
HOW TO INCREASE FIBER (WITHOUT BLOATING)

Start here (very important):

- Day 1–2: ~22–25g fiber
- Day 3–4: ~25–30g
- Day 5–7: ~30–40g

Golden Rules:

- Add **5g fiber every 2 days max**
- **Chew thoroughly** (this matters more than people think)
- Drink warm water (not ice cold)
- Favor **cooked foods over raw** (especially early days)

7-DAY ANTI-BLOAT MEAL PLAN

Targets:

- ✓ 60–70g protein
- ✓ Gradual fiber increase
- ✓ Easy digestion (Ayurveda-aligned)

Advance Meal Prep:

Soak Overnight: (this is extra so you can use on other days...you can also blend them all to make a bean salad and or soup with any extra beans leftover)

- 2 cups chickpeas/ 2 cups black chickpeas/ 2 cups white beans
- Cook next day with 6 cups water (adding more if necessary) or in Instant Pot with 2-3 bay leaves on bean setting.
- Refrigerate for easy meal prep 😊

Peel and Cut : 4 yellow onions, 1 garlic bulb, wash all veggies and herbs and let dry on tea towel before storing in fridge.

DAY 1 (Gentle Start)

~25g fiber / ~60g protein

Morning

- Stewed apples +1 tbsp chia seeds (whole or even better: powdered in a coffee grinder)
- Ginger te

Lunch

- **Kitchari** (split green mung dal + rice)
- Soak 1 cup green mung in the morning and drain the water. Cook the green mung daal with ½ cup basmati rice, ½ tsp turmeric, salt to taste and 6 cups water. Boil until completely soft and tender, adding more water if needed to create a porridge consistency. Add 1 tsp fresh finely diced ginger and 1 tsp cumin seeds to 2 tsp olive oil until seeds are sputtering and fragrant and pour over kitchari. Cumin seeds and ginger are key to ease digestion
- Steamed or sauteed zucchini: add a little bit of diced ginger or garlic and salt to taste (use an oil sprayer to limit oil if you are also addressing weight loss).

Dinner

Red Lentil Soup

- 1 cup red lentils
- 2 carrots
- 1 tsp ginger + 1 tsp cumin
- 2 cloves garlic
- salt to taste
- 4 cups veggie broth/water
- ½ cup coconut milk -optional
- Cook everything until soft and blend for easier digestion – sprinkle with pumpkin seeds for texture and crunch 😊

- Sautéed spinach on the side or even in the soup 😊

Protein Boost Snack

- Add ½ scoop plant protein in warm organic soy milk (use another plant milk if you are allergic to soy)
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DAY 2

~25g fiber / ~65g protein

Morning

Oatmeal softly cooked + 1 tsp ground flax + blueberries

Lunch

Quinoa + roasted sweet potato or carrots + chickpeas

Quinoa: 1 cup quinoa (rinsed), 2 cups water or broth.

- **Roasted Veggies and Chickpeas**
 - 1 cup cooked chickpeas
 - 1 large sweet potato, cubed/ or carrots cut into rounds
 - 1-2 tbsp olive or avocado oil.
- **Miso Dressing:**
 - 1 tbsp white or yellow miso paste.
 - 1 tbsp maple syrup.
 - 1 tbsp soy sauce (or coconut aminos)
 - 1 tbsp tahini
 - 2 cloves garlic
- **1 lemon for serving**

1. **Prep & Preheat:** Preheat oven to 400 degrees
2. **Cook Quinoa:** Combine rinsed quinoa and water/broth in a pot. Bring to a boil, reduce to a simmer, cover, and cook for 12-15 minutes until tender. Fluff with a fork and set aside.
3. **Make Miso Glaze:** In a small bowl, whisk together the miso paste, maple syrup, soy sauce until smooth.
4. **Roast Veggies & Chickpeas:** Toss sweet potato, and chickpeas with olive oil on the baking sheet. Bake for 20-25 minutes, flipping halfway through, until veggies are tender and chickpeas are slightly crispy
5. **Serve with Quinoa, Chickpeas, Veggies, and Miso Dressing...and squeeze some fresh lemon juice over everything ☺**

