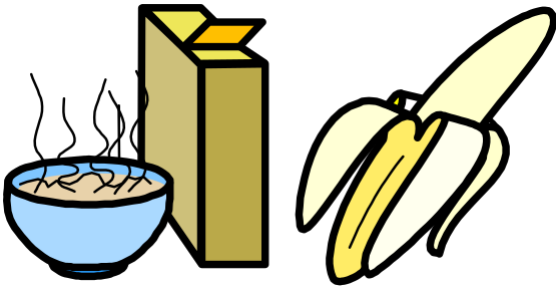


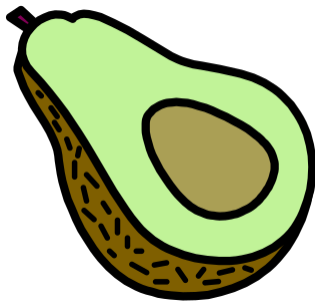
High-Fibre Breakfast Ideas



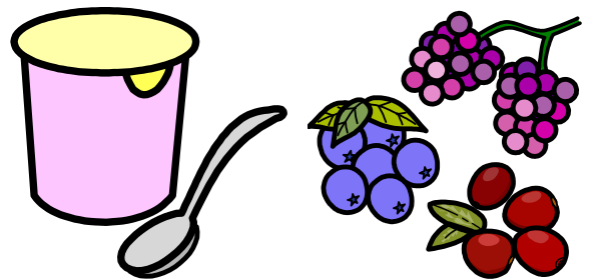
Porridge &
Banana



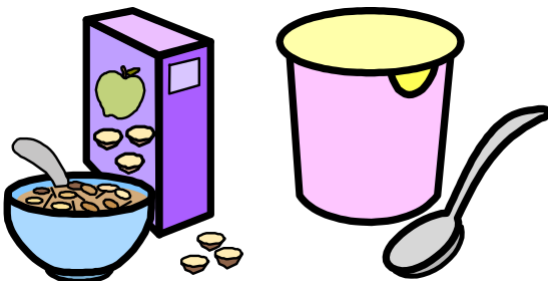
Peanut butter, banana
Wholewheat bagel



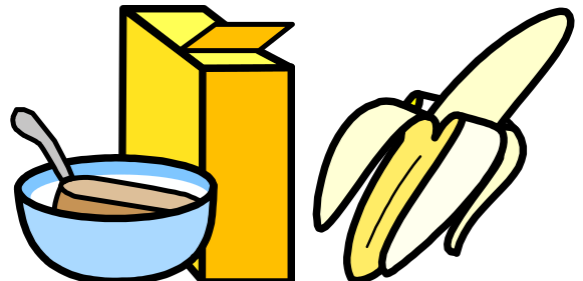
Avocado on
Wholewheat Toast



Yogurt and berries

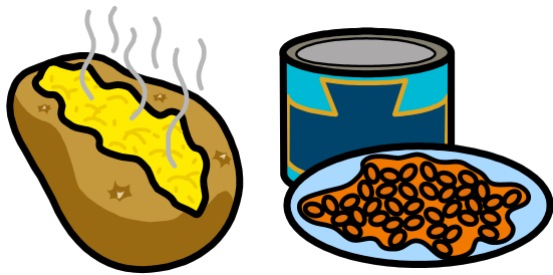


Muesli & Yogurt
with berries



Weetabix topped
with banana

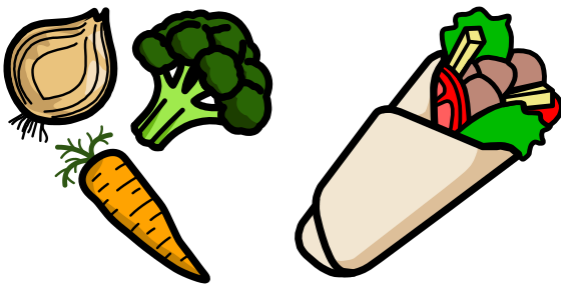
High-Fibre Lunch Ideas



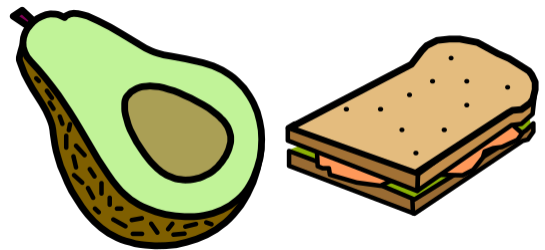
Jacket potato &
Beans



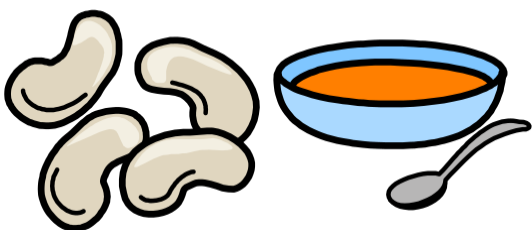
Minestrone Soup



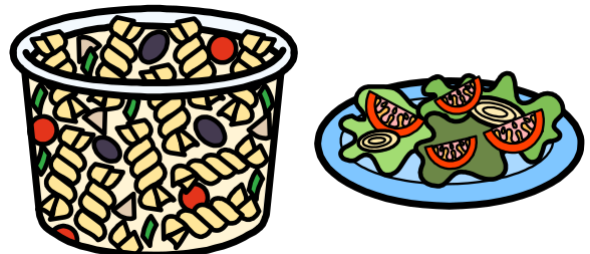
Rainbow vegetable
wholewheat wrap



Avocado, chicken &
tomato sandwich on
wholewheat bread



