

| Day 1 - 27.5g Total Fiber | | Grams of Fiber |
|---|--|----------------|
| Breakfast: Southwest Tofu Scramble (12.6g) | 8 oz tofu | 1.2 |
| | ½ cup black beans | 9.0 |
| | ¼ cup onion | 0.7 |
| | ½ cup bell peppers | 0.9 |
| | ¼ cup grated carrots | 0.8 |
| Lunch: Honey Lime Salmon Bowl (7.9g) | 4 ½ oz salmon | 0.0 |
| | ½ avocado | 6.7 |
| | ½ cup chopped cucumber | 0.5 |
| | ¼ cup scallions | 0.6 |
| | ¼ cup cilantro | 0.1 |
| Dinner: Sheet Pan Ranch Chicken and Broccoli (7g) | 1 cup broccoli | 5.1 |
| | ½ cup potatoes (with skin) | 1.3 |
| | 4 oz “breaded” chicken (fiber from the almond flour) | 0.6 |

| Day 2 - 27.5g Total Fiber | | Grams of Fiber |
|--|-----------------------------|----------------|
| Breakfast: Berry and Flax Smoothie (13g) | 1 cup almond milk | 0.0 |
| | 1 cup frozen blueberries | 3.8 |
| | ½ cup raspberries | 3.0 |
| | 2 Tbsp flax seeds | 4.9 |
| | 1 Tbsp tahini | 1.3 |
| | 1 scoop whey protein powder | 0.0 |
| Lunch: White Bean and Sausage Skillet (5.9g) | ½ cup cannellini beans | 5.0 |
| | 1 cup kale | 0.9 |
| | 4 oz smoked sausage | 0.0 |
| Dinner: Basil Pesto Chicken and Veggies (8.6g) | ¾ cup broccoli | 3.9 |
| | ¾ cup cauliflower | 2.1 |
| | ¾ oz sundried tomatoes | 2.6 |
| | 4 oz chicken | 0.0 |

| Day 3 - 32.2g Total Fiber | | Grams of Fiber |
|---|-----------------------|----------------|
| Breakfast: Overnight Oats with Chia Seeds (12.9g) | ¼ cup rolled oats | 2.1 |
| | 2 Tbsp chia seeds | 6.9 |
| | ½ mango | 1.8 |
| | 1 kiwi | 2.1 |
| Lunch: Roasted Red Pepper Salad (7.4g) | ½ cup red bell pepper | 0.9 |
| | ¼ cup onion | 0.7 |
| | ½ cup chickpeas | 4.9 |
| | 2 cups mixed greens | 0.9 |
| | 4 oz chicken | 0.0 |
| Dinner: Sheet Pan Tempeh and Broccoli (11.9g) | 4oz tempeh | 4.2 |
| | 1 cup broccoli | 5.1 |
| | ½ cup red bell | 0.9 |
| | 1 Tbsp sesame seeds | 1.1 |
| | 1 sliced green onion | 0.6 |

| Day 4- 32.3g Total Fiber | | Grams of Fiber |
|---|--------------------------------|----------------|
| Breakfast: Seed and Berry Yogurt Bowl (10.5g) | 1 cup plain Greek yogurt | 0.0 |
| | 1 cup raspberries | 8.0 |
| | 2 Tbsp hemp seeds | 1.5 |
| | 2 Tbsp pumpkin seeds | 1.0 |
| Lunch: Sheet Pan Roast Chicken Dinner (8.7g) | 4 oz chicken | 0.0 |
| | ¾ cup roasted Brussels sprouts | 4.3 |
| | ½ cup sweet potato | 2.9 |
| | ½ cup onion | 1.5 |
| Dinner: Miso Glazed Salmon Salad (13.1g) | 1 ½ cups kale | 1.3 |
| | ½ avocado | 6.7 |
| | ¼ cup walnuts | 1.5 |
| | 4 ½ oz salmon | 0.0 |
| | 1 cup blueberries | 3.6 |

| Day 5 - 35.7g Total Fiber | | Grams of Fiber |
|---|----------------------|----------------|
| Breakfast: Fisherman's Eggs (5.6g) | ¾ cup chopped onion | 2.2 |
| | 1 cup chopped tomato | 2.2 |
| | 1 ½ cups baby greens | 1.2 |
| | 1 can sardines | 0.0 |
| | 2 eggs | 0.0 |
| Lunch: Simple Avocado Chicken Bowl (17.7g) | 4 oz chicken | 0.0 |
| | ½ cup black beans | 9.0 |
| | ½ avocado | 6.7 |
| | ½ cup diced tomato | 1.1 |
| | ¼ cup cucumber | 0.2 |
| | ¼ cup onion | 0.7 |
| Dinner: Chicken Lentil Soup (12.4g) | 1 serving | 12.4 |