



High Fiber Meal Plan

Created by Restored Identity, LLC



High Fiber Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Avocado Toast with Hard Boiled Eggs & Strawberries	Blueberry Overnight Oats	Blueberry Coconut Chia Pudding	Matcha Chia Pudding	Blueberry Coconut Chia Pudding	Super Simple French Toast	Banana Protein Oats
Snack 1	Peanut Butter Fruit Dip	Strawberry & Blueberry Parfait	Avocado with Everything Bagel Seasoning	Toast with Peanut Butter	Raspberries	Fruit & Egg Snack Plate	Coconut Chia Seed Yogurt
	Raspberries						
Lunch	Sheet Pan Dijon Chicken Thighs & Broccoli	Lentils, Rapini & Mashed Potatoes	Sheet Pan Dijon Chicken Thighs & Broccoli	One Pan Everything Salmon & Brussels Sprouts	Lentil, Rice & Squash Bowl	Maple Roasted Carrots & Chicken	Mayo-Dijon Salmon with Broccoli
		Brown Rice					
Snack 2	Strawberry & Blueberry Parfait	Peanut Butter Fruit Dip	Toast with Peanut Butter	Avocado with Everything Bagel Seasoning	Toast with Peanut Butter	Coconut Chia Seed Yogurt	Fruit & Egg Snack Plate
		Raspberries					
Dinner	Lentils, Rapini & Mashed Potatoes	Sheet Pan Dijon Chicken Thighs & Broccoli	One Pan Everything Salmon & Brussels Sprouts	Lentil, Rice & Squash Bowl	Maple Roasted Carrots & Chicken	Mayo-Dijon Salmon with Broccoli	Maple Roasted Carrots & Chicken
	Brown Rice						

High Fiber Meal Plan

40 items

Fruits

- 3 Avocado
- 3 cups Blueberries
- 4 cups Raspberries
- 4 cups Strawberries

Breakfast

- 1/2 cup All Natural Peanut Butter
- 1 cup Granola
- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 1 cup Chia Seeds
- 2 tsp Cinnamon
- 3/4 tsp Dried Parsley
- 2 1/3 tbsps Everything Bagel Seasoning
- 1 3/4 tps Sea Salt
- 0 Sea Salt & Black Pepper

Vegetables

- 13 cups Broccoli
- 3 cups Brussels Sprouts
- 2 cups Butternut Squash
- 12 Carrot
- 12 Garlic
- 1 1/2 tps Ginger
- 4 ozs Rapini
- 2 Russet Potato
- 3/4 cup Shallot
- 1/2 tsp Thyme
- 1/2 Yellow Onion

Boxed & Canned

- 1 cup Brown Rice
- 1 1/2 cups Canned Coconut Milk
- 1/2 cup Dry Green Lentils
- 1 cup Green Lentils
- 1 3/4 cups Vegetable Broth

Baking

- 3 tbsps Unsweetened Shredded Coconut
- 1 1/2 tps Vanilla Extract

Bread, Fish, Meat & Cheese

- 2 2/3 lbs Chicken Thighs
- 1 1/2 lbs Salmon Fillet
- 12 slices Whole Grain Bread

Condiments & Oils

- 2 1/8 tbsps Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Mayonnaise

Cold

- 8 Egg
- 3 1/4 cups Unsweetened Coconut Yogurt

Other

- 1 cup Water

Avocado Toast with Hard Boiled Eggs & Strawberries

4 ingredients · 15 minutes · 2 servings



Directions

1. Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Turn off the heat and let sit for 10 to 12 minutes covered. Peel and slice when cool enough to handle.
2. Top the whole grain toast with the avocado and eggs. Serve alongside the strawberries and enjoy!

Notes

Leftovers

For best results, enjoy freshly made. Refrigerate for up to one day.

Gluten-Free

Use gluten-free bread instead of whole grain bread.

More Flavor

Add mayo, cheese, or season with salt and pepper to taste.

Additional Toppings

Add tomato slices, cucumber, fresh herbs, sauerkraut, or pickled red onions.

Ingredients

- 2 Egg
- 2 slices Whole Grain Bread (toasted)
- 1 Avocado (sliced or mashed)
- 2 cups Strawberries

Blueberry Coconut Chia Pudding

5 ingredients · 35 minutes · 3 servings



Directions

1. Add the coconut milk, blueberries, and vanilla to a blender and blend well until combined.
2. Pour the blueberry mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
3. Divide evenly between bowls or in to-go containers. Top with extra blueberries and shredded coconut, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1 1/3 cups of chia pudding.

Likes it Sweeter

Add maple syrup or honey.

More Flavor

Add cardamom.

