

# Appendix B: Fibre Roadmap Companion Guide

## *An Expanded Resource for Step 4 of the Gut Rhythm Starter Plan*

Once you've cleared the backup and started to build supportive rhythms and routines, **you're ready to layer in fibre** — strategically.

**This companion guide is designed to walk you through Step 4: The Right Kind of Fibre & Diet** from the Gut Rhythm Starter Plan with added detail, food-based strategies, and tools to build tolerance and confidence with fibre.

### **We'll cover:**

- How to start with gentle soluble fibre
- How to avoid common fibre traps
- How to expand fibre diversity and microbiome resilience
- Low bloat recipes to get you started!

If you haven't completed Steps 1–3 of the Gut Rhythm Method (Clear-Out, Root Cause Clarity, Rhythms & Routines), I recommend starting there — they are essential to building fibre tolerance.

## **PART 1: Start with Gentle Soluble Fibre**

Soluble fibre forms a gel-like texture in your gut, helping soften stool, support motility, and feed beneficial microbes — without the scratchiness of insoluble fibre. This is your safest starting point post-clear-out or if you're still experiencing bloating, irregular BMs, or sluggish motility.

### **When to Start:**

- You've completed a laxative clear-out &/or are using them daily to support motility (Step 2)
- You're building daily gut rhythms and routines (Step 3)
- You're having a BM at least every 1–2 days and want to support more consistency

**Fibre only works if motility is supported. That's why we build up to it — not start with it.**

### **Key Principles:**

- Add 3–5g of fibre per week, max
- Hydrate generously (1.5–2.5L/day)
- Eat every 3–5 hours to support gut motility
- Focus on soft, cooked textures
- Maintain calm eating environments & eat slowly

# Low Bloat Soluble Fibre Cheat Sheet

A categorized guide of gentle, low-bloat soluble fibre foods. These are the best starting points when beginning fibre expansion:

## Nuts & Seeds

Food	Serving Size	Fibre (g)
Chia seeds	1 tbsp	5.5g
Ground flaxseeds	1 tbsp	2.8g
Hemp seeds	1 tbsp	1.2g
Psyllium husk	1 tsp	5.0g
Almond butter	1 tbsp	1.6g

## Grains

Food	Serving Size	Fibre (g)
Rolled oats (cooked)	1/2 cup	2.0g
Oat bran (cooked)	1/2 cup	3.0g
Quinoa (cooked)	1/2 cup	2.6g
Barley (pearled, cooked)	1/2 cup	3.0g
Steel cut oats (cooked)	1/2 cup	2.5g

## Fruits

Food	Serving Size	Fibre (g)
Kiwi	1 medium	2.1g
Banana	1 medium	3.1g
Applesauce (unsweetened)	1/2 cup	1.3g
Avocado	1/2 medium	5.0g
Orange	1 medium	3.1g

## Vegetables

Food	Serving Size	Fibre (g)
Carrots (cooked)	1/2 cup	2.3g
Zucchini (cooked)	1/2 cup	1.5g
Sweet potato (no skin)	1/2 cup	2.5g
Pumpkin (cooked)	1/2 cup	3.0g
Butternut squash (cooked)	1/2 cup	3.0g

## Legumes

Food	Serving Size	Fibre (g)
Lentils (rinsed, canned)	1/2 cup	2.3g
Hummus	1/2 cup	1.5g
Butter beans (soaked overnight, cooked)	1/2 cup	2.5g
Navy beans (soaked overnight, cooked)	1/2 cup	3.0g

# PART 2: Common Fibre Traps (And How to Avoid Them)

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So you've got your gentle fibre list, your starter recipes, and your strategy... but still feeling stuck, bloated, or like something's off? You might be falling into one of the most common fibre traps — and it's not your fault.

Most people with chronic constipation were never taught that how you add fibre matters just as much as what fibre you choose.

**Here's what often derails progress — and how to course correct:**

➔ **Adding too much fibre too quickly**

Start low and go slow — especially if your bowels have been sluggish. Even gentle fibre can overwhelm a system that's been backed up or hypersensitive. Most people tolerate an extra (over your baseline) 2–5g/week to start.

➔ **Expecting zero bumps**

Some gas and bloating is normal — especially if you've been under-eating or eating a low fibre diet. Keep your motility supported, eat calmly, and go slow.

