

7 – Day High Fiber *Meal Plan*

FUEL YOUR BODY WITH FIBER FOR BETTER DIGESTION,
LONG-LASTING FULLNESS, AND OVERALL HEALTH



Welcome

This 7-day high-fiber meal plan was designed with real life in mind — whether you're juggling a busy schedule, trying to stay healthy, or just want to feel more satisfied and energized after meals.

Each day includes **3 balanced meals** — breakfast, lunch, and dinner with a focus on whole foods and fiber-rich ingredients that support digestion, blood sugar balance, and overall health.



How It Works

COOK ONCE, EAT TWICE:

To save you time and reduce prep, breakfast and dinner recipes are designed to make **2 servings**. That means you'll cook once and eat the same meal for two days – Monday/Tuesday, Wednesday/Thursday, and Friday/Saturday.

Only Sunday features single-serve meals for a little extra flexibility or variety.

You'll enjoy a rotation of flavorful meals with a mix of proteins like eggs, tofu, salmon, lentils, ground beef, and chickpeas, along with plenty of vegetables, whole grains, and healthy fats.

All carefully selected to provide at least 30g of fiber per day!

Monday & Tuesday



Breakfast

Strawberries & Cream Overnight Oats

Fiber per serving: 9–10 grams



Lunch

Lentil soup with whole grain bread & side salad

Fiber per serving: 12 grams



Dinner

Grilled salmon, quinoa, and cucumber, broccoli, and grape tomatoes.

Fiber per serving: 10 grams



High-Fiber Strawberry Overnight Oats



PREP TIME:
10 min



TOTAL TIME:
10 min



SERVINGS:
2

INGREDIENTS:

- 1 cup old-fashioned oats
- 1 cup unsweetened almond milk (or milk of choice)
- ¼ cup water (optional, for texture)
- ½ cup strawberry Greek yogurt
- 1 ½ Tbsp chia seeds
- 1 cup diced strawberries (fresh or frozen)
- 1 Tbsp ground flaxseed
- Optional: 1 scoop vanilla protein powder

INSTRUCTIONS

1. In a medium bowl or two jars, combine oats, milk, yogurt, chia seeds, flaxseed, and strawberries.
2. Stir well to combine. Add protein powder if using.
3. Cover and refrigerate overnight (or at least 4 hours).
4. In the morning, give it a good stir and add extra milk if desired. Enjoy cold or slightly warmed.



Lentil Soup with Whole Grain Bread



PREP TIME:
10 min



TOTAL TIME:
40 min



SERVINGS:
2

INGREDIENTS:

- 1 tsp olive oil
- ½ small onion, diced
- 1 medium carrot, diced
- 1 celery stalk, diced
- 1 garlic clove, minced
- ½ cup dry brown or green lentils, rinsed
- 2 cups low-sodium vegetable broth
- ½ cup water
- ½ tsp cumin
- ¼ tsp smoked paprika
- Salt & black pepper, to taste
- Juice of ¼ lemon (optional)
- 2 slices whole grain bread (1 per serving)

INSTRUCTIONS

1. In a medium saucepan, heat olive oil over medium heat.
2. Add onion, carrot, and celery. Cook for 5–7 minutes until softened.
3. Stir in garlic, cumin, and paprika. Cook 1 minute.
4. Add lentils, broth, and water. Bring to a boil, then reduce heat and simmer 25–30 minutes, or until lentils are soft.
5. Season with salt, pepper, and a splash of lemon juice if using.
6. Serve hot with 1 slice of whole grain bread per bowl.



