

HIGH FIBER LUNCH



1. Tijuana Torta
2. Black Bean Salad
3. Stuffed Avocados
4. Blackbean Soup
5. Eggplant
6. Apple
7. Sweet Potato Soup
8. Prunes
9. Raisins
10. Fruit Salad
11. Blueberries
12. Grapefruit
13. Kiwi
14. Watermelon
15. Cantaloupe
16. Tomato
17. Artichokes
18. Kale
19. Popcorn
20. Whole Grain Bread
21. Flax Seeds
22. Pumpkin Seeds
23. Psyllium Seeds
24. Lima Beans
25. Pears