

5 Sample High-Fiber Menus

Breakfast

Choose one of the following five high-fiber breakfasts each morning to get your day off to a healthy start.

	Foods	Fiber (g)	Calories	Fat	Carbohydrate	Protein
Breakfast 1	1/4 cup steel cut oats (add water) 1 cup plain Greek yogurt (non-fat) 1/2 cup fresh blueberries Coffee or tea	10 g	323	3 g	46 g	28 g
Breakfast 2	2 egg veggie scramble made with: <ul style="list-style-type: none"> • Non-fat cooking spray • 2 eggs • 2 cups raw spinach • 1/2 green pepper • 6 sliced shiitake mushrooms • 8 cherry tomatoes Coffee or tea	7 g	208	10 g	22 g	12 g
Breakfast 3	Strawberry flax smoothie made with: <ul style="list-style-type: none"> • 1 cup frozen strawberries • 2 tablespoons flaxseeds • 1 cup almond milk or nonfat milk Coffee or tea	10 g	329	2.7 g	37 g	12 g
Breakfast 4	Nutty granola made with: <ul style="list-style-type: none"> • 1/2 cup plain granola • 1/2 ounce almonds • 1/2 ounce pecans • 1/2 apple, chopped 1/2 cup nonfat milk or almond milk Coffee or tea	9 g	420	9.5 g	58 g	10 g
Breakfast 5	2 eggs, scrambled 1 slice bacon 2 slices toast made from Ezekiel 4:9 bread 2 tablespoons reduced sugar strawberry preserves 1/2 grapefruit Coffee or tea	9 g	440	12 g	41 g	34 g

Lunch

Choose one of the following five lunches each day.

	Food	Fiber	Calories	Fat	Carbohydrates	Protein
Lunch 1	<p>Turkey avocado sandwich made with:</p> <ul style="list-style-type: none"> • 2 slices Ezekiel 4:9 bread • 2 teaspoons Dijon mustard • 3 ounces deli turkey • 1/2 tomato, sliced • 1/2 avocado, sliced <p>1 orange</p>	18 g	485	15 g	61 g	19 g
Lunch 2	<p>1 steamed artichoke - leaves and heart</p> <p>2 tablespoons low-fat ranch dressing</p> <p>2 hard boiled eggs</p> <p>1 apple</p>	13 g	402	14 g	52 g	17 g
Lunch 3	<p>Hummus and veggie pita made with:</p> <ul style="list-style-type: none"> • 1/2 whole wheat pita • 4 tablespoons prepared hummus • 1/2 red pepper, sliced • 2 leaves kale, chopped • 5 cherry tomatoes, halved <p>1 banana</p>	10 g	345	20 g	64 g	11 g
Lunch 4	<p>Taco salad made with:</p> <ul style="list-style-type: none"> • 2 cups romaine lettuce • 3 ounces lean ground beef with taco seasoning • 2 tablespoons salsa • 1/2 avocado, sliced • 1/4 cup kidney beans • 2 scallions, sliced • 2 tablespoons low-fat ranch dressing 	14.5 g	448	24 g	31 g	33 g
Lunch 5	<p>Stuffed baked potato made with:</p> <ul style="list-style-type: none"> • 1 whole potato (skin and flesh) • 2 ounces broccoli, steamed • 1 ounce cheddar cheese • 2 tablespoons low-fat ranch dressing • 2 slices bacon, crumbled <p>1 pear</p>	8	460	17 g	61 g	17 g

Dinner

Choose one of the following high-fiber dinners each day.

	Food	Fiber	Calories	Fat	Carbohydrates	Protein
Dinner 1	Salad made with: <ul style="list-style-type: none"> • 1 cup romaine lettuce • 1 cup spinach • 2 carrots, sliced • 10 cherry tomatoes, halved • Low-fat salad dressing 3 ounces grilled ribeye steak, trimmed 1/2 cup brown rice 6 spears of steamed asparagus	11 g	428 g	15 g	42 g	34 g
Dinner 2	Burrito made with: <ul style="list-style-type: none"> • 1 whole wheat tortilla • 1 ounce cheddar cheese • 1/2 cup mashed black beans • 2 tablespoons guacamole • 2 tablespoons salsa 1/2 cup corn sauteed with 1/2 chopped red pepper	12.5 g	488	17 g	73 g	22 g
Dinner 3	Quinoa salad made with: <ul style="list-style-type: none"> • 1/2 cup cooked quinoa • 1/2 chopped green pepper • 1/2 chopped yellow pepper • 1/2 chopped green pepper • 3 scallions • 2 stalks chopped celery 3 ounces grilled chicken breast 1 cup steamed broccoli	10 g	338	5 g	42 g	35 g
Dinner 4	Cesar salad made with: <ul style="list-style-type: none"> • 2 cups romaine lettuce • 2 tablespoons parmesan cheese • 2 tablespoons low-fat Cesar dressing Spaghetti with meat sauce made with: <ul style="list-style-type: none"> • 1 cup whole wheat spaghetti • 1 cup tomato sauce 	13 g	521	17.5 g	61 g	27 g

	<ul style="list-style-type: none"> 3 ounces cooked Italian sausage 					
Dinner 5	3 ounces grilled salmon 1 cup wild rice 1 cup cooked green beans Caperese salad made with: <ul style="list-style-type: none"> 1 ounce fresh mozzarella 1 whole tomato, sliced 1/4 cup basil, chopped 1 tablespoon pine nuts 	9.5 g	490	16 g	48 g	40 g

Snacks

Choose one or two of the following high-fiber snacks daily.

	Foods	Fiber	Calories	Fat	Carbohydrates	Protein
Snack 1	2 tablespoons almond butter 2 stalks celery 1 mini box raisins	4 g	254	19 g	24 g	8 g
Snack 2	2 ounces almonds	7 g	326	28 g	12 g	12 g
Snack 3	10 baby carrots 4 tablespoons prepared hummus	5 g	160	10 g	16 g	5 g
Snack 4	7 reduced fat Triscuit crackers 1/2 avocado, sliced	11 g	260	15.5 g	31 g	6 g
Snack 5	Medium apple, sliced 1 tablespoon peanut butter	6.5 g	210	8 g	34 g	4 g
Snack 6	2 tablespoons chopped walnuts 1 cup blueberries 1/2 cup nonfat plain Greek yogurt	5 g	276	10 g	29 g	21 g
Snack 7	2 fat-free Fig Newtons	2 g	200	0 g	23 g	1 g
Snack 8	1/2 cup canned chili with beans	6 g	145	7 g	15 g	7 g
Snack 9	1 baked sweet potato	4 g	104	0 g	24 g	2.5 g
Snack 10	1 ounce sunflower seeds	3 g	165	14 g	6.8 g	5.5 g