THE FREE STARTER GUIDE

Getting Started with

Fiber and Gut Health

A BEGINNER'S GUIDE + 4 RECIPES



4 TASTY RECIPES

BY CHEF JEFF

My Diet Chef

WELCOME

A Note from Chef Jeff

Hi friends, Chef Jeff here!

Fiber is one of those nutrients most of us hear about and few of us get enough of. Beans, lentils, oats, fruit, vegetables, nuts, and seeds are all rich in it, and they are delicious when you know how to cook them.

Here is the part I want you to hear first: **go slowly**. If your body is not used to much fiber, adding a lot at once can leave you gassy and uncomfortable. A little more each week, plenty of water, and some patience work much better.

> *Add fiber slowly, drink plenty of water, and let your body catch up.*

That is why I put this little guide together. Inside, you will find a plain-English primer on what fiber is, how much adults commonly aim for, and a simple way to build up. Then comes the delicious part: four recipes, from creamy overnight oats to a chocolate raspberry chia pudding.

One note: if you have a digestive condition like IBS, Crohn's disease, or colitis, or you have had bowel surgery, please talk to your doctor before changing how much fiber you eat.

So tie on your apron, grab a pot, and let us get cooking.

Chef Jeff

Happy cooking!

THE BASICS

Fiber and Your Gut, Explained

So, what is fiber?

Fiber is the part of plant foods your body does not fully digest. It comes in two broad types: soluble fiber (in oats, beans, apples, and chia), which forms a gel, and insoluble fiber (in whole grains, nuts, and the skins of fruit and vegetables), which adds bulk. Most plant foods have a mix of both.

25–38 g
PER DAY
Typical adult guidance, depending on age and sex

A little
MORE EACH WEEK
Build up slowly so your body can adjust

Water
ALL DAY LONG
Fiber works best with plenty of fluids

Why the buzz about gut health?

Your gut is home to a large community of bacteria, and many of them feed on the fiber you eat. Many people also enjoy fermented foods like yogurt, kefir, kimchi, and sauerkraut. Research is still growing, so think of these as foods many people enjoy, not a cure for anything.

Foods to enjoy

Beans and lentils
Hearty and filling in soups, bowls, and tacos.

Oats and whole grains
Breakfasts and sides with real staying power.

Fruit and vegetables
Eat the colors, and keep the skins on when you can.

Nuts and seeds
A spoonful of chia, flax, or walnuts goes a long way.

YOUR GAME PLAN

How to Get Started

1. **Start where you are.**
   Notice about how much fiber you eat now. Most people do best adding just a few grams at a time.

2. **Add one new food at a time.**
   Try oats at breakfast one week, then add beans at lunch the next. Your body adjusts as you go.

3. **Drink water.**
   Fiber soaks up fluid, so keep a glass or bottle close through the day.

4. **Rinse your beans.**
   Rinse and drain canned beans, and start with small portions of beans and lentils.

5. **Try a fermented food.**
   Plain yogurt or kefir is an easy place to start. Check the label for live cultures and low added sugar.

Fiber Food Guide

Approximate grams of fiber

Lentils, cooked ½ cup	8 g
Black beans, cooked ½ cup	7 g
Raspberries 1 cup	8 g
Rolled oats, dry ½ cup	4 g
Chia seeds 1 tablespoon	4 g
Pear, with skin 1 medium	5 g
Broccoli, cooked 1 cup	5 g
Almonds 1 ounce	3–4 g

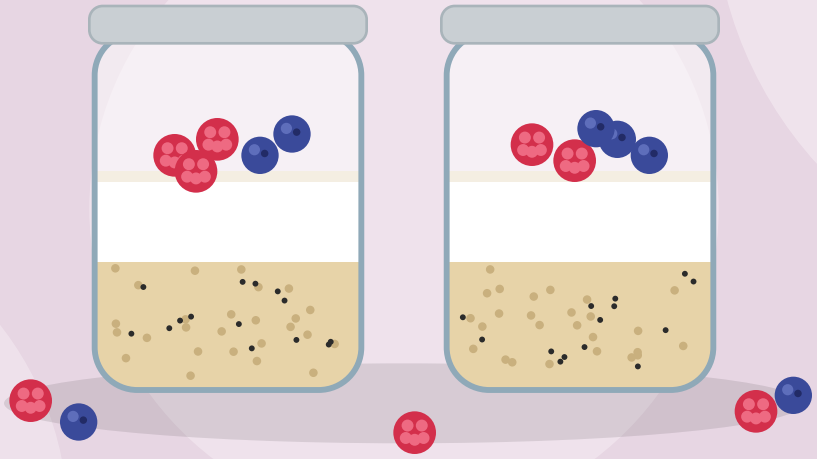
Approximate. Check labels, as brands vary.

