

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 - 35.7 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

Day 5 - 36.3g Total Fiber		Grams of Fiber
Breakfast: <u>Seed and Berry Yogurt Bowl</u> (14.5g)	1 cup plain Greek yogurt	0.0
	1 cup raspberries	8.0
	2 Tbsp hemp seeds	5.5
	2 Tbsp pumpkin seeds	1.0
Lunch: <u>Sheet Pan Roast Chicken Dinner</u> (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: <u>Miso Glazed Salmon Salad</u> (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