

# HIGH FIBER WEEKLY PLANNER

WEEK OF:

DAILY GRAM GOAL:

WATER INTAKE GOAL:

<b>DAY</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACKS / FIBER GRAMS</b>
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<b>MON</b>				
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<b>TUE</b>				
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<b>WED</b>				
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<b>THU</b>				
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<b>FRI</b>				
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<b>SAT</b>				
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**DAY      BREAKFAST      LUNCH      DINNER      SNACKS / FIBER GRAMS**

**SUN**

**HIGH FIBER CHECKLIST**

â–| Whole Grains (Oats, Quinoa, Barley)

â–| Legumes (Lentils, Chickpeas, Beans)

â–| Berries, Apples, or Pears

â–| Leafy Greens & Cruciferous Veggies

â–| Seeds (Chia, Flax, Pumpkin)

**DAILY HYDRATION (8OZ GLASSES)**

**NOTES**