Salmon, Quinoa, and Veggies



PREP TIME:
10 min



TOTAL TIME:
30 min



SERVINGS:
2

INGREDIENTS:

- 2 salmon fillets (4–6 oz each)
- 1 tsp olive oil
- Salt, pepper, garlic powder, lemon juice to taste
- 1 cup cooked quinoa (from $\frac{1}{2}$ cup dry) (~5g fiber total)
- 1 heaping cup broccoli florets (~4g fiber)
- $\frac{1}{2}$ cup grape tomatoes, halved (~1g fiber)
- $\frac{1}{2}$ cup sliced cucumber (~0.5g fiber)

Optional for extra fiber:

- 1 Tbsp ground flax or hemp seeds sprinkled on quinoa (~2g fiber)

INSTRUCTIONS

1. Rinse $\frac{1}{2}$ cup dry quinoa. Combine with 1 cup water in a small pot. Bring to a boil, then reduce to low, cover, and simmer for 15 minutes. Fluff with a fork.
2. Steam or roast the broccoli for 5–6 minutes until tender-crisp, or roast at 400°F with olive oil and a pinch of salt for 20 minutes.
3. Brush salmon fillets with olive oil, season with salt, pepper, and garlic powder. Grill or pan-sear over medium heat for 4–5 minutes per side, or until cooked through. Squeeze with lemon juice at the end.
4. Divide quinoa between two plates. Top with salmon, add veggies. Sprinkle with flax or hemp seeds if using.

Wednesday & Thursday



Breakfast

Veggie Egg Scramble with Whole Grain Toast & Avocado

Fiber per serving: 10 grams



Lunch

White Bean & Kale Soup

Fiber per serving: 11 grams



Dinner

Tofu Stir-Fry with Brown Rice

Fiber per serving: 10 grams



Veggie Egg Scramble with Whole Grain Toast & Avocado



PREP TIME:
5 min



TOTAL TIME:
10 min



SERVINGS:
2

INGREDIENTS:

- 4 large eggs
- 1 cup baby spinach (~1g fiber)
- ½ cup diced bell peppers (~1g fiber)
- ½ cup chopped mushrooms (~0.5g fiber)
- 1 tsp olive oil
- Salt & pepper to taste
- 2 slices whole grain bread (~3–4g fiber total)
- ½ avocado, sliced (~5g fiber total)

INSTRUCTIONS

1. Heat olive oil in a skillet over medium heat.
2. Add bell peppers and mushrooms. Sauté 3–4 minutes until softened.
3. Add spinach and stir until wilted (about 1 minute).
4. Crack in the eggs and scramble with veggies. Cook until set.
5. Toast the whole grain bread and top each slice with avocado.
6. Serve scramble alongside the toast for a balanced, fiber-rich breakfast.



White Bean Kale Soup



PREP TIME:
5 min



TOTAL TIME:
10 min



SERVINGS:
2

INGREDIENTS:

- 1 Tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 2 cups chopped kale (~3g fiber)
- 1 (15 oz) can white beans, rinsed and drained (~10g fiber total)
- 3 cups low-sodium vegetable broth
- ½ tsp dried thyme
- Salt & black pepper, to taste
- Optional: 1 slice whole grain toast per person (adds ~3g fiber)

INSTRUCTIONS

1. In a pot, heat olive oil over medium heat. Add onion and cook for 4–5 minutes, until soft.
2. Stir in garlic and thyme. Cook for 1 minute.
3. Add kale, white beans, and broth. Bring to a boil.
4. Reduce heat and simmer for 10–15 minutes. Season to taste.
5. Serve hot, with optional whole grain toast on the side.



Tofu Stir-Fry with Brown Rice



PREP TIME:
5 min



TOTAL TIME:
10 min



SERVINGS:
2

INGREDIENTS:

- 1 cup cooked brown rice (~3g fiber)
- ½ block firm tofu (about 7 oz), cubed
- 1 cup broccoli florets (~2.5g fiber)
- ½ cup shredded carrots (~1.5g fiber)
- ½ bell pepper, sliced (~1g fiber)
- 1 Tbsp low-sodium soy sauce
- 1 tsp sesame oil
- 1 garlic clove, minced
- ½ tsp grated fresh ginger (or ground)

INSTRUCTIONS

1. Heat sesame oil in a large skillet or wok over medium heat. 2. Stir in garlic and thyme. Cook for 1 minute.
2. Add tofu cubes and cook until golden on each side (about 6–8 minutes). Remove and set aside.
3. In the same pan, sauté garlic and ginger for 1 minute.
4. Add broccoli, carrots, and bell pepper. Stir-fry for 5–6 minutes, until crisp-tender.
5. Return tofu to the pan. Add soy sauce and stir to coat.

