



FIBER BINGO

5-DAY CHALLENGE

Mark off a square each time you complete one. Five in a row — across, down, or diagonal — is a Bingo!

SNEAK INTO BREAKFAST to kickstart your metabolism	DRINK 8+ CUPS OF WATER to help fiber move through easily	STIR INTO YOGURT to stay full for 3+ hours	EAT A FRUIT WITH THE SKIN ON for extra natural fiber	SNEAK INTO SCRAMBLED EGGS to steady your blood sugar
BLEND INTO A SMOOTHIE to boost nutrient absorption	TRY A NEW VEGETABLE to nourish your gut microbiome	SWAP WHITE CARBS FOR WHOLE GRAIN for steady energy	TUCK INTO A SANDWICH to stay full till dinner	READ A FOOD LABEL FOR FIBER to spot the best fuel
SPRINKLE ON A SALAD to better absorb nutrients	EAT BEANS OR LENTILS for heart-healthy plant fiber	FREE SQUARE SNEAKY SEEDS DAILY 10g fiber · 6g protein · 4g omega-3	SNACK ON NUTS OR FRUIT for a magnesium boost	MIX INTO PASTA SAUCE for a hidden omega-3 boost
EAT 3 SERVINGS OF VEGGIES for essential vitamins	HIDE IN MAC & CHEESE to sneak fiber past picky eaters	HIT 25G+ OF FIBER TODAY your daily target is 25–38g	ADD TO A BURGER to help lower cholesterol	DRINK WATER WITH EVERY MEAL to optimize absorption
STIR INTO SOUP for hidden fiber + protein	EAT THE RAINBOW TODAY for a range of nutrients	SPRINKLE ON ICE CREAM to balance the sugar load	CHOOSE A WHOLE-FOOD SNACK to skip the afternoon crash	ADD TO YOUR DINNER to help lower diabetes risk

REWARD

Post your Bingo win — get **\$5 off** your next order
Snap your sneakiest meal — tag **@sneaky.seeds**

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