store in an airtight container in the refrigerator for up to 2 days. The flavor is best the day it's made.

Phase 3: Balance Recipes

Goal: Reach optimal fiber intake and long-term balance

If you feel overloaded, return to Phase 2 until things settle.



Daily target: 24-30 g fiber
Per meal: 8-10 g fiber

Multiple fiber sources across the day
Mix soluble + insoluble fibers
Eat a wide variety comfortably

APPLE GRANOLA PARFAIT

Serves 2 | fiber per serving: ~9 g



INGREDIENTS

1 cup (240 g) plain Greek or dairy-free yogurt

1 medium apple (about 180 g), diced

1/2 cup (60 g) Crunchy Chia Granola (see snack recipe)

1 teaspoon maple syrup (optional)

Pinch cinnamon (optional)

INSTRUCTIONS

Divide the yogurt between two glasses or bowls.

Top with diced apple and granola.

Drizzle with maple syrup and sprinkle with cinnamon if desired, and serve immediately.

RASPBERRY CHIA PARFAIT

Serves 2 | fiber per serving: ~10 g



INGREDIENTS

- 1 1/2 cups (340 g) plain Greek or dairy-free yogurt
- 1/4 cup (40 g) chia seeds
- 1/4 cup (60 ml) water or dairy-free milk
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 1 cup (120 g) raspberries, fresh or frozen
- 2 tablespoons (16 g) sliced almonds

INSTRUCTIONS

In a medium bowl, stir together the yogurt, chia seeds, water or milk, vanilla, and cinnamon until well combined. Let the mixture sit for about 10 minutes so the chia seeds begin to hydrate and thicken.

Divide the yogurt mixture between two bowls or glasses. Top each with raspberries and sprinkle with sliced almonds.

Note: For an even better texture, let the mixture sit 20-30 minutes or overnight. Chia thickens more evenly with time.

MEDITERRANEAN CHICKEN LENTIL BOWL

Serves 2 | fiber per serving: ~9 g



INGREDIENTS

- 3/4 cup (150 g) dry green or brown lentils
- 2 cups (480 ml) water
- 2 tablespoons (30 ml) extra-virgin olive oil
- 1 teaspoon ground cumin
- Pinch sea salt and black pepper
- 1 large boneless skinless chicken breast (about 250 g)
- 2 tablespoons (30 ml) fresh lemon juice
- 1 tablespoon (15 ml) tahini
- 1 cup (150 g) diced cucumber
- 1 cup (180 g) diced tomato
- 1 medium avocado (about 150 g), diced

INSTRUCTIONS

Rinse lentils under cold water. Add them to a small saucepan with the water and bring to a boil. Reduce heat to low and simmer for 15–18 minutes, until the lentils are tender but still hold their shape. Drain any excess water and set aside.

In the meantime, heat 1 tablespoon olive oil in a skillet over medium heat. Season the chicken breast with a pinch of sea salt, black pepper, and half of the cumin. Cook for 5–6 minutes per side, until fully cooked and lightly golden. Transfer to a cutting board, let rest for a few minutes, then slice.

In a small bowl, whisk together the remaining olive oil, lemon juice, tahini, the remaining cumin, sea salt, and black pepper.

Divide the warm lentils between two bowls. Top with sliced chicken, cucumber, tomato, and diced avocado. Drizzle with the lemon–tahini dressing and serve immediately.

TURKEY QUINOA POWER SALAD

Serves 2 | fiber per serving: ~9 g



INGREDIENTS

- 1/2 cup (90 g) dry quinoa, rinsed
- 1 cup (240 ml) water
- 2 tablespoons (30 ml) extra-virgin olive oil, divided
- 1/2 lb (225 g) ground turkey
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- Pinch sea salt and black pepper
- 2 cups (60 g) mixed greens or baby spinach
- 1 medium carrot (70 g), shredded
- 1 tablespoon (15 ml) fresh lemon juice
- 1 avocado (150 g), sliced

INSTRUCTIONS

Add quinoa and water to a small saucepan and bring to a boil. Reduce heat to low, cover, and simmer for 12–15 minutes, until the water is absorbed and the quinoa is tender. Remove from heat and fluff with a fork.

