

High Fiber Meal Plan



It's good to be Blue.

This 1-day meal plan contains up to 40 grams of fiber!

Breakfast	½ cup raisin bran cereal with 1% fat milk 8 oz. 100% orange juice with pulp
Snack 1	8 oz. low-fat fruit yogurt 16 oz. water
Lunch	1 bean burrito on whole-wheat wrap 1 Tbsp. salsa Small side salad with 1 Tbsp. light dressing 1 apple with skin 8 oz. water
Snack 2	1 high fiber granola bar
Dinner	3 oz. grilled shrimp ½ cup steamed vegetables ⅓ cup brown rice ½ cup mixed berries 8 oz. water or unsweetened tea