

# 7 Days of High Fiber Meals

Fiber for your gut. Steady energy for your brain. Calm focus for your day. Each day aims for roughly 30–40g of fiber, with a balance of slow carbohydrates, healthy fats, and plant proteins to support smooth, steady thinking.

## Day 1: Slow & Steady Starter

**Breakfast:** Oats cooked with chia + blueberries + walnuts

**Snack:** Apple + almond butter

**Lunch:** Lentil & Garden Veg Soup + whole-grain toast

**Snack:** Carrot sticks & hummus

**Dinner:** Mediterranean Quinoa-stuffed bell peppers + spinach salad

**Focus boost:**

Oats + chia = slow release; lentils prevent energy dips; blueberries support oxidative resilience.

## Day 2: Focus

**Breakfast:** Coconut or soy yogurt with ground flaxseed, raspberries & oats

**Snack:** Mixed nuts

**Lunch:** Crunchy Chickpea salad Wraps with cucumber, tomato & lemon

**Snack:** Orange + pumpkin seeds

**Dinner:** Tamari–Ginger Tofu Stir-Fry with broccoli & sesame

**Focus boost:**

Flax oil + cruciferous veg support both gut + brain health.

## Day 3: Bright, Balanced, & Brain-Friendly

**Breakfast:** Whole-grain Avocado toast topped with hemp seeds

**Snack:** Pear + spoonful of almond or sunflower seed butter

**Lunch:** Black bean & brown rice bowl with cilantro & lime

**Snack:** Blueberries

**Dinner:** Roasted sweet potatoes + roasted broccoli with lemon garlic tahini drizzle + crispy baked tofu

**Focus boost:**

Beans + whole grains = stable glucose curve; sweet potatoes = slow, steady fuel.

## Day 4: Greens & Grains for the Win

**Breakfast:** Spinach–banana–chia smoothie

**Snack:** Celery + peanut butter

**Lunch:** Whole-grain wrap with hummus, greens & shredded carrots

**Snack:** Roasted chickpeas

**Dinner:** Red lentil curry + brown rice + roasted cauliflower

**Focus boost:**

Lentils + crucifers = powerful anti-inflammatory combination.

## Day 5: Mediterranean

**Breakfast:** Apple Cranberry Oatmeal Bake

**Snack:** Walnuts

**Lunch:** Mediterranean quinoa salad with chickpeas & herbs

**Snack:** Bell peppers + hummus

**Dinner:** Soba noodle stir-fry with edamame & mixed veggies

**Focus boost:**

The Apple Cranberry Oatmeal Bake delivers slow, steady morning fuel from oats, fruit, and flax.

Tahini and hemp add healthy fats for mental clarity, and the rest of the day leans on Mediterranean staples for steady carbs, plant protein, and anti-inflammatory support.

## Day 6: Weekend Brain Saver

**Breakfast:** Whole-grain pancakes topped with berries & flaxseed

**Snack:** Apple + almonds

**Lunch:** Smoky Three-Bean Chili with Farro & Butternut Squash

**Snack:** Soy yogurt + banana slices

**Dinner:** Barley pilaf with mushrooms + roasted Brussels sprouts

**Focus boost:**

Barley's beta-glucan supports stable glucose and a calmer nervous system.

## Day 7: Reset for a New Week

**Breakfast:** Chia pudding with oats & mixed berries

**Snack:** Edamame

**Lunch:** Indian-spiced bulgur with vegetables and greens

**Snack:** Cucumber + guacamole

**Dinner:** Spaghetti Squash with Lentil Bolognese

## **Focus boost:**

This day delivers steady energy and digestive ease from a balanced mix of whole grains, vegetables, and fiber-rich plant foods.

The spaghetti squash lentil Bolognese offers a warm, grounding finale to the week—often creates leftovers, giving you an easy, nourishing meal to ease into Day 8.

## **Bonus Tips for Mental Clarity**

A few gentle reminders to help fiber do its best work for your gut and your brain.

**Hydrate enough that fiber can work its magic:** Think: 6–8 cups minimum, depending on your climate + activity.

**Pair fiber with healthy fats for brain stability:** Hemp, flaxseed, chia, walnuts, tahini = your cognitive dream team.

**Avoid the glucose roller coaster:** Steady meals > grazing all day.

**Don't fear carbs, choose the ones that stay with you:** Whole grains and legumes feed microbes linked to better focus.

**Sleep is the multiplier:** High-fiber diets + adequate sleep = calmer inflammation + clearer thinking.

*Note: This plan is meant to be flexible. Swap meals within the week, repeat favorites, or stretch recipes into leftovers as needed.*