

7-Day High-Fiber Diet Plan for Constipation Relief

Day	Meal	Food & Fiber Content
Day 1	Breakfast	Oatmeal with flaxseeds and berries (10g fiber)
	Snack	Almonds and a pear (6g fiber)
	Lunch	Quinoa salad with chickpeas, spinach, and avocado (12g fiber)
	Snack	Carrot sticks with hummus (5g fiber)
	Dinner	Grilled salmon with brown rice and steamed broccoli (8g fiber)
	Total Fiber	~41g
Day 2	Breakfast	Whole grain toast with peanut butter and banana (8g fiber)
	Snack	Orange and walnuts (6g fiber)
	Lunch	Lentil soup with whole-grain crackers (15g fiber)
	Snack	Greek yogurt with chia seeds (7g fiber)
	Dinner	Stir-fried tofu with quinoa and green beans (9g fiber)
	Total Fiber	~45g
Day 3	Breakfast	Chia pudding with almonds and strawberries (10g fiber)
	Snack	Apple with almond butter (6g fiber)
	Lunch	Brown rice with black beans and sautéed vegetables (14g fiber)
	Snack	Handful of mixed nuts (5g fiber)
	Dinner	Baked sweet potato with grilled chicken and steamed kale (8g fiber)
	Total Fiber	~43g
Day 4	Breakfast	Smoothie with spinach, banana, chia seeds, and oats (9g fiber)
	Snack	Handful of mixed nuts (5g fiber)
	Lunch	Whole grain wrap with black beans, avocado, and veggies (13g fiber)
	Snack	Celery with peanut butter (6g fiber)
	Dinner	Grilled shrimp with quinoa and roasted Brussels sprouts (8g fiber)
	Total Fiber	~41g
Day 5	Breakfast	Whole grain cereal with almond milk and berries (10g fiber)
	Snack	Apple and walnuts (6g fiber)
	Lunch	Chickpea salad with cucumbers, tomatoes, and lemon dressing (12g fiber)
	Snack	Carrot sticks with hummus (5g fiber)
	Dinner	Baked salmon with brown rice and sautéed spinach (8g fiber)
	Total Fiber	~41g
Day 6	Breakfast	Oatmeal with chia seeds and sliced almonds (10g fiber)
	Snack	Pear with peanut butter (6g fiber)
	Lunch	Lentil soup with whole grain crackers (15g fiber)
	Snack	Handful of almonds (5g fiber)
	Dinner	Baked tofu with quinoa and steamed broccoli (9g fiber)
	Total Fiber	~45g
Day 7	Breakfast	Chia pudding with flaxseeds and strawberries (10g fiber)
	Snack	Banana and walnuts (6g fiber)
	Lunch	Quinoa bowl with black beans, avocado, and veggies (14g fiber)
	Snack	Greek yogurt with chia seeds (7g fiber)
	Dinner	Grilled chicken with brown rice and roasted carrots (8g fiber)
	Total Fiber	~45g