

Pediatric Endocrinology

3-Day High Fiber Meal Plan

Day 1 (Fiber = 31g)

Breakfast (8.5g)

- 2 scrambled eggs
- Slice of whole wheat toast (3g) with 1 tbsp peanut butter (1.5g)
- ½ cup of raspberries (4g)

Lunch (16.5g)

- Turkey sandwich: 2 slices of whole wheat bread (4g), lettuce, tomatoes (0.5g), cheese, mayo
- 1 cup Bean salad (12g) (black beans, kidney beans, corn, celery, bell peppers, red onions, Italian dressing)

Dinner (7g)

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

Day 2 (Fiber = 33g)

Breakfast (12g)

- 1 cup oatmeal (5g) with ½ oz. chia seeds (5g), ½ cup of blueberries (2g), cinnamon
- 1 hardboiled egg

Lunch (10.5g)

- Tuna salad on 1 slice of whole wheat bread (2g) with tomatoes (0.5g) and cheese
- Medium pear (5.5g)
- 1oz peanuts (2.5g)

Dinner (11g)

- 1 cup whole wheat spaghetti (6g) and meatballs
- 1 cup broccoli (5g)

Day 3 (Fiber = 32g)

Breakfast (7.5g)

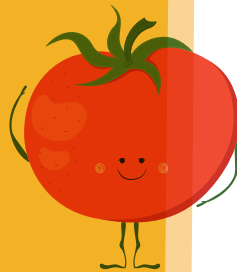
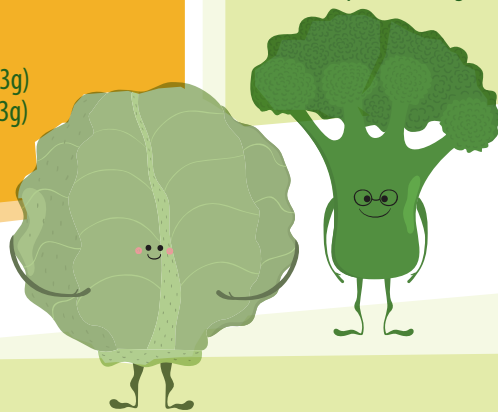
- Greek yogurt with 1tbsp ground flax (2g) and 1oz peanuts (2.5g)
- 1 medium orange (3g)

Lunch (13.5g)

- 1 cup berry fruit salad (5g) (strawberries, blueberries, raspberries, blackberries)
- Small quesadilla on whole wheat tortilla (2.5g) with ½ cup black beans (7g), green peppers and cheese

Dinner (11g)

- 1 cup quinoa (5g) with ½ cup edamame (4g)
- Pork chops
- 1 cup cauliflower (2g)



Other High Fiber Options

Snacks

- 1oz sunflower seeds (3g)
- 1 oz. almonds (3.5g)
- 1 oz. pistachios (3g)
- 1 oz. walnuts (2g)
- 1 tbsp hummus (2g)
- 1oz pumpkin seeds (8g)
- 2 cups popcorn (2g)
- ¼ cup of roasted chickpeas (5g)
- 1/3 cup roasted edamame (8g)
- 1/3 cup baked/dried peas (3g)
- 16 whole wheat crackers (3g)

Fruit

- 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)
- ½ avocado (6g)

Grains and Legumes

- 1 cup lentils (15.5g)
- 1 cup baked beans (10g)
- 1 cup boiled split peas (16g)
- 1 cup cooked brown rice (3.5g)
- 1 cup cooked barley (6g)
- 1 cup cooked couscous (2g)

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)

