

## HIGH FIBER FOODS

**6g**  
Fiber

Calories: 369  
Fat: 21g  
Carbs: 27g  
Protein: 18g

**Simple Egg Sandwich**



**14g**  
Fiber

Calories: 359  
Fat: 10g  
Carbs: 61g  
Protein: 11g

**Mediterranean Barley with Chickpeas**



**6g**  
Fiber

Calories: 285  
Fat: 16g  
Carbs: 31g  
Protein: 9g

**Apple & Peanut Butter**



**7g**  
Fiber

Calories: 309  
Fat: 7g  
Carbs: 34g  
Protein: 27g

**Chicken & Black Bean Enchiladas**



**Pear**  
5,5 g. /1 medium



**Apple**  
4,4 g. /1 medium



**Broccoli**  
5,1 g. /1 cup



**Split peas**  
5,5 g. /1 medium



**Barley**  
6,0 g. /1 cup



**Banana**  
3,1 g. /1 medium



**Bran flakes**  
5,5 g. /1 cup



**Artichoke**  
10,3 g. /1 medium



**Black beans**  
15 g. /1 cup



Images: MyFitnessPal.com; vectorstock.com