

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	

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							

Jordan's Awesome Chili Recipe

Ingredients:

- 1) 4 cans of beans. I use Navy, Black, Pinto, and Red Kidney Beans.**
- 2) 2 big cans of diced tomatoes.**
- 3) It is optional to include a green, red, or orange pepper in this chili as well (add to your shopping list if you do).**
- 4) Hot Sauce (Optional).**
- 5) Spices: Salt, pepper, oregano, thyme leaves, paprika, crushed red pepper, garlic powder chili Powder, cumin.**

Directions:

- 1) Turn on your slow cooker.**
- 2) Dump the tomatoes right in.**
- 3) Drain the beans and then throw them in the cooker as well.**
- 4) Put in 1 teaspoon of salt, pepper, oregano, thyme leaves, paprika, and crushed red pepper.**
- 5) Add hot sauce according to your own taste buds. I put in about 25-30 drops.**
- 6) Add in 1.5 tablespoons of the following: garlic powder, chili powder, and cumin.**
- 7) If you are feeling adventurous add a can of root beer. it gives the chili an interesting taste. I don't do this every time, but it is optional.**
- 8) Stir everything together and let it cook on low for about 6 hours.**
- 9) Smell the aroma and then taste of your creation!**

Hope you enjoy this delicious and nutritious recipe!

5 Easy Exercises to do Every Day



The following list of exercises can be done fairly easily. You may choose to do just one of them or all of them! But the bottom line is that it is a great idea to start somewhere!

I suggest doing all of these exercises each day while following along with the 30 day high fiber diet plan

- 1) Go for a walk of at least 1 mile.
- 2) Do 50 jumping jacks, two times.
- 3) Drop down and give me 20 pushups!
- 4) Dance around the room for 20 minutes. This one is a favorite for my wife. She loves it, and it is a great way for her to get her heart rate up.
- 5) Play a sport. Get involved in a tennis program, softball team, walking club, etc. Find other people that are ready to get moving and join them!

Please use these tips, get moving, and change your life!