

HIGH FIBRE FOODS @kathryn_gray1



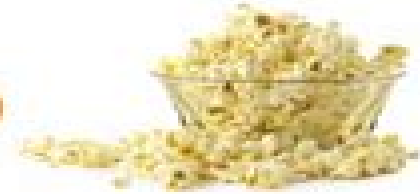
1 Small sweet potato
(100g) 3g fibre



100g green peas
5g fibre



30g almonds
3.5g fibre



30g popcorn
4g fibre



100g baked beans
4g fibre



100g raspberries
6.5g fibre



2 slices wholemeal
bread 5g fibre



60g avocado
4g fibre



100g chickpeas
(canned) 4.5g fibre



100g edamame/ soya
beans 5g fibre



30g bran flakes
5g fibre



15g chia seeds
5g fibre



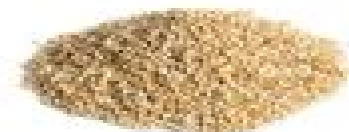
30g lentils (dry)
8g fibre



100g parsnip
5g fibre



60g wholewheat pasta
(dry) 5g fibre



60g quinoa (dry)
5g fibre

Recipe With 3 Grams Of Fiber

Puja Mehta



Recipe With 3 Grams Of Fiber:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Recipe With 3 Grams Of Fiber**

In some sort of inundated with displays and the cacophony of quick connection, the profound power and emotional resonance of verbal beauty frequently fade into obscurity, eclipsed by the continuous onslaught of noise and distractions. However, situated within the lyrical pages of **Recipe With 3 Grams Of Fiber**, a interesting perform of fictional elegance that impulses with organic feelings, lies an wonderful journey waiting to be embarked upon. Written by a virtuoso wordsmith, that exciting opus manuals viewers on an emotional odyssey, delicately exposing the latent potential and profound influence embedded within the elaborate web of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is main themes, dissect their captivating writing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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