➔ **Eating too many raw vegetables or high-insoluble fibre foods**

Foods that are high in insoluble fibre can be “rough” on the gut. Eliminate or start with very small amounts of these if your starting point of fibre is low (<15g/day) or if you're in a flare up/ Focus on soluble fibre.

➔ **Top high-insoluble fibre foods to cook or limit at first:**

- Raw kale, cabbage, broccoli, cauliflower
- Wheat bran
- Celery, corn, raw bell peppers
- Whole almonds (with skin), popcorn
- Kidney beans, navy beans, black beans, pinto beans & large amounts of lentils, and chickpeas (less than ¼ cup of canned lentils or chickpeas are often ok)

➔ **Eating when rushed, distracted, or stressed**

Digestion relies on your nervous system being calm. Pause before eating. Sit. Chew. Breathe. Meal hygiene matters.

## PART 2: Common Fibre Traps (Continued.)

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- ➔ **Layering fibre on top of a backed-up bowel**  
More fibre won't help if your bowels are full. It adds bulk to a system with nowhere to go. Revisit your reset strategies if no BM in 2–3 days.
- ➔ **Eating too much fibre in one sitting**  
Spread fibre throughout 3–4 meals. Large fibre loads at one time can overwhelm your gut.
- ➔ **Food fear or anxiety**  
Bloating fear leads to restriction, which worsens constipation. Rebuild trust with food gently. If fear is overwhelming, therapy may help.
- ➔ **Eating the same safe foods on repeat**  
Your gut needs variety. Once motility is steady, start adding more diverse plants (see next section).
- ➔ **Prebiotic powders too soon**
  - Prebiotic fibres like inulin, chicory, and FOS can cause bloating. Stick with real food first. Add supplements only when ready.





# PART 4: Low Bloat, Fibre-Friendly Recipes

Simple. Nourishing. Well-tolerated by most sensitive guts. These help you build fibre confidence.

## Chia Morning Jar (Makes 5 jars)

### Ingredients (per jar):

- 1.5 tbsp chia seeds (8.2g fibre)
- 1/4 cup rolled oats (2g fibre)
- 1/4 cup blueberries (1g fibre)
- 1/4 cup lactose-free milk
- 1/4 cup plain lactose-free Greek yogurt

### Instructions:

1. Mix ingredients in a mason jar.
2. Refrigerate overnight.
3. Top with sliced banana, nut butter, and optional granola or hemp seeds.

**Fibre: ~12–15g | Protein: ~20–25g**

## Mashed Sweet Potato & Egg Bowl

### Ingredients:

- 1/2 cup mashed cooked sweet potato (2.5g fibre)
- 1 tbsp hemp seeds (1g fibre)
- 1 poached egg
- Optional: sautéed zucchini/spinach, avocado

### Instructions:

1. Warm mash. Top with egg, hemp seeds, and extras.

**Fibre: ~4–6g | Protein: ~12–15g**

## Red Lentil & Carrot Soup

### Ingredients:

- 1/2 cup red lentils (7.8g fibre)
- 1/2 cup carrots (2g fibre)
- 1/4 cup canned pumpkin (2g fibre)
- 2 cups broth
- Olive oil, cumin, ginger, salt

### Instructions:

1. Simmer 20–30 mins until soft.
2. Blend smooth or leave chunky.

**Fibre: ~8–10g | Protein: ~12g**



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## Creamy Hummus Pasta

### Ingredients:

- 1/2 cup cooked gluten-free pasta
- 2 tbsp hummus (3.5g fibre)
- 1/4 cup steamed spinach
- 1/4 cup cooked carrots

### Instructions:

1. Stir hummus into warm pasta.
2. Add veg, season with lemon/salt.

**Fibre: ~6g | Protein: ~10–15g**



## Quinoa & Roasted Veg Bowl

### Ingredients:

- 1/2 cup cooked quinoa (2.6g fibre)
- 1/2 cup roasted carrots/zucchini/beets (2–4g fibre)
- 1 tbsp sunflower seeds (1g fibre)
- Olive oil + lemon juice

### Instructions:

1. Roast veg. Combine all.
2. Add chicken, egg, or hummus if desired.

**Fibre: ~6–8g | Protein: ~10–20g depending on additions**

## Final Thoughts: Fibre Tolerance Takes Time

- A little bloating is normal — your microbiome is shifting
- Fibre only works if motility is supported first
- Start slow, stay steady, and track your symptoms
- When added strategically, fibre becomes a foundation of gut resilience — not a trigger.
- You're not doing it wrong. You're just learning what your gut actually needs.