Friday & Saturday



Breakfast

High-Fiber Yogurt Parfait with Berries & Bran

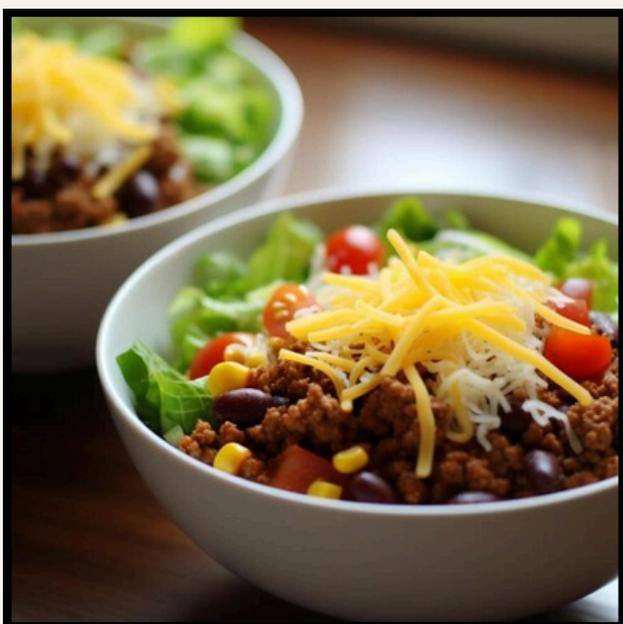
Fiber per serving: 10 grams



Lunch

Stuffed Bell Peppers

Fiber per serving: 10 grams



Dinner

Roasted Sweet Potato, Black Bean & Ground Beef Bowls

Fiber per serving: 11-12 grams



Yogurt Parfait with Berries & Bran



PREP TIME:
5 min



TOTAL TIME:
5 min



SERVINGS:
2

INGREDIENTS:

- 1½ cups plain Greek yogurt
- ½ cup high-fiber bran cereal (like All-Bran or Fiber One) (~7–9g fiber)
- 1 cup mixed berries (blueberries, raspberries, blackberries) (~4g fiber)
- 2 Tbsp ground flaxseed (~4g fiber total)
- Optional: drizzle of honey or maple syrup

INSTRUCTIONS

1. In two jars or bowls, layer Greek yogurt, bran cereal, and berries.
2. Sprinkle 1 Tbsp flaxseed over each.
3. Add a small drizzle of honey or syrup if desired.



Stuffed Bell Peppers



PREP TIME:
5 min



TOTAL TIME:
35-40 min



SERVINGS:
2

INGREDIENTS:

- 2 large bell peppers, halved and seeds removed (~3g fiber total)
- $\frac{3}{4}$ cup cooked brown rice (~2g fiber)
- $\frac{1}{2}$ cup cooked lentils or black beans (~6–7g fiber)
- $\frac{1}{4}$ cup corn (fresh, canned, or frozen) (~1g fiber)
- $\frac{1}{4}$ cup diced tomatoes (canned or fresh) (~1g fiber)
- 1 tsp chili powder
- $\frac{1}{2}$ tsp garlic powder
- Salt and pepper, to taste
- Optional toppings:
 - 2 Tbsp shredded cheese (optional)
 - $\frac{1}{4}$ avocado, sliced (~2.5g fiber total)

INSTRUCTIONS

1. Preheat oven to 375, Place pepper halves cut-side up in a baking dish. Roast for 15–20 minutes until slightly tender.
2. In a bowl, mix cooked brown rice, lentils or beans, corn, diced tomatoes, chili powder, garlic powder, salt, and pepper.
3. Remove peppers from the oven. Spoon filling into each half, pressing down gently. Top with shredded cheese, if using.
4. Return stuffed peppers to the oven for another 10–15 minutes, until heated through and cheese is melted.
5. Just before serving, top each pepper with sliced avocado for extra creaminess and fiber.



