

30 Day High Fiber Diet Shopping List

- 1) This list is for 1 person. If you are shopping for multiple people adjust accordingly.
- 2) It does not cover every single meal, as I have left several meals up to your choice.
- 3) The Key is as follows:
 - a) **RED** is for Chili items.
 - b) **BLUE** is for Smoothie Items.
 - c) **GREEN** is for items that are new to the diet!
 - d) **ORANGE** is for items that you only need to purchase once for the month as they should last you quite awhile.
 - e) **BLACK** items are ones you have purchased before.
- 4) Scroll down to find the lists, and GOOD LUCK!

Week 1:

Food Item	Amount	CHECK IT OFF
Pistachios/Almonds or nuts of any variety	1 bag	
High Fiber Cereal	1 or 2 boxes	
Milk (You choose the type)	1 Gallon	
Apple	1 bag	
Bananas	1 bunch	
Kind Bars (You choose the variety) Or a different high fiber bar	5 bars	
Greek Yogurt (Or normal yogurt)	1 tub	
Eggs	1 carton	
Tuna Fish	2 cans	
High Fiber Sandwich Bread (check labels and pick out a bread you might like)	1 bag	
Turkey slices	1 pound or one container full	

Week 2:

Food Item	Amount	CHECK IT OFF
Breakfast bar or fiber bar	5 bars	
Apples, Bananas, and Other fruit	1 bag, 1 bunch	
Turkey slices	1 pound or one small container	
Pistachios/Almonds/Seeds	1 bag	
High Fiber Bread	1 bag	
Milk	1 Gallon	
Diced canned tomatoes	2 cans	
Red kidney beans	1 can	
Navy beans	1 can	
Black beans	1 can	
Pinto beans	1 can	
Spices: Garlic Powder, oregano, cumin, chili powder, salt, pepper, etc	1 container	
Greek Yogurt	1 tub	
Frozen Blueberries and/or raspberries	1 bag	
Honey	1 small container	
Flax seeds	1 container or bag	
Popcorn	1 box	
Tuna Fish	1 or 2 cans	
Lettuce, carrots, cucumbers, etc.	1 of each for salads	
Wheat pasta/ Pasta Sauce	1 box/1 jar	

Week 3:

Food Item	Amount	CHECK IT OFF
Breakfast bar or fiber bar	5 bars	
Apples and bananas and other fruit	1 bag/bunch	
Turkey/Ham/Roast Beef slices	1 pound or one small container	
Pistachios/Almonds/Seeds You may choose from some Blue Diamond flavored varieties if you want	1 bag	
High Fiber Bread/wheat wrap	1 bag	
Milk	1 Gallon	
Tuna Fish	1 or 2 cans	
Lettuce, carrots, cucumbers, etc.	1 of each for salads	
Wheat pasta/ Pasta Sauce	1 box/1 jar	
Diced canned tomatoes	2 cans	
Red kidney beans	1 can	
Navy beans	1 can	
Black beans	1 can	
Pinto beans	1 can	
Greek Yogurt	1 tub	
Frozen Blueberries and/or raspberries	1 bag	
Granola	1 box	
Oatmeal	1 box/container	
Fish of any variety	.5-1 pounds	

Week 4

*Feel free to choose different beans this week if you are getting tired of the same ones!

Food Item	Amount	CHECK IT OFF
Breakfast bar or fiber bar	5 bars	
Apples and Bananas and Other fruit	1 bag/bunch	
Turkey/Ham/Roast Beef slices	1 pound or one small container	
Pistachios/Almonds/Seeds You may choose from some Blue Diamond flavored varieties if you want	1 bag	
High Fiber Bread/wheat wrap	1 bag	
Milk (You choose variety, but I recommend trying some almond milk this week)	1 Gallon	
Tuna Fish	1 or 2 cans	
Lettuce, carrots, cucumbers, etc.	1 of each for salads	
Wheat pasta/ Pasta Sauce	1 box/1 jar	
Granola	1 box	
Diced canned tomatoes	2 cans	
Red kidney beans	1 can	
Navy beans	1 can	
Black beans	1 can	
Pinto beans	1 can	
Greek Yogurt	1 tub	
Frozen Blueberries and/or raspberries	1 bag	