

# Your 7-Day Fibermaxxing Success Plan

## How to Use This Plan

Welcome! This plan is your roadmap to putting **Fibermaxxing** into action and experiencing real results in just one week. A few tips before you begin:

- **Ease in gradually.** If you're not used to eating much fiber, start with one meal a day – like oatmeal for breakfast – for 2–3 days. Then add a high-fiber lunch. After a few days, try the full plan.

- **Adjust based on your portions.** The recommended fiber intake of **38g/day** is based on a 2,000-calorie diet. If you tend to eat smaller portions, you'll still see great results by aiming for **25–30g/day**. The fiber amounts shown in this plan are based on larger portions and are meant as guidelines, not exact targets.



- **Drink plenty of water.** Fiber works best when hydrated. Aim for 6–8 glasses daily.
- **Don't stress about perfection.** If you swap a meal or add protein, that's fine. The goal is progress, not rigid rules.
- **Expect changes.** You may notice fuller meals, better digestion, or even gas/bloating at first. That's normal – it means your gut is adjusting!

👉 Think of this as a 7-day experiment. By the end, you'll have experienced how fiber can help you feel more satisfied, energized, and healthier.

## Include Meat if Desired

- **Vegetarians & Vegans:** This plan works perfectly as written.
- **Meat Eaters:** You can add lean protein (chicken, fish, eggs) to meals without removing the fiber-rich foods. Remember: Fibermaxxing is about what you *add*, not what you cut out.



## Disclaimer

This meal plan and guide are for educational purposes only and are not intended as medical advice. Everyone's body and health situation is unique. Before making significant changes to your diet – especially if you have any medical conditions, take medications, or have specific health concerns – you should consult with your doctor or healthcare provider.

# Your 7-Day Meal Plan

## Day 1: ~35g Fiber

- Breakfast: Oatmeal with berries & chia seeds (10g)
- Lunch: Lentil soup + side salad (14g)
- Dinner: Quinoa veggie stir fry (8g)
- Snack: Apple + almonds (3g)

## Day 2: ~38g Fiber

- Breakfast: Whole grain toast with avocado & hemp seeds (9g)
- Lunch: Black bean & veggie burrito (13g)
- Dinner: Chickpea curry + brown rice (12g)
- Snack: Carrot sticks + hummus (4g)

## Day 3: ~36g Fiber

- Breakfast: Smoothie (spinach, banana, berries, flaxseed) (9g)
- Lunch: Whole grain wrap with roasted veggies + hummus (12g)
- Dinner: Lentil shepherd's pie with sweet potato topping (13g)
- Snack: Pear (2g)

## Day 4: ~37g Fiber

- Breakfast: Greek yogurt + flaxseed + raspberries (8g)
- Lunch: Quinoa & chickpea salad (12g)
- Dinner: Black bean chili (15g)
- Snack: Orange (2g)

## Day 5: ~39g Fiber

- Breakfast: Chia pudding + banana (10g)
- Lunch: Lentil & veggie stew (14g)
- Dinner: Stir fry with tofu + brown rice (11g)
- Snack: Popcorn (air-popped) (4g)

## Day 6: ~34g Fiber

- Breakfast: Oat pancakes with blueberries (8g)
- Lunch: Hummus + veggie wrap (10g)
- Dinner: Vegetable curry + quinoa (12g)
- Snack: Apple + walnuts (4g)

## Day 7: ~40g Fiber

- Breakfast: Green smoothie (kale, mango, chia) (11g)
- Lunch: Mediterranean grain bowl (12g)
- Dinner: Chili-stuffed sweet potato (15g)
- Snack: Mixed berries (2g)

See next pages for **shopping list** & **quick recipes and prep instructions**.

**Remember:** The recommended fiber intake of 38g/day is based on a 2,000-calorie diet. If you tend to eat smaller portions, you'll still see great results by aiming for 25–30g/day. The fiber amounts shown in this plan are based on larger portions and are meant as guidelines, not exact targets.

**Drink plenty of water.**

Fiber works best when hydrated. Aim for 6–8 glasses daily.

# Fibermaxxing 7-Day Shopping List

This list is designed to cover all 7 days, assuming ~1–2 people following the plan.

## Grains & Cereals

- Rolled oats (about 4 cups)
- Quinoa (3–4 cups cooked)
- Brown rice (3 cups cooked)
- Whole grain bread or wraps (6–8 slices/wraps)
- Whole grain flour or oat flour (for pancakes)

## Legumes & Beans

- Lentils (4–5 cups cooked or 2 cups dry)
- Chickpeas (3–4 cups cooked or 2 cans)
- Black beans (3 cups cooked or 2 cans)
- Hummus (1–2 cups or store-bought tub)

## Vegetables

- Spinach or kale (6–8 cups)
- Broccoli (3 cups)
- Carrots (6–8 medium)
- Peppers (3–4)
- Onions (2–3)
- Sweet potatoes (4–5 medium)
- Mixed vegetables (peas, corn, green beans — frozen or fresh, 3–4 cups)
- Salad greens (4–6 cups)

## Fruits

- Berries (raspberries, blueberries, strawberries — about 6 cups total)
- Apples (4–5)
- Pears (2)
- Oranges (2)
- Mango (1–2 cups frozen or fresh)
- Bananas (4–5)

