

A BETTER MENU



FIBER (ADULTS)

Been told you should increase your fiber intake but not sure how to do it better? When it comes to better fiber nutrition it better be delicious, better be doable, better not make your tummy troubles worse, and better not make it harder for your body to absorb other nutrients better. That's a lot of better's, right? That's why I created this better fiber menu. When it comes to increasing fiber (your goal should be at least 25g fiber daily from a variety of sources), you want to add a little more to more nutrition pit stops instead of having one high fiber one. Also, increase your water intake (good idea to do your [Better Water Evaluation](#) now too!). Choose menu items more often, follow whole days or follow the whole week – you choose what's better for you to help you make better not perfect fiber choices more often. Taking a fiber supplement? Let's talk! Even better, why not send me your [Better Supplement Evaluation](#) so I can evaluate your total nutrition to see what is better and where you could act better not perfect more often.



better not perfect.
more often.

MONDAY

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Better Chocolate Peanut Butter Overnight Oats

½ cup rolled oats (4 g)
1 cup unsweetened or homemade cashew milk
2 T. peanut butter (2 g)
1 T. organic cacao powder (1 g)

Total fiber: 7 g

Better Turmeric & Lime Chickpeas

⅓ cup chickpeas (4 g)
½ tsp. turmeric
1 tsp. lime juice
½ tsp. olive oil

Total fiber: 4 g

Better Broccoli & Shrimp Sauté

1 cup broccoli (2 g)
1 garlic clove
1 T. olive oil
¼ cup fresh cilantro, minced
3 oz. shrimp
½ cup cooked brown rice (4 g)

Total fiber: 6 g

Better Roasted Curryflower

1 cup cauliflower florets (3 g)
1 tsp. olive oil
2 tsp. curry powder (1 g)
2 T. Manitoba Harvest Toasted Hemp Seeds (Sea Salt) (6 g)

Total fiber: 10 g

Better Sardine Pasta Salad

½ cup whole grain pasta, cooked (2 g)
¼ cup chopped cucumber, with skin
1 cup raw spinach leaves (1 g)
⅓ cup diced cherry tomatoes (1 g)
3 oz. canned Bela Sardines in olive oil
Dressing: 2 T. lemon juice 1 T. tahini (1 g)),
1 tsp. olive oil

Total fiber: 5 g

Total Fiber: 32 g

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TUESDAY

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Better Egg Muffins

2 eggs
¼ cup asparagus, finely chopped (1 g)
½ cup red bell pepper, finely chopped (1 g)
¼ cup sweet potato w/skin, sliced (2 g)
2 T. green onion, minced
1 T chia seeds (3 g)
1 tsp. ground turmeric
1 T. olive oil + salt & pepper to taste

Total fiber: 7 g

Better Hemp Heart Bites

10 pieces Manitoba Harvest Hemp Heart Bites
(3 g)

Total fiber: 3 g

Better Kale Apple Feta Salad

1 cup kale (1 g)
½ cup cucumber with skin, diced
½ apple w/skin, diced (2 g)
¼ cup walnuts (2 g)
¼ cup feta cheese
Dressing: 1 T. walnut oil, 1 T. apple cider vinegar,
salt & pepper to taste

Total fiber: 5 g

Better PB & Banana

1 medium banana, sliced lengthwise in half (3 g)
2 T. natural peanut butter (2 g)
1 T. cacao nibs (1 g)

Total fiber: 6 g

Better Vegetarian Chili

¼ cup black beans (4 g)
¼ cup corn (3 g)
½ cup diced cherry tomatoes (1 g)
¼ cup chopped onion (1 g)
¼ cup fresh cilantro, minced
½ avocado, sliced (4 g)
1 T. olive oil

Total fiber: 13 g

Total Fiber: 34 g

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WEDNESDAY

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Better Berry Greek Yogurt

- ¾ cup Greek yogurt
- ¼ cup raspberries (2 g)
- ¼ cup blueberries (1 g)
- 2 T. almond butter (1 g)
- 1 T. ground flaxseeds (2 g)

Total fiber: 6 g

Better Baked Apple & Qi'a Crunch

- 1 baked apple, chopped with skin (5 g)
- 2 T. Nature's Path Qi'a original (4 g)

Total fiber: 9 g

Better Tuna Wrap

- 3oz. canned tuna
- 1 organic corn tortilla (1 g)
- ¼ cup arugula
- ¼ avocado, mashed (3 g)
- ½ cup orange bell pepper, finely chopped (1 g)

Total fiber: 5 g

Better Energy Blend

- 4 Medjool dates (3 g)
- 10 almonds (1 g)

Total fiber: 4 g

Better Sriracha Quinoa Bowl

- ½ cup cooked quinoa (3 g)
- ¼ cup chopped cucumber, with skin
- ¼ cup diced cherry tomatoes
- ¼ cup red onion (1 g)
- ¼ cup chickpeas (3 g)
- 1 T. parsley
- 1 T. olive oil
- 1 T. lime juice
- 3 T. Manitoba Harvest Toasted Hemp Seeds (Sriracha) (9 g)

Total fiber: 16 g

Total Fiber: 40 g

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THURSDAY

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Better PB Banana Smoothie

- ½ a frozen banana (1 g)
- 2 T. peanut butter (2 g)
- ½ cup kale (1 g)
- ½ cup frozen cauliflower (1 g)
- 1 T. Manitoba Harvest Hemp ProFiber (3 g)
- 1 cup unsweetened almond milk