In the meantime, heat 1 tablespoon olive oil in a skillet over medium heat. Add ground turkey, smoked paprika, garlic powder, sea salt, and black pepper. Cook for 6–7 minutes, breaking the meat apart with a spoon, until fully cooked and lightly browned.

In a large bowl, combine the warm quinoa, mixed greens, shredded carrot, and cooked turkey. Drizzle with the remaining olive oil and lemon juice and toss gently.

Divide between two bowls and top each with sliced avocado before serving.

BEEF & BEAN CHILI

Serves 4 | fiber per serving: ~10 g



INGREDIENTS

- 1 tablespoon (15 ml) extra-virgin olive oil
- 1 lb (450 g) lean ground beef
- 1 small onion (120 g), diced
- 1 red bell pepper (150 g), diced
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- Pinch sea salt and black pepper
- 1 can (400 g) diced tomatoes
- 1 large can (540 ml) kidney beans or black beans, drained and rinsed
- 1 cup (165 g) corn kernels (fresh or frozen)
- 1 cup (240 ml) low-sodium broth
- Optional garnish: diced avocado, chopped cilantro, plain Greek or dairy-free yogurt

INSTRUCTIONS

Heat the olive oil in a large pot over medium heat. Add ground beef and cook for 5–6 minutes, breaking it apart with a spoon, until browned.

Add diced onion and bell pepper and cook for 4–5 minutes, until softened. Stir in garlic, chili powder, cumin, smoked paprika, sea salt, and black pepper and cook for 1 minute, until fragrant.

Add the diced tomatoes, beans, corn, and broth. Stir well to combine.

Bring the chili to a gentle simmer and cook uncovered for 20 minutes, stirring occasionally, until slightly thickened.

Taste and adjust seasoning if needed. Serve hot with optional garnishes if desired.

FISH TACOS WITH CILANTRO LIME SAUCE

Serves 2 | fiber per serving: ~9 g



INGREDIENTS

8 oz (225 g) white fish fillets (cod, halibut, or mahi-mahi)
1 teaspoon smoked paprika
1/2 teaspoon ground cumin
Pinch sea salt and black pepper
1 tablespoon (15 ml) extra-virgin olive oil
4 small almond flour tortillas
1 cup (70 g) shredded cabbage
1/2 cup (55 g) shredded carrot
1/2 avocado (about 75 g), sliced
1/2 cup (120 g) diced tomato
1 tablespoon (15 ml) lime juice

INSTRUCTIONS

Pat the fish dry and season with smoked paprika, cumin, sea salt, and black pepper.

Heat olive oil in a skillet over medium heat. Cook the fish for 3–4 minutes per side, until opaque and flaky. Break into large chunks.

Cilantro Lime Sauce

1/2 cup (120 g) plain Greek or dairy-free yogurt
1 tablespoon (15 ml) lime juice
1 tablespoon (15 ml) extra-virgin olive oil
2 tablespoons (4 g) chopped cilantro
1 small garlic clove
Pinch sea salt

Toss the shredded cabbage and carrot with lime juice and a pinch of salt.

To make the sauce: add yogurt, lime juice, olive oil, cilantro, garlic, and salt to a small blender and blend until smooth. Taste to adjust lime and salt, and set aside.

Warm the tortillas in a dry skillet for 30 seconds per side. Fill each tortilla with fish, cabbage mixture, avocado, and diced tomato. Drizzle with the cilantro lime sauce and serve.

CRUNCHY CHIA GRANOLA

Yields about 2 cups (8 servings) | fiber per serving: ~4 g



INGREDIENTS

2 cups (200 g) rolled oats
1/4 cup (40 g) chia seeds
1/2 cup (about 60 g) chopped almonds or walnuts
1/2 teaspoon cinnamon
Pinch sea salt
1/4 cup (60 ml) maple syrup
2 tablespoons (30 ml) melted coconut oil or extra-virgin olive oil
1 teaspoon vanilla extract

INSTRUCTIONS

Preheat the oven to 325°F (165°C).