Dinner

Mixed Vegetable Soup + White Beans

In a soup pot sauté 1 diced yellow onion, 2 cloves garlic, 1 carrot and 1 tsp olive oil. Add salt, veggie broth, 2 cups of diced green beans, carrots, squash (any mix of veggies you enjoy – try to avoid cruciferous veggies if bloating is an issue), and 2 cups of the cooked white beans. Sprinkle some oregano or Italian seasoning, some fennel seeds, and simmer until everything is very soft and tender. Feel free to add 1 can tomatoes if you want to add a summery flavor. Serve with a squeeze of fresh lemon to aid in absorption and digestion.

1 DAY 3

~30g fiber / ~65g protein

Morning

- Smoothie (spinach, banana, flax, plant protein with water or nut milk with no additives – while I am not super fond of smoothies as a wellness tool, they have their place in a hurried world, remember to CHEW YOUR SMOOTHIE
- ***dairy milk with any fruits/vegetables are not advised as dairy interferes with the breakdown and absorption of fruits and veggies. The fruits and veggies will ferment as they wait for the breakdown of dairy and increase bloating and gas, the same goes for processed nut milks that contain too many additives***

Lunch

- Millet bowl + black chickpeas + arugula
(https://youtu.be/M_mzWAKC7Is?si=10zTbiQ8OjwzIMvu)

Dinner

- Mung dal (yellow mung beans or split green ones + steamed veggies) Remember to add some digestive spices to the daal and the veggies, always lightly cooking the veggies as raw food is harder for your stomach acids to break down.

Mung Daal:

- Cook ½ cup split yellow mung, salt to taste, 1 tsp turmeric, and 1 tsp finely diced ginger, boiled until soft\

- Temper: Sauté 1 diced yellow onion in 3 TBS olive oil until caramelized, add in 2 tsp cumin seeds and a little bit of red chili powder or paprika (if you want) Quickly toss over cooked mung daal while still hot and sizzling
 - To serve: squeeze lemon juice and throw in any mix of herbs you love: dill, mint, cilantro, parsley....
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1 DAY 4

~30g fiber / ~70g protein

Morning

- Warm cooked oats + chia (ground if you can!) + protein powder

Lunch

- **Tempeh + Quinoa Bowl**
- Crumble the tempeh, add 2 TBS soy sauce, 2 tsp maple syrup, 1 tsp apple cider vinegar, and ½ tsp chili powder if you like, mix it all up and air fry or bake for 10 min. on 350 degrees. Sprinkle with sesame seeds
- Shred some carrots, and slice some spring onions, quickly sauté or steam ,and enjoy over quinoa. I like to add a little chili sauce over everything, but that is personal 😊

Dinner

- **Roasted Vegetable Soup + Soft Tofu + Pumpkin Seeds**
 - Notice the pattern here? Dinner should be light, higher water content, and warm 😊
 - Take 2 carrots, 1 cup green beans, 1 zucchini squash, 1 red peppers, 1 onion, 2 cloves garlic and bake at 350 degrees for 25 min.: let them completely soften (you can coat with olive oil if you wish)
 - Let cool and toss into high speed blender with 2 cups veggie broth
 - Simmer in a pot for 10 min to heat up and let the flavors come together. Add salt and pepper to taste, ½ can coconut milk for fattiness and 1 tsp maple syrup for slight sweetness. Add more liquid or cook down for preferred viscosity.
 - Serve over mounded soft tofu and sprinkle with pumpkin seeds
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1 DAY 5

~35g fiber / ~70g protein

Morning

- Chia pudding made with soy milk + berries + protein powder

Lunch

- **Brown Rice + Black Chickpeas**
- Cook 1 cup brown rice until very tender and soft. Chop up tomatoes, onions, any herbs you love and fresh lemon juice. Add that together with 2 cups cooked chickpeas and the rice. Add salt and pepper to taste. Top off with a little fresh olive oil, and some toasted cumin seeds to aid in digestion of the beans.
- Cooked greens – make sure they are cooked well to start off the digestive process.