## Nuts & Seeds

- Chia seeds (6–8 Tbsp)
- Flaxseed (6–8 Tbsp ground)
- Hemp seeds (2–3 Tbsp)
- Almonds (1 cup)
- Walnuts (1 cup)

## Protein & Dairy/Alternatives

- Greek yogurt or non-dairy yogurt for vegan diet (2 cups)
- Tofu (1 block, optional for stir fry)
- Milk of choice (for oatmeal, chia pudding, smoothies, pancakes. ~6 cups)

## Pantry Staples

- Olive oil
- Coconut milk (1 can, for curry)
- Baking powder (for pancakes)
- Spices: curry powder, garlic, salt, pepper, cinnamon, mixed herbs

# Quick Recipes & Prep Instructions

## Oatmeal with Berries & Chia

- ½ cup rolled oats + 1 cup water/milk
- Cook 5 min, top with ½ cup berries + 1 Tbsp chia seeds

## Lentil Soup

- 1 cup lentils + 4 cups veggie broth + 2 cups chopped vegetables
- Simmer 25–30 minutes until tender. Season with herbs/spices.

## Chickpea Curry

- 1 can chickpeas, 1 cup veggies, 1 cup coconut milk, curry powder
- Simmer 15 minutes, serve with 1 cup cooked brown rice

## Chia Pudding

- 2 Tbsp chia seeds + ½ cup milk of choice
- Refrigerate overnight, top with banana slices

## Chili-Stuffed Sweet Potato

- Bake sweet potato until soft
- Top with 1 cup black bean or veggie chili

## Quinoa Veggie Stir Fry

- 1 cup cooked quinoa
- 2 cups mixed vegetables (broccoli, peppers, carrots)
- Stir fry veggies in 1 Tbsp olive oil, season with soy sauce/garlic
- Add quinoa, stir well, cook 3–4 minutes

## Lentil Shepherd's Pie with Sweet Potato Topping

- 1 cup cooked lentils + 2 cups mixed vegetables (peas, carrots, onions)
- Season with herbs and place in baking dish
- Top with mashed sweet potato (2 cups)
- Bake at 375°F for 20 minutes

## Oat Pancakes with Blueberries

- Blend: 1 cup rolled oats, 1 cup milk of choice, 1 egg (or flax egg), 1 tsp baking powder
- Cook pancakes on a skillet until golden
- Top with ½ cup blueberries

# Your Daily Tracking & Reflection Sheet

Tracking your meals and fiber intake will help you notice patterns and see progress over the week. Here's how to use the sheet:

- **Write down your meals.** At the end of each day, jot down what you ate for breakfast, lunch, dinner, and snacks.
- **Add up your fiber.** Use the plan as a guide, but if you make swaps, just note the approximate grams of fiber you consumed that day.
- **Reflect on how you feel.** Use the notes columns to record your energy, digestion, hunger, and mood. For example: “felt full until lunch,” or “more energy in the afternoon.”
- **Look for changes.** By the end of the 7 days, review your notes. Did you feel less hungry? More regular digestion? Higher energy? This reflection will show you the difference Fibermaxxing can make.

Remember: this isn't about hitting an exact number — it's about building awareness and learning how your body responds as you add more fiber.

Day	Meals Eaten	Total Fiber (g)	Energy Level (1-5)	Digestion Notes	Cravings / Hunger	Mood
1						
2						
3						
4						
5						
6						
7						

## Tips for Long-Term Fibermaxxing Success

- **Start where you are.** Don't worry if you don't hit 30–38g of fiber every day. Every little bit counts, and consistency matters more than perfection.
- **Make swaps automatic.** Replace low-fiber foods with higher-fiber versions: whole grain bread, brown rice, bean-based pastas. Once you find brands you like, keep them stocked.
- **Batch cook and prep.** Make a pot of lentils or quinoa on Sunday, chop vegetables in advance, or prep chia pudding overnight so healthy meals are always ready.
- **Experiment with variety.** Different types of fiber have different health benefits. Rotate fruits, veggies, legumes, and grains so you don't get bored.
- **Listen to your body.** If you experience discomfort, slow down your fiber increase and make sure you're drinking plenty of water.

## High-Fiber Choices When Eating Out

Fibermaxxing isn't just for home cooking. With a little strategy, you can stick to it in restaurants, cafes, and sandwich shops.

### Sandwich Shops & Cafes

- Choose whole grain or seeded bread when available.
- Load up on veggie toppings (lettuce, tomato, cucumbers, peppers, spinach).
- Add beans if offered (black beans, chickpeas, lentils).
- Swap cheese-heavy sandwiches for ones with avocado, hummus, or roasted veggies.

### Restaurants

- Ask for a side of vegetables or salad instead of fries.
- Choose dishes that feature beans, lentils, or whole grains.
- Mediterranean, Middle Eastern, and Asian cuisines often have naturally high-fiber options (falafel wraps, lentil dal, brown rice stir-fries).
- Order fruit for dessert instead of cake or ice cream — often just as satisfying, especially with coffee or tea.

### Quick-Grab Options

- Chili, bean soups, or veggie wraps from cafes
- Grain bowls with quinoa, brown rice, or farro
- Fresh fruit cups and mixed-nut packs from convenience counters

👉 Remember: Fibermaxxing is about what you add. Even when dining out, think: *“How can I add more fiber-rich food to this meal?”*