Ingredients

- 1 1/2 cups Canned Coconut Milk
- 1 1/2 cups Blueberries (plus extra for garnish)
- 1 1/2 tsps Vanilla Extract
- 1/3 cup Chia Seeds
- 3 tbsps Unsweetened Shredded Coconut (plus extra for garnish)

Super Simple French Toast

4 ingredients · 10 minutes · 2 servings



Directions

1. Whisk the eggs in a shallow bowl. Dip the bread into the mixture, coating both sides evenly.
2. Heat a nonstick pan over medium-high heat. Cook the bread slices for about two minutes per side, or until browned and cooked through. Repeat the process until all of the bread is cooked.
3. Top with raspberries and maple syrup. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Gluten-Free

Use gluten-free bread instead.

More Flavor

Add cinnamon, nutmeg, vanilla extract and/or a splash of any milk to the egg mixture.

Additional Toppings

Nuts, shredded coconut, nut or seed butter, or cottage cheese.

Ingredients

- 4 Egg
- 4 slices Whole Grain Bread
- 1/4 cup Maple Syrup
- 1 cup Raspberries

Peanut Butter Fruit Dip

3 ingredients · 10 minutes · 2 servings



Directions

1. Combine all ingredients together in a bowl or a food processor and mix well. Enjoy!

Notes

Serving Size

One serving is equal to approximately 3 tbsp of dip.

Leftovers

Keeps well in the fridge up to 3 to 4 days. Stir well before serving.

Serve it With

Sliced fruit such as strawberries, bananas, apples, pears or pineapple.

Nut-Free

Make it with sunflower seed butter instead of peanut butter.

No Coconut Yogurt

Use Greek yogurt or almond yogurt instead.

Ingredients

2 tbsps All Natural Peanut Butter

1/4 cup Unsweetened Coconut Yogurt

3/4 tsp Maple Syrup

Raspberries

1 ingredient · 3 minutes · 2 servings



Directions

1. Wash berries and enjoy!

Notes

Tip

Do not wash until ready to eat, as washed berries spoil more quickly.

Ingredients

2 cups Raspberries

Avocado with Everything Bagel Seasoning

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice avocado in half. Remove the pit and skin. Sprinkle the spices and seeds over top and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Everything Bagel Seasoning

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

Ingredients

- 1 Avocado
- 1/2 tsp Everything Bagel Seasoning

Toast with Peanut Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Toast the bread slices, then spread on the peanut butter. Enjoy!

Notes

Topping Ideas

Banana slices, jam, honey, cinnamon, chia seeds, hemp seeds apple slices or fresh berries.

Ingredients

2 slices Whole Grain Bread (or any type of bread)

2 tbsps All Natural Peanut Butter (or any nut butter)

Fruit & Egg Snack Plate

3 ingredients · 20 minutes · 2 servings



Directions

1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle.
2. Peel and slice the hard boiled egg and serve with the blueberries and strawberries. Enjoy!

Notes

Leftovers

Store the eggs and fruit separately. Refrigerate the hard boiled eggs in a covered container with the shell on for up to seven days. Refrigerate the fruit in an airtight container for up to two days.

Serving Size

One serving is one egg and one cup of fruit.

More Flavor

Season the hard boiled egg with salt and pepper.

Ingredients

- 2 Egg
- 1 cup Blueberries
- 1 cup Strawberries (halved)

Sheet Pan Dijon Chicken Thighs & Broccoli

5 ingredients · 40 minutes · 3 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
2. In a large bowl, combine the chicken with half the oil, salt, pepper, and dijon mustard. Transfer to the prepared baking sheet and bake for 20 minutes.
3. Remove the baking sheet and add the broccoli. Toss with the remaining oil. Return to the oven and bake for 12 to 15 minutes longer, until cooked through.
4. Divide evenly between plates. Season with additional salt and pepper if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about three cups.

More Flavor

Add maple syrup and/or honey to the chicken.

Ingredients

- 1 1/8 lbs Chicken Thighs (boneless, skinless)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Dijon Mustard
- 6 cups Broccoli (florets, chopped)

Strawberry & Blueberry Parfait

4 ingredients · 5 minutes · 2 servings



Directions

1. Layer the yogurt, granola, strawberries, and blueberries in a jar. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Additional Toppings

Nuts, nut butter, seed butter, chia seeds, hemp seeds, or shredded coconut.

Ingredients

1 cup Unsweetened Coconut Yogurt

1 cup Granola

1/2 cup Strawberries

1/2 cup Blueberries

Coconut Chia Seed Yogurt

4 ingredients · 30 minutes · 2 servings



Directions

1. Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
2. Top with strawberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Ingredients

2 cups Unsweetened Coconut Yogurt

1/2 cup Chia Seeds

2 tsps Cinnamon

1/2 cup Strawberries (chopped)

Lentils, Rapini & Mashed Potatoes

4 ingredients · 25 minutes · 2 servings



Directions

1. Bring a large pot of water to a boil. Stir in 2/3 of the salt. Add the potatoes to the pot and boil for 15 minutes or until soft.
2. Transfer the potatoes to a bowl and mash with a potato masher until creamy. Season with the remaining salt to your preference.
3. Drain the water from the pot and add the rapini stems with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until tender.
4. Divide the potatoes, rapini, and cooked lentils onto plates or into containers. Enjoy!

Notes

Extra Creamy

Mash the potatoes with coconut or almond milk for extra creaminess.

No Rapini

Use broccoli, broccolini or green beans instead.

Less Bitter Rapini

Saute the rapini in your choice of oil and seasoning after boiling.

Storage

Refrigerate in an airtight container up to 3 to 4 days.

Serving Size

One serving is equal to approximately 3/4 to 1 cup of mashed potatoes, 1 cup of rapini and 1/2 cup of lentils.

Ingredients

- 3/4 tsp Sea Salt (divided)
- 2 Russet Potato (medium, peeled and chopped)
- 4 ozs Rapini (chopped, divided)
- 1 cup Green Lentils (cooked, drained and rinsed)

Brown Rice

2 ingredients · 45 minutes · 2 servings



Directions

1. Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 1 cup Water

One Pan Everything Salmon & Brussels Sprouts

5 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the Brussels sprouts to the pan. Drizzle with the oil and toss to coat. Bake in the oven for 15 minutes.
3. Remove the pan from the oven and season the Brussels sprouts with half of the everything bagel seasoning. Toss to coat evenly.
4. Place the salmon on the pan and spread the Dijon mustard evenly over the top side of the fillets. Generously coat the top side of the salmon with the remaining everything bagel seasoning. Continue to bake for 15 to 18 minutes or until the salmon is cooked through. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Season with salt and pepper if your everything bagel seasoning doesn't contain salt.

No Brussels Sprouts

Use broccoli or cauliflower instead.

No Salmon

Use another fish, like trout, instead.

Everything Bagel Seasoning

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

Ingredients

- 3 cups** Brussels Sprouts
- 1 tbsp** Extra Virgin Olive Oil
- 2 tbsps** Everything Bagel Seasoning (divided)
- 12 ozs** Salmon Fillet
- 2 tsps** Dijon Mustard

Lentil, Rice & Squash Bowl

10 ingredients · 30 minutes · 2 servings



Directions

1. Cook the rice according to package directions.
2. Meanwhile, add the onions and garlic to a pot with a few splashes of broth. Heat over medium heat and cook for about five minutes until the onions begin to soften. Add the parsley, thyme, and salt and cook for another minute.
3. Add the lentils and the remaining broth and stir to combine. Bring to a gentle boil and cover with the lid. Cook for about 20 minutes until the liquid is absorbed and the lentils are tender. If the lentils are not cooked to the desired tenderness, add more water or broth and continue cooking until done.
4. Meanwhile, add the squash to a steamer basket and steam for about eight to ten minutes then add the broccoli to the basket and continue to steam for about five minutes more or until the vegetables are tender. To serve, divide the ingredients evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add other dried or fresh herbs to the lentils.

Additional Toppings

Butter or olive oil for the vegetables.

No Broccoli

Use cauliflower or green beans instead.

No Brown Rice

Use quinoa, white rice, or millet instead.

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 1/2 Yellow Onion (chopped)
- 3 Garlic (cloves, minced)
- 1 3/4 cups Vegetable Broth (divided)
- 3/4 tsp Dried Parsley
- 1/2 tsp Thyme (dried)
- 1/4 tsp Sea Salt
- 1/2 cup Dry Green Lentils (rinsed)
- 2 cups Butternut Squash (cut into 1-inch cubes)
- 2 cups Broccoli (cut into small florets)

Maple Roasted Carrots & Chicken

8 ingredients · 40 minutes · 3 servings



Directions

1. Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.
2. In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and maple syrup and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.
3. Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add chili flakes.

No Shallots

Use small pearl onions instead.

Ingredients

- 1 1/2 lbs Chicken Thighs (boneless, skinless)
- 3/4 tsp Sea Salt (divided)
- 9 Garlic (cloves, still attached to each other)
- 1 1/2 tpsps Extra Virgin Olive Oil
- 12 Carrot (chopped roughly)
- 3/4 cup Shallot (peeled, cut in half)
- 1 1/2 tpsps Ginger (thinly sliced)
- 1 1/2 tbsps Maple Syrup

Mayo-Dijon Salmon with Broccoli

6 ingredients · 15 minutes · 2 servings



Directions

1. Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
2. In a bowl, mix together the mayonnaise and dijon mustard.
3. Place the salmon fillets on the baking sheet and season with salt and pepper. Coat the salmon generously in the mayo-dijon mixture.
4. Toss the broccoli florets in the oil and season with salt and pepper. Add them to the baking sheet, arranging them around the salmon fillets.
5. Bake the salmon and broccoli in the oven for 10 to 15 minutes, or until the salmon flakes with a fork and is browned on top. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving equals approximately six ounces of salmon and 2 1/2 cups of broccoli.

Ingredients

- 2 **tbps** Mayonnaise
- 1 **tbsp** Dijon Mustard
- 12 **ozs** Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 5 **cups** Broccoli (sliced into small florets)
- 1 **tbsp** Extra Virgin Olive Oil