Beans & lentil
Soup

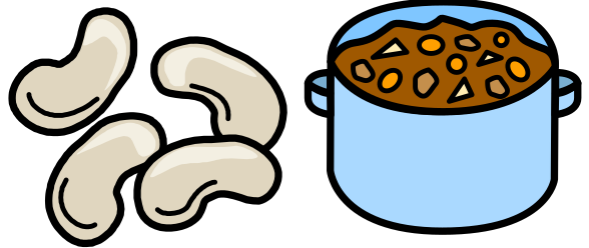


Wholewheat
Pasta salad

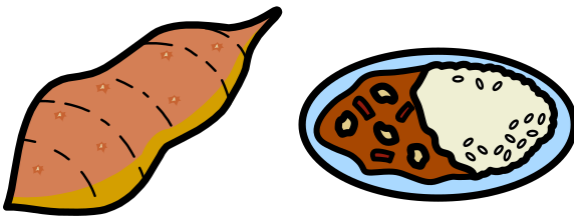
High-Fibre Tea Ideas



Vegetable stir-fry
with brown rice



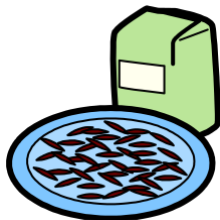
Sausage & bean
Stew



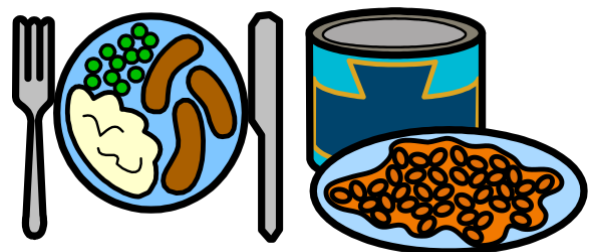
Sweet potato &
vegetable curry



Wholewheat pasta,
chicken, broccoli and
sauce



Chili and
brown rice

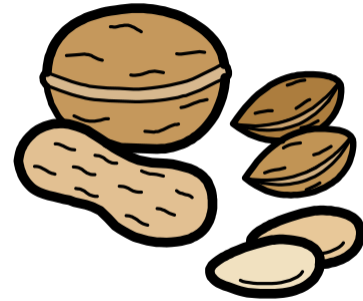


Sausage, sweet
potato and beans

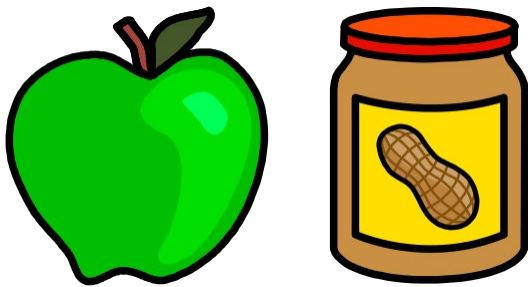
High-Fibre Snack Ideas



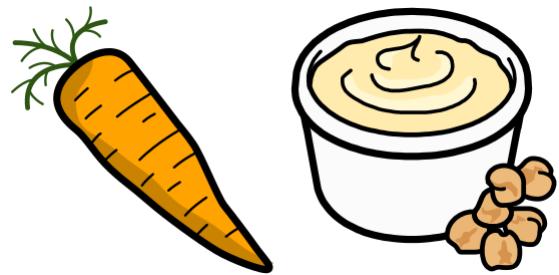
Popcorn



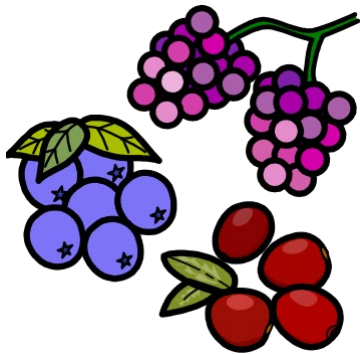
Unsalted nuts



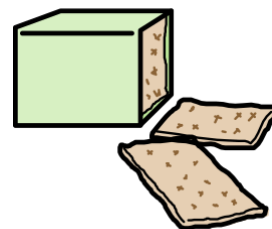
Sliced apple &
peanut butter



Carrots &
Hummus



Mixed berries



Wholegrain
Crackers