Fiber tracker: 4 weeks to 25+ grams

Add 3 to 5 g a week and drink water

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Whole grains							
Beans/lentils							
Vegetables							
Fruit							
Nuts/seeds							
≈ g per day							

QUICK REFERENCE

- Lentils, cooked, 1 cup: ~15 g
- Black beans, 1 cup: ~15 g
- Raspberries, 1 cup: ~8 g
- Pear with skin: ~5–6 g
- Broccoli, 1 cup: ~5 g
- Ground flaxseed, 1 tbsp: ~2–3 g

Week	Goal g/day	What I am adding
Week 1		
Week 2		
Week 3		
Week 4		