In a large bowl, combine the oats, chia seeds, chopped nuts, cinnamon, and sea salt.

To create a Phase 3 snack (8–10 g fiber), combine 1/4 cup granola (~4 g fiber) with one of the following:

- 3/4 cup plain Greek or dairy-free yogurt + 1/2 cup raspberries (adds ~4 g fiber)
- 3/4 cup plain Greek or dairy-free yogurt + 1 Tbsp chia seeds (adds ~4.5 g fiber)
- 1 medium apple, chopped (adds ~4.5 g fiber)
- 1/2 cup blueberries + 1 Tbsp ground flaxseed (adds ~3.5 g fiber)

In a small bowl, whisk together the maple syrup, oil, and vanilla. Pour the wet mixture over the oat mixture and stir until evenly coated.

Spread the granola in an even layer on a parchment-lined baking sheet. Bake for 18–20 minutes, rotating the baking sheet halfway through, until golden and crisp. Let cool completely before breaking into clusters.

Store in an airtight container at room temperature for up to 2 weeks or in a sealed freezer bag in the freezer for up to 3 months.

BERRY ALMOND OAT BARS

Yields 6 bars | fiber per serving: 8-9 g



INGREDIENTS

- 2 cups (200 g) rolled oats
- 1/2 cup (50 g) almond flour
- 1/2 cup (70 g) chopped almonds
- 2 tablespoons (20 g) chia seeds
- 1/4 cup (25 g) ground flaxseed
- 1/2 teaspoon cinnamon
- Pinch sea salt
- 1/3 cup (80 ml) maple syrup
- 1/4 cup (60 ml) melted coconut oil
- 1 teaspoon vanilla extract
- 3/4 cup (100 g) raspberries or blueberries

INSTRUCTIONS

Preheat the oven to 350°F (175°C). Line an 8 × 8-inch (20 × 20 cm) baking pan with parchment paper.

In a large bowl, combine the oats, almond flour, chopped almonds, chia seeds, ground flaxseed, cinnamon, and sea salt.

In a separate bowl, whisk together the maple syrup, melted coconut oil, and vanilla.

Pour the wet ingredients into the dry mixture and stir until everything is evenly coated. Gently fold in the berries.

Press the mixture firmly into the prepared pan in an even layer. Bake for 18–20 minutes, until the edges are lightly golden. Let cool completely in the pan before slicing into bars.

Store in an airtight container in the fridge for up to 5 days, or freeze with parchment between layers for up to 2 months.

Fiber Cheat Sheet

GRAINS (COOKED)		
Food	Portion	Fiber (approx, g)
Bulgur	1/2 cup (90 g)	4
Barley	1/2 cup (80 g)	3
Quinoa	1/2 cup (90 g)	2.5
Buckwheat	1/2 cup (85 g)	2.5
Brown rice	1/2 cup (100 g)	1.5
Oats (rolled)	1/2 cup (120 g)	2
White rice	1/2 cup (100 g)	0.3

GRAINS (UNCOOKED / DRY)		
Food	Portion	Fiber (approx, g)
Buckwheat	1/2 cup (85 g)	5–6
Quinoa	1/2 cup (90 g)	5
Oats (rolled)	1/2 cup (50 g)	4

STARCHY VEGETABLES		
Food	Portion	Fiber (approx, g)
Winter squash (butternut/kabocha)	1 cup (205 g)	6
Sweet potato	1 medium (150 g)	4
Potato with skin	1 medium (170 g)	3.5