Dinner

Red Lentil Soup as above 😊

1 DAY 6

~35–40g fiber / ~70g protein

Morning

- Smoothie (add psyllium ½ tsp if tolerated)

Gut-Calm Smoothie (chew your smoothie, and don't make it ice cold)

- 1 cup spinach
- 1 banana
- 1 tsp flax
- 1 scoop plant protein
- Water to blend, if you feel less bloating, add a plant milk instead

Lunch

Chickpea + Quinoa Bowl + Miso Roasted Veggies

Quinoa: 1 cup quinoa (rinsed), 2 cups water or broth.

- **Roasted Veggies and Chickpeas**
 - 1 cup cooked chickpeas
 - 1 large sweet potato, cubed.
 - 1-2 tbsp olive or avocado oil.
 - **Miso Dressing**
 - 1 tbsp white or yellow miso paste.
 - 1 tbsp maple syrup.
 - 1 tbsp soy sauce (or coconut aminos).
6. **Prep & Preheat:** Preheat oven to 400 degrees
 7. **Cook Quinoa:** Combine rinsed quinoa and water/broth in a pot. Bring to a boil, reduce to a simmer, cover, and cook for 12-15 minutes until tender. Fluff with a fork and set aside.
 8. **Make Miso Glaze:** In a small bowl, whisk together the miso paste, maple syrup, soy sauce until smooth.
 9. **Roast Veggies & Chickpeas:** Toss sweet potato, and chickpeas with olive oil on the baking sheet. Spread into a single layer. Bake for 20-25 minutes, flipping halfway through, until veggies are tender and chickpeas are slightly crispy
 10. **Serve veggies and chickpeas over quinoa with miso dressing and fresh lemon juice**
😊

Dinner

- **Light Daal + Roasted Asparagus**
 - **Mung Daal:**
 - Cook ½ cup split yellow mung, salt to taste, 1 tsp turmeric, and 1 tsp ginger, finely diced boiled until soft
 - **Temper:** Saute 1 diced yellow onion in 3 TBS olive oil until caramelized, add in 2 tsp cumin seeds and a little bit of chili powder (if you want) Quickly toss over cooked mung daal while still hot and sizzling
 - **To serve:** squeeze lemon juice and throw in any mix of herbs you love: dill, mint, cilantro, parsley....
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1 DAY 7 (Full Fiber Day)

~40g fiber / ~70g protein

Morning

- Oats + flax + chia + protein powder

Lunch

Lentil Salad (Well-Cooked Lentils)

- 1 ½ cups dry brown or French green lentils (or 2 cans, rinsed/drained)
 - 1 cup cherry tomatoes, halved
 - 1 cup Persian cucumber, diced
 - 1 cup bell pepper (red or yellow), diced
 - ½ cup Kalamata olives, halved
 - ½ cup red onion, finely diced
 - ¼ cup fresh parsley, chopped
- Fresh mint or dill – key to help with digestion

Lemon-Dijon Vinaigrette

- ¼ cup extra virgin olive oil
- Juice of ½ lemon (plus zest)
- 1 tsp Dijon mustard
- 1 tsp dried oregano or Italian seasoning
- ½ tsp salt (or to taste)

Instructions

1. **Cook the Lentils:** Rinse lentils and simmer in water for 15-20 minutes until tender but not mushy. Drain well and let them cool.
2. **Make the Dressing:** Whisk together the olive oil, red wine vinegar, lemon juice, dijon mustard, oregano, and salt in a small bowl.
3. **Combine:** In a large bowl, mix the cooled lentils, tomatoes, cucumber, bell pepper, olives, onion, and herbs.
4. **Dress:** Pour the dressing over the salad and toss well to combine.
5. **Serve:** Season with extra salt/pepper if needed. To make this belly friendly, do not make it oil free and prepare in advance to allow the acids to begin breaking down the raw veggies.

