

# Fiber and Fluid Breakfast Builder

Build one repeatable constipation-first breakfast.

## Choose One Anchor

- oats
- tolerated cereal
- eggs plus fiber side
- lactose-free yogurt
- leftovers
- other:

## Add One Fiber Lever

- tolerated fruit
- oats or soluble-fiber grain
- measured seeds
- cooked vegetable side
- other:

## Pair With Fluid

- water
- warm drink
- tea
- coffee if tolerated
- broth or soup-style breakfast

## Keep the Signal Clean

Avoid changing these all at once:

- fiber amount
- coffee dose
- supplement
- protein powder
- fruit type
- breakfast time