High Fiber Diet Schedule: 4 Simple Printable Plans + PDF

Free printable. Full guide and tips: https://betterlifecarez.com/high-fiber-diet-schedule/

Your Printable High Fiber Diet Schedule: 4 Charts

Fiber counts are rounded estimates from USDA data. Brands and portions vary, so check labels.

Chart 1: Gentle Starter Day (approx. 22 g)

Who it suits: people eating little fiber right now, or anyone prone to gas.

Time	Eat or drink	Approx. fiber
7:00 AM	Oatmeal (1/2 cup dry), half banana	5 g
10:00 AM	1 medium apple, glass of water	4 g
12:30 PM	Whole-wheat turkey sandwich, baby carrots	5 g
3:30 PM	1 oz almonds, glass of water	3.5 g
6:30 PM	Chicken, 1/2 cup brown rice, broccoli	4 g
8:00 PM	Water or herbal tea	0 g
Daily total	Five eating times	approx. 22 g

Chart 2: Standard Workday (approx. 33 g)

Who it suits: adults who already eat some whole grains and produce.

Time	Eat or drink	Approx. fiber
7:00 AM	Oatmeal with 1/2 cup raspberries	8 g
10:00 AM	1 medium pear, glass of water	5.5 g
12:30 PM	Green salad with 1/2 cup chickpeas	7 g
3:30 PM	3 cups air-popped popcorn	3.5 g
6:30 PM	Salmon, sweet potato with skin, broccoli	9 g
8:30 PM	Water or herbal tea	0 g
Daily total	Five eating times	approx. 33 g

Chart 3: Vegetarian Plant-Forward Day (approx. 37 g)

Who it suits: vegetarians, or people already comfortable eating beans daily. Vegans can swap in soy yogurt.

Time	Eat or drink	Approx. fiber
7:30 AM	2 slices whole-grain toast, 1/2 avocado	9 g
10:30 AM	Plain yogurt, 1 tbsp chia seeds	4 g
1:00 PM	Lentil soup, small side salad	9 g
4:00 PM	Hummus with 1 cup baby carrots	5 g
7:00 PM	Black bean tacos, two corn tortillas	10 g
8:30 PM	Water or herbal tea	0 g
Daily total	Five eating times	approx. 37 g

Chart 4: 4-Week Ramp-Up Plan

Who it suits: anyone moving from a low-fiber diet to a high one.

Week	Daily goal	Add this
Week 1	Usual intake plus about 5 g	Whole-grain bread, one extra fruit
Week 2	Usual intake plus about 10 g	Oatmeal or bran breakfast
Week 3	Usual intake plus about 15 g	Beans or lentils once daily
Week 4	Your target, approx. 22 to 34 g	Seeds or nuts, steady water

Daily Habits for Every Chart

- **Drink with fiber:** a glass of water at most meals and snacks.
- **Spread it out:** eat fiber every 3 to 4 hours.
- **Go slow:** add about 5 g per week.
- **Chew well:** slow eating may ease gas.
- **Move daily:** a short walk helps digestion.