Good to know

Needs vary by age, size, and health. If you have IBS, Crohn's disease, colitis, diverticulitis, celiac disease, kidney disease, diabetes, a history of bowel surgery or blockage, are pregnant, or take medication, check with your doctor or a registered dietitian before changing how much fiber you eat. This guide is general information, not medical advice.

RECIPE 1

BREAKFAST



PREP AHEAD

Overnight Oats with Chia and Berries

Creamy oats soaked overnight with chia, kefir, and juicy berries. Make it tonight and breakfast is ready.

PREP	CHILL	SERVES	CALORIES	FIBER
10 min	Overnight	2	~320	~9 g

Ingredients

- 1 cup old-fashioned rolled oats
- 1 tbsp chia seeds
- ¾ cup plain kefir or plain yogurt
- ½ cup milk of choice
- ½ cup raspberries
- ½ cup blueberries
- 1 tbsp honey or maple syrup
- ½ tsp vanilla extract
- Pinch of cinnamon

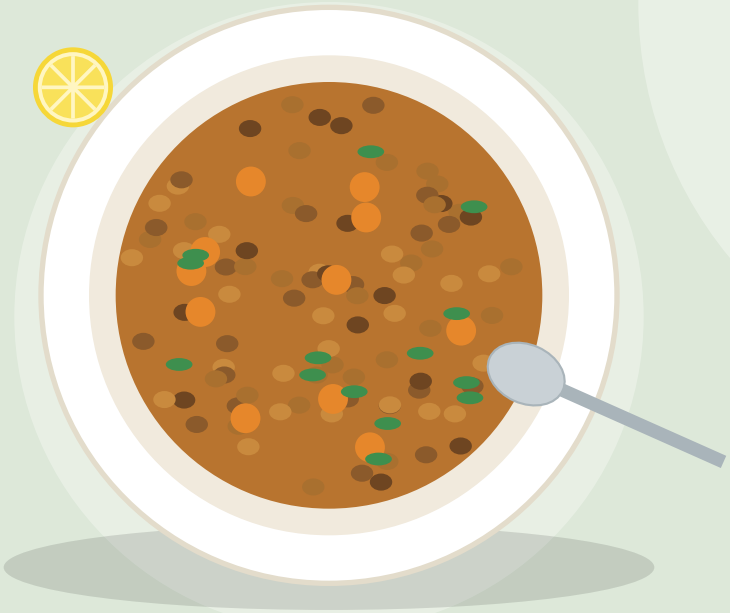
Method

1. Stir the oats, chia, kefir, milk, honey, vanilla, and cinnamon together in a bowl or two jars.
2. Cover and refrigerate for at least 6 hours or overnight.
3. Stir well in the morning. Add a splash of milk if it is too thick.
4. Top with the raspberries and blueberries.

Chef Jeff's Tip New to chia? Start with half a tablespoon and work up, and drink a glass of water with breakfast.

RECIPE 2

LUNCH



COZY AND FILLING

Lentil Vegetable Soup

A big pot of tender lentils, carrots, and spinach in a gently spiced broth. It freezes beautifully.

PREP	COOK	SERVES	CALORIES	FIBER
15 min	35 min	4	~225	~9 g

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 1 tsp ground cumin
- ¾ cup dry brown or green lentils, rinsed
- 1 can (14.5 oz) diced tomatoes
- 5 cups low-sodium vegetable broth
- 3 cups fresh spinach
- Juice of ½ lemon
- Salt and black pepper, to taste

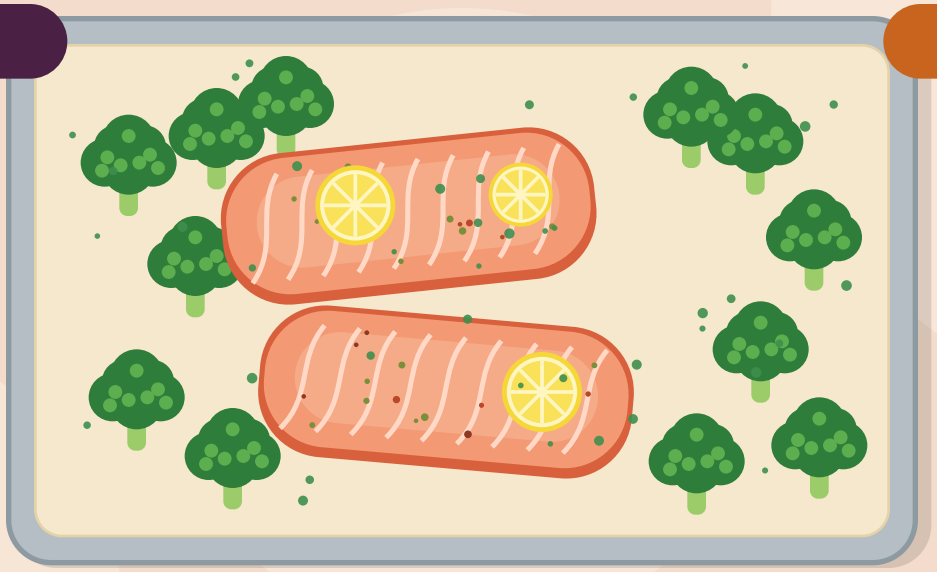
Method

1. Heat the oil in a large pot over medium heat. Cook the onion, carrots, and celery 6 to 8 minutes until soft. Add the garlic and cumin and cook 1 minute.
2. Stir in the lentils, tomatoes, and broth. Bring to a boil, then simmer partly covered 25 to 30 minutes, until the lentils are tender.
3. Stir in the spinach until wilted, then add the lemon juice, salt, and pepper.

