

30 Day High Fiber Diet Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	1	2	3	4	5	6	7
Breakfast	Water, High Fiber Cereal	Water, Cereal, Fruit	Water, Cereal, Fruit	Eggs, Cereal, Juice	Water, Cereal, Banana	High Fiber Cereal	Take a break today!
Snack	You choose	Kind Bar	You choose/yogurt	You choose	Apple	Greek Yogurt mixed with fruit	Dont forget to exercise!
Lunch	You choose	You choose	You choose	Tuna Fish	Sandwich W/ High Fiber Bread	Sandwich W/ High Fiber Bread	Or go for a walk!
Snack	Pistachios	Nuts	Almonds	Fiber Bar	Nuts If feeling good!	Pistachios/Any nut	Great Job this week!
Dinner	You choose	You choose	You choose	You choose	You choose	You choose, but aim for a light dinner	Keep it up!
Week 2	8	9	10	11	12	13	14
Breakfast	Breakfast Bar/Fruit	Smoothie	You choose	High fiber cereal	Omelette/toast	You choose	Take today off!
Snack	Fruit	You choose	Fruit and Yogurt	Pick an awesome fruit	You Choose	High fiber vegetable	Keep working at it!
Lunch	Sandwich on high fiber bread	Tuna fish	Turkey on high fiber bread	Sandwich on a high fiber roll	You Choose/Sandwich	You Choose	How do you feel so far?
Snack	Any nut or seed	Popcorn	Pistachios/almonds	Nuts	Fruit/nuts	Fruit/nuts	
Dinner	Chili	Chili/you choose	Chili and salad	Chili/you choose	Wheat pasta and salad	Chili or leftover pasta	
Week 3	15	16	17	18	19	20	21
Breakfast	High fiber cereal or granola	WATER and granola	Oatmeal	Water/oatmeal	Oatmeal	Oatmeal	Take today off!
Snack	You choose	You Choose	Fruit	Nuts/yogurt/granola	You choose	Yu choose	Eat what you want within reason!
Lunch	Chili	Sandwich W/ High Fiber Bread	Chili	You Choose	Sandwich W/ High Fiber Bread	Sandwich W/ High Fiber Bread	Go for a long walk
Snack	Nuts	Nuts	Nuts	Popcorn	Greek yogurt/chocolate covered almonds	Flavored Almonds	
Dinner	Wheat pasta	Wheat pasta/chili/salad	Wheat pasta/salad	Wheat pasta/chili	Fish tacos with wheat wrap	Chili/wheat pasta	
Week 4	22	23	24	25	26	27	28
Breakfast	Oatmeal or cereal	High Fiber Cereal	Oatmeal	Oatmeal/cereal	Bran flakes/other cereal	High fiber cereal with banana	You can take a break today
Snack	Fruit/yogurt	Smoothie with fruit	Nuts/fruit	You choose	Fruit/nuts	Fruit or nuts	Take a nice long walk
Lunch	Chilli and an apple	Chili	Sandwich W/ High Fiber Bread	Chili	Sandwich W/ High Fiber Bread	Sandwich W/ High Fiber Bread	And enjoy your day!
Snack	Fruit and nuts	Any fruit or Nuts	You choose	Fruit/popcorn	You choose	You choose	
Dinner	Wheat Pasta/salad	You Choose	Wheat pasta/chili	Fish	Chili	Chili	
Final two Days	29	30					
Breakfast	UP TO YOU!!	UP TO YOU!!					
Snack							
Lunch							
Snack							
Dinner							