

RUCHI GURNANI · NUTRITIONIST

4 weeks to a high fibre plate



Fibermaxxing, the Indian way. One small change a week, so your stomach can keep up.

Swipe 👉

Read this first

Fibre is the part of plants your body cannot digest. It feeds the good bacteria in your gut and keeps the stomach moving. The aim is 25 to 35 grams a day. Most of us eat far less.

More fibre is good for you. Adding it fast is the problem. A sudden jump is what brings gas, bloating and cramps. So this plan adds one thing a week, and keeps everything from the weeks before.

CHECK WITH YOUR DOCTOR FIRST IF

You have IBS, a bowel disease, a recent stomach surgery, trouble swallowing, or a limit on how much water you may drink. The same if you take daily medicines and plan to use isabgol.

1

WHERE THE FIBRE IS

DAL, CHANA, RAJMA

The richest everyday source. About 12 grams of fibre in every 100 grams, weighed raw.

MILLETS

Bajra, jowar, ragi. About 7 grams in every 100 grams.

WHEAT AND RICE

About 6 grams in every 100 grams. Less once the bran is removed, as in maida and white rice.

LEAFY SABZI

About 2 grams in 100 grams. Good for you, but a bowl of salad is not where most of your fibre will come from.

WHAT THIS MEANS

Build the plate on dal and whole grains first. Sabzi and fruit add to it. Salad alone will not get you there.

2

WEEK 1 · FIX THE ATTA

- BUY** Atta with the chokar still in it. The bran is where the grain's fibre is.
- AT HOME** Do not sieve the atta before kneading. What stays in the sieve is the fibre.
- WATER** One extra glass of water a day, from today. Fibre needs water to do its work.
- NOTHING ELSE** Change only this for seven days. Let your stomach settle before the next step.

THE CHECK

No new gas or bloating by the end of the week? Move to week 2. If there is, stay here one more week.

3

WEEK 2 · ONE MORE KATORI OF DAL

- ADD** A katori of dal, chana, rajma or sprouts at the meal that has none today. For most people that is breakfast or dinner.
- SOAK** Soak rajma, chole and whole dals overnight. Throw that water away and cook them in fresh water till soft.
- START SMALL** Half a katori for the first three days, then a full one.
- IDEAS** Moong chilla for breakfast. Sprouts in poha. Chana in the sabzi. A bowl of dal with dinner.

KEEP

The atta from week 1, and the extra glass of water.

4

WEEK 3 · FRUIT AND SABZI

WHOLE FRUIT

One fruit a day, eaten whole. Wash it well and eat the skin where you can.

WHY THE SKIN

An apple with its skin has 2.4 grams of fibre in every 100 grams. Peeled, it has 1.3. Peeling loses about half.

SABZI

One sabzi at lunch and one at dinner. A full katori each time, not a spoon on the side.

4 PM

Roasted chana or a fruit in place of biscuits and namkeen.

KEEP

Whole atta, the extra dal, the water. Add a second extra glass this week.

5

WEEK 4 · BRING IN A MILLET

SWAP

Two or three times a week, make the roti from bajra, jowar or ragi in place of wheat.

EASY START

Mix half millet flour and half wheat atta. It rolls like a normal roti.

RICE DAYS

Eat the rice with a big katori of dal or rajma, and a sabzi. More dal than rice on the plate.

MAIDA

Bread, biscuits, noodles and naan made from maida have lost most of their fibre. Keep them for once in a while.

THE RULE

Still one change at a time. If a new food brings gas, make the portion smaller. Do not drop it.

6

A FULL FIBRE DAY

- BREAKFAST** Two moong chillas, or poha with sprouts and peas. One whole fruit.
- LUNCH** Two rotis from whole atta, a katori of dal or chana, a katori of sabzi, dahi.
- 4 PM** A handful of roasted chana, or a fruit with its skin.
- DINNER** A millet roti or a small portion of rice, a katori of dal or rajma, a katori of sabzi.

THROUGH THE DAY

Water with every meal and between meals.
Fibre at every meal, not all of it in one.

7

BLOATING AND ISABGOL

IF YOU BLOAT

Go back to the week before and stay there for two weeks. Then move forward again with smaller portions.

ISABGOL

It helps when food falls short, but it cannot replace food. Always take it with a full glass of water, never dry.

MEDICINES

Keep isabgol two hours away from any other medicine, before or after.

FOOD FIRST

Dal, whole grains, fruit and sabzi bring fibre along with protein, vitamins and minerals. A powder brings only fibre.

SEE A DOCTOR IF

Bloating comes with stomach pain, blood in the stool, weight loss you did not plan, or constipation that is new and lasts more than three weeks.

RUCHI GURNANI · NUTRITIONIST

Fibre is one part. Your plan is the rest.



I write that plan for you. Your reports, your routine, your family's food. Three plans of ten days each, so it changes as you change.

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