

# SIMPLE STEPS TO A HIGH FIBRE DIET

## Sample Meal Plans

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>Breakfast</p>	<p>Fruit juice High fibre cereal &amp; semi skimmed milk topped with 1 tablespoon chopped dried fruit</p>	<p>Fruit juice Toasted granary bagel with peanut butter &amp; banana</p>	<p>Orange juice Wholemeal toast, polyunsaturated spread &amp; low sugar jam 1 banana</p>	<p>Fruit juice Wholegrain cereal &amp; semi skimmed milk &amp; banana</p>	<p>Fruit juice Hot oat cereal with small handful sultanas or dried apricots</p>	<p>Fruit smoothie made from 1 small banana, 2 tablespoons of frozen mixed berries, 100ml of semi skimmed milk and 125g of low fat plain yoghurt. 1 bowl of high fibre cereal &amp; semi skimmed milk</p>	<p>Fruit juice Wholemeal toast, polyunsaturated spread &amp; banana</p>
 <p>Lunch</p>	<p>Bowl of chunky vegetable soup Chunk of wholegrain bread 1 finger of flapjack &amp; a pear</p>	<p>Jacket potato with beans &amp; cheese 1 orange</p>	<p>Chicken &amp; salad wholemeal wrap Bag of crisps Small bag ready to eat apricots</p>	<p>Tomato soup &amp; chunk of wholemeal bread Low fat fruit yoghurt</p>	<p>Tuna &amp; sweetcorn wholemeal sandwich 2 satsumas</p>	<p>2 poached eggs on wholemeal toast with ketchup 1 pear</p>	<p>Roast dinner – lean roast meat with roast potatoes in skins &amp; ratatouille Apple crumble &amp; low fat custard</p>
 <p>Evening meal</p>	<p>Lamb kebab with mint &amp; yoghurt dressing, salad &amp; wholemeal pitta bread Low fat fruit yoghurt &amp; banana</p>	<p>Stir fry pork strips &amp; vegetables with sweet &amp; sour sauce. Boiled rice Pot of low fat chocolate mousse</p>	<p>Spicy tuna &amp; tomato pasta made from 1/2 can tuna, handful frozen sweetcorn, cooked pasta &amp; 1/2 pot hot fresh salsa 2 kiwi fruits</p>	<p>Homemade grilled beefburger, oven chips, peas &amp; carrots, ketchup Canned fruit in juice with scoop of ice cream</p>	<p>2 slices of cheese &amp; tomato pizza piled with mushroom, sweetcorn, ham, tomatoes &amp; a sprinkle of low fat grated cheese</p>	<p>Wholemeal tortilla wraps served with red peppers, onions, lettuce, guacamole and salsa Baked bananas with ice cream</p>	<p>Wholemeal pitta bread stuffed with cooked chicken, cucumber and tomato 1 piece of exotic fruits</p>
 <p>Snacks</p>	<p>2 kiwi fruit or satsumas</p>	<p>Bunch grapes Bowl high fibre cereal &amp; semi skimmed milk</p>	<p>Peach Toasted wholemeal pitta bread with salsa &amp; houmous dip</p>	<p>Apple Slice wholemeal carrot cake</p>	<p>Pear 2 wholemeal digestives</p>	<p>1/2 medium mango Bowl wholegrain cereal &amp; semi skimmed milk</p>	<p>Small bag unsalted nuts and fruit Pot low fat rice pudding</p>
 <p>Vegetarian alternatives</p>	<p>Replace meat on kebab with haloumi cheese</p>	<p>Replace pork strips with cashew nuts or tofu or quorn</p>	<p>Replace chicken in wrap with low fat cheddar Replace tuna with 1/2 can chick peas</p>	<p>Replace beefburger with tuna steak or nut cutlets</p>	<p>Replace tuna with Houmous</p>	<p>Replace beef strips with kidney beans or chunks of Tofu or Quorn</p>	<p>Add 4 spoons spicy mixed beans to ratatouille, top with grated low fat cheese and oven bake</p>