BEANS & LEGUMES (COOKED)		
Food	Portion	Fiber (approx, g)
White / navy beans	1/2 cup (90 g)	9–10
Lentils	1/2 cup (100 g)	8
Split peas	1/2 cup (100 g)	8
Black beans	1/2 cup (85 g)	7.5–8
Pinto beans	1/2 cup (85 g)	7.5–8
Chickpeas	1/2 cup (80 g)	6–6.5
Kidney beans	1/2 cup (90 g)	5.5–6
Soybeans	1/2 cup (85 g)	5–6
Edamame (young green soybeans)	1/2 cup (80 g)	4
Green peas	1/2 cup (80 g)	4

FUNCTIONAL FIBERS*		
Food	Portion	Fiber (approx, g)
Psyllium husk	1 Tbsp (9 g)	7–8 g
Acacia fiber	1 Tbsp (6 g)	5 g
Inulin (chicory root)	1 Tbsp (5 g)	4–5 g

* Start with a smaller amount (~ 1 tsp) and increase gradually based on tolerance.

Fiber Cheat Sheet

NUTS & SEEDS			FRUITS		
Food	Portion	Fiber (approx, g)	Food	Portion	Fiber (approx, g)
Chia seeds	1 Tbsp (10 g)	~4.5	Raspberries	1 cup (120 g)	8
Almonds	1/4 cup (35 g)	~4	Blackberries	1 cup (145 g)	7.5
Pistachios	1/4 cup (30 g)	~3	Pear (with skin)	1 medium (180 g)	5.5
Pumpkin seeds	1/4 cup (30 g)	~3	Avocado	1/2 medium (75 g)	5
Sunflower seeds	1/4 cup (35 g)	~3	Apple (with skin)	1 medium (180 g)	4.5
Walnuts	1/4 cup (30 g)	~2	Pomegranate seeds	1/2 cup (85 g)	3.5
Hazelnuts	1/4 cup (30 g)	~2	Strawberries	1 cup (150 g)	3
Ground flaxseed	1 Tbsp (7 g)	~2	Guava	1 medium (55 g)	3
Cashews	1/4 cup (30 g)	~1.5	Figs (fresh)	1 medium (50 g)	3
Sesame seeds	1 Tbsp (9 g)	~1.5	Banana	1 medium (120 g)	3
Shredded coconut (unsweetened)	1 Tbsp (6 g)	~1	Orange	1 medium (130 g)	3
Hemp seeds	1 Tbsp (10 g)	~1	Blueberries	1 cup (150 g)	3
NUT BUTTERS			Kiwi	1 medium (75 g)	2
Food	Portion	Fiber (approx, g)	Dates	1 large (24 g)	1.6
Almond butter	2 Tbsp (32 g)	~3			
Sunflower seed butter	2 Tbsp (32 g)	~3			
Peanut butter	2 Tbsp (32 g)	~2			
Tahini (sesame butter)	2 Tbsp (30 g)	~2			
Cashew butter	2 Tbsp (32 g)	~1			
Pistachio butter	2 Tbsp (32 g)	~1			

