

HIGH FIBER DINNER



1. Green and Red Peppers
2. Coconut
3. Raspberries
4. Starfruit
5. Plantains
6. Papaya
7. Pineapple
8. Peas
9. Squash
10. Broccoli
11. Turnips
12. Cauliflower
13. Carrots
14. Cabbage
15. Corn
16. Onions
17. Red Potatoes
18. Zucchini
19. Green Beans
20. Barley
21. Wheat Pasta
22. Brown Rice
23. Soy Beans
24. Lentil Soup
25. Canned Beans