Total fiber: 8 g

Better Steamed Edamame

- ½ cup steamed organic edamame, prepared (4 g)
- Pinch of sea salt

Total fiber: 4 g

Better Wild Salmon & Green Beans

- 3 oz wild salmon, baked in oven
- 1 cup sautéed green beans (4 g)
- ½ cup sautéed potatoes (2 g)
- 1 garlic clove, diced
- 2 T. olive oil

Total fiber: 6 g

Better Celery & Hummus

- ¼ cup hummus (4 g)
- 1 cup raw celery (2 g)

Total fiber: 6 g

Better Veggie Burger with Ginger-Cashew Roasted Carrots

- 1 veggie burger, grilled (4 g)
- 1 cup carrots (4 g)
- ¼ cup raw cashews (1 g)
- 1 T. minced ginger
- 1 tsp. ground turmeric
- 1 T. olive oil
- 1 T. lime juice
- 1 T. mustard

Total fiber: 9 g

Total Fiber: 33 g

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FRIDAY

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Better Apple Cinnamon Quinoa

½ cup cooked quinoa (3 g)
½ apple, diced (2 g)
1 tsp cinnamon (1 g)
10 walnut halves (1 g)
optional: ½ cup unsweetened almond milk

Total fiber: 7 g

Better Kefir & Pear

½ pear, chopped (2 g)
¾ cup plain organic kefir
2 T. fresh mint leaves, minced (1 g)

Total fiber: 3 g

Better Pesto Spaghetti

½ cup whole-wheat spaghetti, cooked (3 g)
½ cup spaghetti squash, cooked, shredded (1 g)
Pesto sauce:

1 cup basil leaves
½ garlic clove
2 T. Manitoba Harvest hemp seeds (2 g)
4 raw cashews, soaked
2 T. olive oil
½ tsp lemon juice
½ tsp lemon zest
pinch sea salt

Total fiber: 6 g

Better Grab n' Go Bar

1 Nature's Path Superfood bar (2 g)
12 oz. iced tea

Total fiber: 2 g

Better Turmeric Lentil Salad

½ cup lentils, cooked (8 g)
½ cup radishes, sliced (1 g)
½ cup cucumber with skin
¼ cup feta cheese, crumbled
1 T. fresh mint leaves, minced
1 tsp. ground turmeric
½ tsp. black pepper
Dressing: 2 T. lemon juice, 1 T. olive oil

Total fiber: 9 g

Total fiber: 27 g

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SATURDAY

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Better Avocado Hemp Toast

- 1 slice whole grain bread (2 g)
- ½ avocado, mashed (6 g)
- 2 T. Manitoba Harvest Hemp Heart Toppers –
Chipotle, onion, garlic flavor (2 g)

Total fiber: 10 g

Better Boiled Egg & Berries

- 2 hard-boiled eggs
- ½ cup raspberries (4 g)
- ½ cup blueberries (2 g)

Total fiber: 6 g

Better Veggie Pizza + Side Salad (2 slices)

- Whole-wheat pizza dough (3 g)
- ¼ cup tomato sauce (1 g)
- ¼ cup sliced mushrooms
- 2 T. purple onion, finely chopped
- ¼ cup mozzarella cheese
- 1 cup spinach, shredded (1 g)
- 1 T. olive oil
- 1 tsp lemon juice

Total fiber: 5 g

Better Almond Butter Cinnamon Rice Cake

- 1 brown rice cake (1 g)
- 2 T. almond butter (2 g)
- 1 tsp cinnamon (1 g)

Total fiber: 4 g

Better Wild Salmon Burger w/ Broccoli & Sweet Potato Fries

- 1 cup broccoli, roasted (2 g)
- 1 T. Manitoba Harvest toasted hemp seeds
(sea salt) (3 g)
- 1 wild salmon burger
- 1 sweet potato, wedges (3 g)
- 2 T. olive oil
- 1 tsp. thyme

Total fiber: 8 g

Total fiber: 33 g

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SUNDAY

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Better Apricot-Peach Cashew Kale Smoothie

½ cup frozen peaches (1 g)
¼ cup raw cashews (1 g)
½ cup kale (1 g)
2 dried apricots (1 g)
1 cup unsweetened cashew milk

Total fiber: 4 g

Better Roasted Hazelnut Broccoli

1 cup broccoli (3 g)
¼ cup hazelnuts (2 g)
1 tsp. hazelnut oil

Total fiber: 5 g

Better Salmon & Cauliflower Black Bean Pasta

3 oz. wild salmon, canned, drained
2 oz black bean pasta, dry (12 g)
1 cup cauliflower, chopped (1 g)
2 T. green onion, finely chopped
2 T. olive oil

Total fiber: 13 g

Better Almond Chocolate Date "Cookie Dough"

2 T. almond butter (2 g)
4 dates, diced (3 g)
1 T. organic cacao nibs (1 g)

Total fiber: 6 g

Better Purple Salad

¼ cup pear, sliced (3 g)
½ cup raw beets, shredded (2 g)
½ cup red cabbage, shredded (1 g)
1 cup raw spinach leaves (1 g)
1 T. pistachios (2 g)
½ avocado, mashed (6 g)

Dressing: 1 T. apple cider vinegar,
1 tsp. Dijon mustard

Total fiber: 15 g

Total fiber: 43 g

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FIBER (ADULTS)

Looking for recipes?

Make sure to check out the recipe section at
www.AshleyKoffApproved.com

Looking for portions or want to exchange an ingredient due to preferences, intolerances, or allergies, review The Better Nutrition Plan at www.AshleyKoffApproved.com

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