Dinner

- **Sweet Potato Stew With Kale And White Beans**
 - Sauté ½ yellow or red onion and 2 cloves garlic in 2 tsp olive oil, add 1 diced sweet potato any variety, 1 cup cooked white beans, 4 cups veggie broth, and herbs (thyme/rosemary) for 15-20 minutes until tender and the soup is the viscosity you enjoy, then stir in 2 cups chopped and stemmed fresh kale and cook until wilted
 - Fun add ins: harissa paste, lemon, paprika if you aren't into heat, or mustard...yup, the kind you put on your vegan dog 😊
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Basic Recipes

Anti-Bloat Kitchari

- 1 cup mung dal
- ½ cup basmati rice
- cumin, turmeric, ginger cooked in 2 tsp olive oil
- add ½ tsp asafetida powder if you are adventurous
- cook until soft

👉 easiest digestion reset meal

Flat Belly Lentil Soup

- red lentils
 - carrots
 - ginger + cumin
 - boil until soft and blend for easier digestion
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Gut-Calm Smoothie

- spinach
- banana
- flax
- plant protein
- almond milk

Chew your smoothie and don't make it ice cold 😊

SHOPPING LIST (WEEK)

Grains

- Oats
- Quinoa
- Brown rice
- Basmati rice
- Millet

Legumes (soak overnight and drain before cooking)

- Mung dal
- Red lentils
- Chickpeas
- Black chickpeas
- White beans

Protein

- Plant protein powder (brands to consider: **Transparent Labs Organic Vegan**, **Ritual Essential Protein**, **Ora Organic**, **Garden of Life**, and **Naked Pea**. These brands are widely recommended for their third-party testing, clean ingredients, and absence of heavy metals)
- Tofu (organic only to prevent glyphosate contamination)
- Tempeh

Seeds

- Chia
- Flax
- Psyllium (optional)
- Pumpkin Seeds – optional

Vegetables (please cook these to ensure easier digestion!)

- Zucchini
- Carrots
- Spinach
- Arugula
- Asparagus
- Peas
- Green Beans
- Cucumbers
- Tomatoes
- Onions
- Sweet Potatoes
- Kale bunch
- Ginger
- Spring Onions – makes everything yummy
- Lemons

Fruits

- Apples
- Bananas
- Berries – Frozen ones are a great value with all of the nutrition intact

Fats and Flavor

- Tahini
- Olive oil
- Coconut oil or ghee
- Soy Sauce or Coconut Aminos
- Maple Syrup
- Miso

Herbs & Spices (Indian or Asian Store is the best place)

- Ginger
- Cumin
- Fennel
- Turmeric
- Coriander
- Oregano
- Fresh mint
- Fresh dill
- Ajwain or Carom Seeds




EMERGENCY BLOAT RELIEF

If bloated RIGHT NOW:

1. Cumin-Fennel Tea


- ½ tsp cumin
- ½ tsp fennel
- steep 10 min

My grandmother's secret: squeeze the juice of 1 lemon over 1 cup of ajwain seeds, let dry and blend with 1 tsp black salt...grind into powder if you wish. Have as needed with a cup of warm water.

 reduces gas quickly

2. Long Exhale Breathing to Soothe the Vagus Nerve

- inhale 4
- hold 7
- exhale 8

 activates digestion fast, helps the vagus nerve send calming messages across the gut-brain axis

3. Gentle Movement

- knees to chest
 - light twisting
 - sit kneeling with feet tucked under hips if you are able to
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4. Avoid (temporarily)

- raw veggies (exception: well marinated vegetables that have started the enzymatic breakdown with salt or acid)
 - cold smoothies
 - large meals
 - Avoid forever: Ice Cold Water
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PRO TIPS

- “Healthy food” ≠ “digestible food”
- Fiber must match digestive capacity : your microbiome adapts slowly to increased fiber, be kind and be gentle. Take your time increasing fiber if you feel discomfort.
- Warm + simple meals = less bloating
- Chew chew chew – the more work your mouth does the less work your stomach does, and the food doesn’t have to hang out in the stomach as long (this prevents fermentation, as in the bubbles that happen when you ferment food on the countertop...that is the gassy bloaty feeling you get)
- Nervous system state determines digestion
- Soak and drain fresh beans (try to avoid canned, but make sure you add some spices to help alleviate gas causing elements...cook extremely well and even add a bay leaf to help with digestibility. Every culture that regularly eats beans also cooks them with a bay leaves! And then there are cumin seeds, ginger, ajwain seeds, fennel seeds, and even mint and parsley added on top!