

High Fibre Menu Plan

Monday		NET CARBS (g)	FIBRE (g)	PROTEIN (g)
Breakfast	Overnight oats (1/3 cup) with chia seeds (1 tbsp), flax seeds (1 tbsp)	18	9	8
	1 cup fresh/frozen mixed berries	8	4	1
	½ cup 2% plain Greek yogurt	4	1	12
Lunch	Tuna White Bean Greek Salad (romaine, cucumber, tomato, red onion, olives, feta, canned white beans, Greek dressing)	30	9	36
Dinner	Black bean portobello mushroom burgers	15	12	20
	Whole grain burger bun OR wrap (10inch)	26	3	
	Mixed green salad (tomatoes, carrot, onion, sunflower seeds + lemon vinaigrette)	5	2	
Snack	1 cup diced cantaloupe	12	1	
	¼ cup roasted almonds	4	4	7
TOTAL		122	45	84

Tuesday		NET CARBS (g)	FIBRE (g)	PROTEIN (g)
Breakfast	Whole grain toast (2 slices)	22	4	8
	Avocado (1/2 small) and egg (2 large)	2	7	14
	1 cup milk (1%-2%)/unsweetened soy milk	12		8
	1 cup pineapple	10	1	
Lunch	2 cups Lentil salad (arugula, green lentils, tomatoes, cucumber, onion, feta, herbs) Lemon vinaigrette	28	22	20
Dinner	Baked Lemon Garlic Salmon			22
	Roasted sweet potato (1 medium)	22	4	
	2 cups steamed vegetables (broccoli/cauliflower)	10	7	
Snack	1 cup strawberries	10	4	
	Dark chocolate (1 square)	3		
TOTAL		119	49	72

NOTE: Nutritional values are estimates only. Please review your food labels where available.

vBreakfast	Southwest Tofu (150g) Scramble (onion, bell peppers, kale)	5	2	16
	2oz cheese		4	13
	1 whole grain English muffin	21		5
	1 cup milk (1%-2%) / soy milk	12		9
Lunch	Chicken cobb salad with corn (lettuce, tomato, boiled eggs, corn, avocado, no bacon)	12	17	29
	1 small apple	22	3.5	
Dinner	Mexican style butternut squash soup with black bean and bell peppers	46	18	14
Snack	Small banana	24	2	
	1 tbsp natural peanut butter	2	1.5	4
TOTAL		144	38	90

THURSDAY		NET CARBS (g)	FIBRE (g)	PROTEIN (g)
Breakfast	Blender oatmeal yogurt pancakes (3 pancakes)	31	6	15
	1 clementine	9	1.5	
Lunch	¾ cup cooked brown rice	32	2	2.5
	½ cup dahl (lentil curry)	23	6	6
	Roasted eggplant curry	11	7	3
Dinner	Cheesy stuffed bell peppers (extra lean ground beef, onions, celery, black beans, corn, brown rice, cheese)	24	9	27
	½ cup peas & ½ cup carrots	10	7	5
Snack	Chia seed pudding (milk, berries and nuts)	13	8	12
TOTAL		153	46.5	70.5

FRIDAY		NET CARBS (g)	FIBRE (g)	PROTEIN (g)
Breakfast	Apple flax breakfast squares (applesauce, apples, eggs, flaxseed, walnuts)	4	9	9
	1 cup milk (1%-2%)/soy milk	12		9
Lunch	Sesame peanut soba noodles (tempeh, bell pepper, cabbage, cilantro)	37	7	28
Dinner	Extra lean ground turkey chili (onion, celery, tomatoes, kidney beans, corn, bell pepper)	30	17	32
	½ small avocado	2	7	
	Low fat cornbread	24	2	9
Snack	3 cups popcorn	12	3	3
TOTAL		121	45	90

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SATURDAY		NET CARBS (g)	FIBRE (g)	PROTEIN (g)
Breakfast	Yogurt parfait (3/4 cup Greek yogurt, 1/2 mango, home-made granola, 1 tbsp chia seeds)	45	8	16
Lunch	Baked elephant beans (onion, tomato sauce, carrots, celery, lima beans)	32	11	15.5
Dinner	3oz pork chop			21
	2 cups roasted Brussel sprouts	12	12	8
	1 cup roasted parsnips	23	5	2
Snack	1/2 cup bell peppers	4	1	
	1/2 cup carrots	4.5	2.5	
	2 tbsp hummus	2	2	2.5
TOTAL		122.5	41.5	65

SUNDAY		NET CARBS (g)	FIBRE (g)	PROTEIN (g)
Breakfast	Breakfast Casserole (eggs, cheese, spinach, bell pepper, green onion)	4.5	2	13.5
	Hashbrowns (from 1 medium potato)	37	4	4
	1/2 cup raspberries	4	4	
Lunch	Vegetable Minestrone Soup (carrots, onion, celery, green beans, tomatoes, red kidney beans)	35	10	10
Dinner	Chickpea pasta (100g/3.5oz cooked)	49	11	24
	Kale and herb pesto (basil, parsley, garlic, lemon, walnut)	2	1	2
	Roasted vegetables (zucchini, bell peppers, red onion)	10	4	
	3oz shredded rotisserie chicken			21
Snack	1 kiwi	8	2	
	1 cup edamame (with shell)	4	4	8
TOTAL		153.5	42	82.5

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