Roasted Sweet Potato, Black Bean & Ground Beef Bowls



PREP TIME:
10 min



TOTAL TIME:
40 min



SERVINGS:
2

INGREDIENTS:

- 1 medium sweet potato, diced (~4g fiber)
- 1 Tbsp olive oil
- ½ tsp cumin
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- Salt & pepper to taste

For the skillet:

- ½ lb lean ground beef (90% or leaner)
- ½ cup canned black beans, rinsed (~4g fiber)
- ½ cup corn (fresh, canned, or frozen) (~1g fiber)
- ¼ cup diced red onion (optional)
- ½ tsp chili powder
- ½ tsp cumin
- Juice of ½ lime

INSTRUCTIONS

1. Preheat oven to 400°F, Toss diced sweet potato with olive oil, cumin, paprika, garlic powder, salt, and pepper. Spread on a baking sheet and roast for 25–30 minutes, flipping halfway, until golden and tender.
2. In a skillet over medium heat, cook ground beef until browned (about 7–8 minutes). Drain excess fat if needed.
3. Stir in black beans, corn, onion (if using), chili powder, cumin, and lime juice. Heat through and season to taste.
4. Assemble bowls, Add romaine or spinach and any toppings like avocado or salsa.

Sunday



Breakfast

Veggie Breakfast Burrito

Fiber per serving: 10 grams



Lunch

Mediterranean Grain Bowl

Fiber per serving: 10 grams



Dinner

Veggie Stir-Fry with Brown Rice & Edamame

Fiber per serving: 12 grams



Veggie Breakfast Burrito



PREP TIME:
5 min



TOTAL TIME:
12 min



SERVINGS:
1

INGREDIENTS:

- 1 large whole grain tortilla (~5g fiber)
- 2 large eggs, scrambled
- ¼ cup black beans (~3g fiber)
- ¼ cup sautéed bell peppers & spinach (~2g fiber)
- 1 Tbsp salsa
- Optional: sprinkle of cheese or avocado

INSTRUCTIONS

1. Sauté peppers and spinach in a nonstick pan.
2. Scramble in the eggs, then stir in black beans to heat.
3. Spoon into tortilla, add salsa, and wrap into a burrito.



Mediterranean Grain Bowl



PREP TIME:
10 min



TOTAL TIME:
20 min



SERVINGS:
1

INGREDIENTS:

- ½ cup cooked farro or quinoa (~2.5–3g fiber)
- ½ cup chickpeas (~6g fiber)
- ½ cup chopped cucumber (~0.5g fiber)
- ¼ cup cherry tomatoes (~0.5g fiber)
- 1 Tbsp hummus
- 1 tsp olive oil + lemon juice
- Salt, pepper, oregano to taste
- 3oz cooked chicken breast

INSTRUCTIONS

1. Combine farro, chickpeas, cucumber, and tomatoes in a bowl.
2. Drizzle with olive oil and lemon juice. Add hummus on top.
3. Sprinkle seasonings, add chicken, and gently toss.



Veggie Stir-Fry with Brown Rice & Edamame



PREP TIME:
5 min



TOTAL TIME:
12 min



SERVINGS:
1

INGREDIENTS:

- $\frac{3}{4}$ cup cooked brown rice (~2.5g fiber)
- $\frac{1}{2}$ cup shelled edamame (~4g fiber)
- $\frac{1}{2}$ cup broccoli florets (~2g fiber)
- $\frac{1}{4}$ cup shredded carrots (~1g fiber)
- $\frac{1}{4}$ cup sliced bell peppers (~1g fiber)
- 1 tsp sesame oil or olive oil
- 1 Tbsp low-sodium soy sauce
- Optional: sprinkle of sesame seeds
- 4oz tofu or chicken

INSTRUCTIONS

1. In a pan, heat oil and stir-fry all veggies and edamame until tender.
2. Add soy sauce and stir to coat
3. Air fry or pan fry tofu or chicken
4. Serve over brown rice and top with sesame seeds if desired.