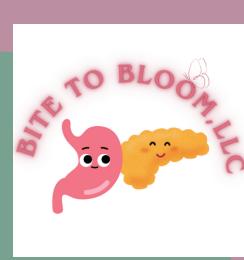


FIBER CHECKLIST

TOP 10% COAL - 100%



TODAY'S GOAL: 40G

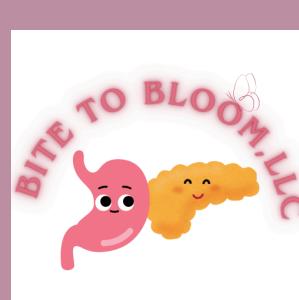
FRUIT

• 1c guava	9g	<input type="checkbox"/>
• 1c raspberries	8g	<input type="checkbox"/>
• 1c mango	5g	<input type="checkbox"/>
• 1 med. pear	4g	<input type="checkbox"/>
• 1c blueberries	4g	<input type="checkbox"/>
• 1c papaya	4g	<input type="checkbox"/>
• 1 med apple (with skin)	3.7g	<input type="checkbox"/>
• 1c strawberries	3.4g	<input type="checkbox"/>
• 1 med grapefruit	3g	<input type="checkbox"/>
• 1 med orange	3g	<input type="checkbox"/>
• 1 med banana	2.7g	<input type="checkbox"/>
• 1c pineapples	2g	<input type="checkbox"/>
• 10 cherries	1.3g	<input type="checkbox"/>
• 1c grapes	1.2g	<input type="checkbox"/>
• 1c watermelon	0.8g	<input type="checkbox"/>
Total:		

VEGETABLES

• 1c Lima beans	13.2g	<input type="checkbox"/>
• 1 avocado	10g	<input type="checkbox"/>
• 1c green peas	8g	<input type="checkbox"/>
• 1c broccoli	5g	<input type="checkbox"/>
• 1 baked potato	5g	<input type="checkbox"/>
• 1c brussel sprouts	4g	<input type="checkbox"/>
• 1 baked sweet potato	3g	<input type="checkbox"/>
• 1 medium carrot	2g	<input type="checkbox"/>
• 1 ear corn	2g	<input type="checkbox"/>
• 1c lettuce	1g	<input type="checkbox"/>
• 1c cucumber	1g	<input type="checkbox"/>
• 1 medium tomato	1g	<input type="checkbox"/>
• 1 stalk celery	1g	<input type="checkbox"/>

Total:



BEANS

• 1c lentils	16g	<input type="checkbox"/>
• 1c black beans	15g	<input type="checkbox"/>
• 1c pinto beans	14.7g	<input type="checkbox"/>
• 1c baked beans	14g	<input type="checkbox"/>
• 1c chickpeas	12g	<input type="checkbox"/>
• 1c kidney beans	11g	<input type="checkbox"/>

Total:



GRAINS

• 1c farro	11g	<input type="checkbox"/>
• 1c barley	6g	<input type="checkbox"/>
• 1c quinoa	5g	<input type="checkbox"/>
• 1c brown rice	3.5g	<input type="checkbox"/>

Total:



NUTS & SEEDS

• 1tbsp flax seeds	7.7g
• 1tbsp flax seeds	5g
• 1oz almonds	4g
• 1oz pistachios	2.9g
• 1oz peanuts	2.4g
• 1oz walnuts	1.9g
• 1tbsp hemp seeds	1.1g
• 1oz cashews	1g

Total:



DON'T FORGET TO
READ NUTRITION
FACTS ON PACKAGED
FOOD. HOPEFULLY,
THAT HAS FIBER TOO!

ADD THIS TO YOUR
TOTAL FIBER



Today's Total:

