



Pediatric Endocrinology

3-Day Beginner Fiber Meal Plan

Day 1 (Fiber = 21g)

Breakfast (4.5g)

- 2 scrambled eggs
- Slice of whole wheat toast (3g) with 1 tbsp peanut butter (1.5g)

Lunch (9.5g)

- Turkey sandwich: 2 slices of whole wheat bread (4g), cheese, mayo
- Medium pear (5.5g)

Dinner (7g)

- Baked chicken
- 1 cup strawberries (3g)
- 1 cup green beans (3g)
- 1/2 cup carrots (1g)

Day 2 (Fiber = 21g)

Breakfast (5g)

- 1/2 cup of blueberries (2g)
- 1 hardboiled egg
- 1 oz sunflower seeds (3g)

Lunch (8.5g)

- Tuna salad sandwich: 2 slices of whole wheat bread (4g) and cheese
- Medium apple (4.5g)

Dinner (7.5g)

- 1 cup spaghetti (2.5g) and meatballs
- 1 cup broccoli (5g)

Day 3 (Fiber = 19g)

Breakfast (3.5g)

- Greek yogurt and 1oz almonds (3.5g)

Lunch (7.5g)

- 1 cup berry mix (5g) (strawberries, blueberries, raspberries, blackberries)
- Small quesadilla (whole wheat tortilla) (2.5g)

Dinner (8g)

- 1 cup brown rice (3.5g)
- Pork chops
- 1/2 cup peas (4.5)

Other High Fiber Options

Snacks

- 1 oz. sunflower seeds (3g)
- 1 oz. almonds (3.5g)
- 1 oz. pistachios (3g)
- 1 oz. walnuts (2g)
- 1 tbsp. hummus (2g)
- 1 oz. pumpkin seeds (8g)
- 2 cups popcorn (2g)
- 1/4 cup of roasted chickpeas (5g)
- 1 cup edamame (8g)
- 1/3 cup roasted edamame (8g)
- 1/3 cup baked/dried peas (3g)
- 16 whole wheat crackers (3g)
- 2 tbsp. peanut butter (2g)

Fruit

- Medium apple (4.5g)
- Medium pear (5.5g)
- Medium banana (3g)
- Medium orange (3g)
- 1 cup raspberries (8g)
- 1 cup strawberries (3g)
- 1 cup cherries (2.5g)
- 1 cup blueberries (3.5g)
- 1 cup blackberries (8g)
- 1/2 avocado (6g)

Grains and Legumes

- 1 slice whole wheat bread (2-5g)
- 1 cup brown rice (3.5g)
- 1 cup oatmeal (5g)
- 1 cup quinoa (5g)
- 1 cup lentils (15.5g)
- 1 cup baked beans (10g)
- 1 cup black beans (15g)
- 1 cup boiled split peas (16g)
- 1 oz chia seeds (10g)
- 1 cup cooked barley (6g)

Vegetables

- 1 cup corn (3.5g)
- 1 cup peas (9g)
- 1 cup Brussel sprouts (4g)
- 1 sweet potato with skin (4g)
- 1 medium raw carrot (1.5g)
- 1 bell pepper (2g)
- 1 cup broccoli (5g)
- 1/2 cup cooked collard greens (4g)