Chef Jeff's Tip Serve with a slice of whole-grain toast. The soup keeps 4 days in the fridge or 3 months in the freezer.

RECIPE 3

DINNER



ONE PAN, ZERO FUSS

Sheet-Pan Salmon and Broccoli

Lemon-garlic salmon and crisp roasted broccoli on one pan, served over fluffy quinoa.

PREP	COOK	SERVES	CALORIES	FIBER
10 min	20 min	2	~560	~7 g

Ingredients

- 2 salmon fillets (about 5 oz each)
- 3 cups broccoli florets
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 lemon, half juiced, half sliced
- ½ tsp salt
- ¼ tsp black pepper
- ¾ cup dry quinoa (about 1½ cups cooked)
- Fresh parsley, to finish

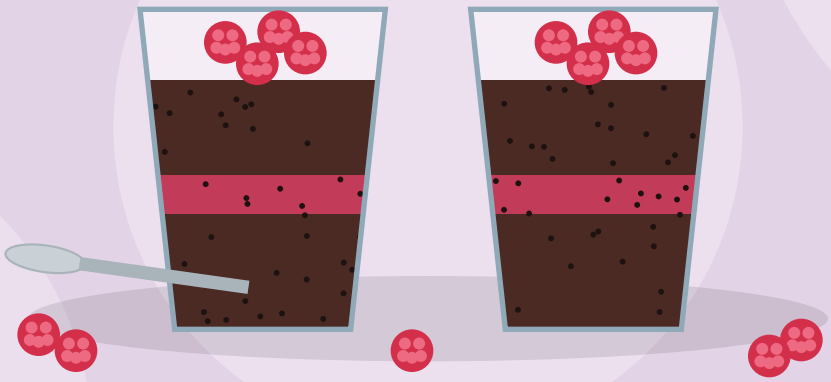
Method

1. Cook the quinoa according to the package. Heat the oven to 425°F (220°C) and line a sheet pan with parchment paper.
2. Toss the broccoli with half the oil, half the garlic, and a pinch of salt. Spread it on the pan and roast for 8 minutes.
3. Pat the salmon dry and rub with the remaining oil and garlic, the salt, and pepper. Push the broccoli aside, add the salmon skin side down, and top with lemon slices.
4. Roast 10 to 12 minutes more, until the salmon flakes easily (145°F / 63°C). Squeeze over the lemon juice and serve over the quinoa with parsley.

Chef Jeff's Tip Pat the salmon completely dry before seasoning. It helps the seasoning stick and gives the fish a better texture.

RECIPE 4

DESSERT



A SWEET, SPOONABLE TREAT

Chocolate Raspberry Chia Pudding

Rich chocolate chia pudding layered with fresh raspberries. Make it ahead and enjoy it all week.

PREP	CHILL	SERVES	CALORIES	FIBER
5 min	4 hrs	2	~140	~10 g

Ingredients

- 3 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1 tbsp unsweetened cocoa powder
- 1 tbsp maple syrup
- ½ tsp vanilla extract
- Pinch of salt
- ¾ cup raspberries

Method

1. Whisk the almond milk, cocoa, maple syrup, vanilla, and salt until smooth.
2. Stir in the chia seeds. Wait 5 minutes, then whisk again to break up any clumps.
3. Cover and chill for at least 4 hours or overnight, until thick.
4. Layer the pudding with the raspberries in two glasses.

Chef Jeff's Tip Chia is very high in fiber. If you are new to it, start with a half serving and drink water.

YOU DID IT

Thanks for cooking with me!

You now have the basics, a simple game plan, and four delicious recipes to get started. The best way of eating is the one you actually enjoy, so make these your own, swap in your favorite flavors, and have fun in the kitchen.

1. **Go slowly**
   Add fiber a few grams at a time.
2. **Drink water**
   Drink plenty as your fiber goes up.
3. **Mix it up**
   Beans, grains, fruit, veggies, nuts, and seeds.

More recipes and guides coming soon

Keep an eye on your inbox for new meal plans, cookbooks, and cooking guides from Chef Jeff.

Nutrition values are estimates and will vary with brands and portions. This guide is for general information and is not medical advice.

Questions? jeff@mydietchef.com • Instagram @mydietchef

Chef Jeff