

5 Easy Ways to Sneak Fiber into Meals

1 tablespoon of Sneaky Seeds = 5g of fiber

1



Yogurt

Stir in 1 tablespoon — mixed with nuts, cacao nibs, and berries.

2



Smoothie

Blend in 1 tablespoon with your protein powder.

Note: protein powder adds almost no fiber on its own.

3



Baking

Mix into the dry ingredients — bakes in invisibly, adds depth, not texture.

4



Sauces

Whisk in 1–2 tablespoons as it simmers, or sprinkle on top — disappears easily.

5



Sandwiches & Burgers

Mix into mayo, ketchup, or the burger meat itself — even on a fast-food burger.

Why Fiber Matters

- 💧 Tackles inflammation
- 🛡️ Supports colon health
- ☀️ Supports mental well-being
- 💧 Balances blood sugar
- 🧠 May help memory
- 🕒 Curbs hunger & cravings

The Sneaky Rule

- 🥄 Stir it in, or sprinkle it on.
- 💧 Start small, increase gradually — and DRINK PLENTY OF WATER.
- 🥗 Real food wins too — fruits, vegetables, whole grains, beans, nuts & seeds.

The goal is to make getting enough fiber easier.

www.sneakyseeds.com

Fiber keeps digestion moving, feeds your gut bacteria, and helps you feel fuller, longer. Most adults and kids get less than half of what they need each day — which shows up as sluggish digestion, energy dips, and constant snacking. One to two tablespoons of Sneaky Seeds per day is an easy way to close the fiber gap.