



7-Day Fiber Focus Challenge

Boost your digestion, energy, and wellness one day at a time!

Day 1

Add berries to your breakfast (oatmeal, yogurt, or cereal).

Day 2

Swap regular pasta for lentil or whole-grain pasta.

Day 3

Prepare a veggie-packed stir-fry with colorful vegetables.

Day 4

Enjoy a fiber-rich snack like hummus with carrots or whole-grain crackers.

Day 5

Create a grain bowl with quinoa, brown rice, or bulgur.

Day 6

Drink 8+ cups of water to help fiber work its magic.

Day 7

Reflect and share your favorite high-fiber recipe or tip online!