Fiber Cheat Sheet

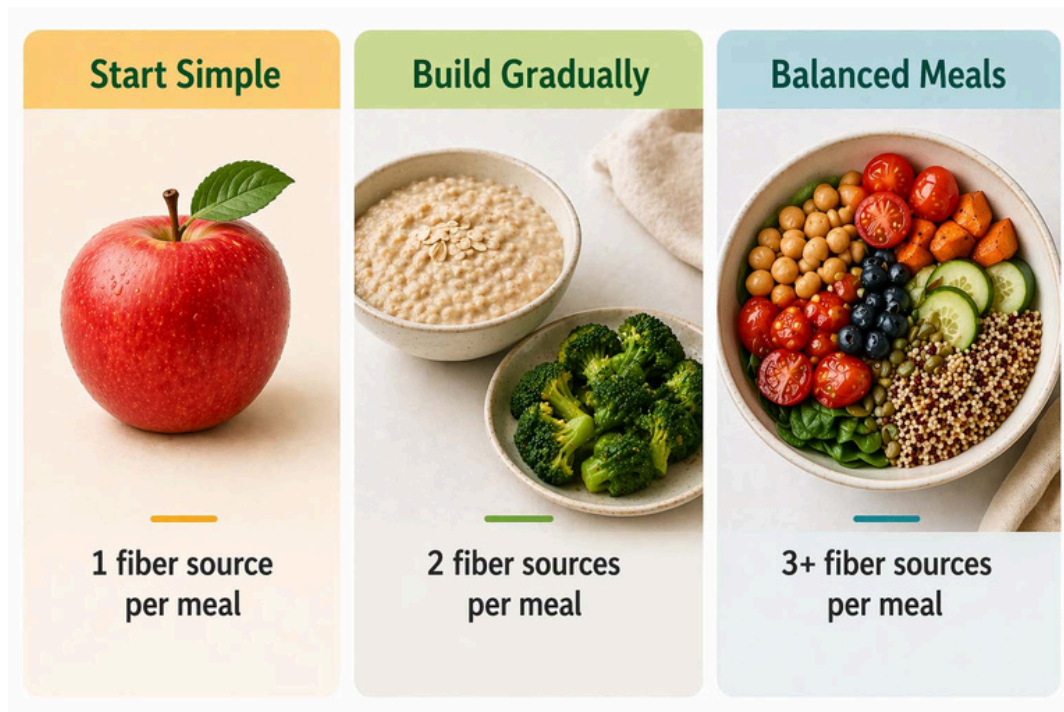
VEGETABLES (COOKED)			VEGETABLES (RAW)		
Food	Portion	Fiber (approx, g)	Food	Portion	Fiber (approx, g)
Artichoke	1 medium (120 g)	7	Carrots	1 cup (120 g)	3.5
Broccoli	1 cup (150 g)	4–5	Beetroot	1 cup (130 g)	3
Brussels sprouts	1 cup (155 g)	4	Cabbage	1 cup (90 g)	2.5
Green beans	1 cup (125 g)	4	Bell pepper	1 cup (120 g)	2.5
Carrots	1 cup (150 g)	3.5	Broccoli	1 cup (90 g)	2–2.5
Beetroot	1 cup (170 g)	3	Cauliflower	1 cup (100 g)	2
Eggplant	1 cup (100 g)	3	Cucumber	1 cup (105 g)	1.5
Cauliflower	1 cup (125 g)	3	Zucchini	1 cup (110 g)	1
Cabbage	1 cup (150 g)	2.5	Mushrooms	1 cup (70 g)	1
Bell pepper	1 cup (150 g)	2.5	Celery	1 cup (100 g)	1
Zucchini	1 cup (180 g)	1.5	LEAFY GREENS & FRESH HERBS (RAW)		
Mushrooms	1 cup (150 g)	1.5	Food	Portion	Fiber (approx, g)
			Parsley	1 cup (60 g)	~3
			Cilantro	1 cup (40 g)	~2
			Dill	1 cup (9 g)	~2
			Spinach	2 cups (60 g)	~1.5
			Basil	1 cup (20 g)	~1
			Kale	1 cup (20 g)	~1
			Arugula	2 cups (40 g)	~1

Key Takeaways

Most digestive symptoms happen when fiber is ***increased too quickly*** or ***too many fiber sources are combined at once***.

For the next 3-7 days, stay in Phase 1: one main cooked fiber source per meal and 1.5-2 L water throughout the day.

Remember the framework



Hydrate well. Cook fibers when needed. Increase gradually.

This guide is just the start

You're learning how to structure fiber so your digestion feels calmer and more predictable. If you want a complete, step-by-step plan to keep bloating down day after day, my full program goes much deeper.

Bloat-Free in 30

A 30-day gut reset to ease bloating, support regularity, and feel comfortably "flat" again, without cutting carbs or living on salads.



- ✓ 22 short, step-by-step video lessons
- ✓ 50+ gut-friendly recipes and weekly meal plans
- ✓ A complete 30-day gut reset roadmap
- ✓ Trackers, food diary, and printable workbooks

Get the Full 30-Day Plan

Instant access - Self-paced - Lifetime updates