



3-Day Sample High Fiber Menu

Rejoice Nutrition & Wellness

<http://www.rejoicenutritionwellness.com>

Hi, I'm Jo. I'm so glad you grabbed this.

If you've been feeling like the way you used to eat just isn't working the way it did in your 30s, you're not doing anything wrong.

As your hormones shift through perimenopause and menopause, your body needs more fiber to regulate your blood sugar, feed your good gut bacteria, and clear old hormones out of your system.

Most women aren't getting close to enough, and it shows up as the afternoon crash, the constant cravings, the bloating, and the skin that won't clear.

This is your simple starting point.

Three full days, each one landing over 30g of fiber, spread across your meals with a mix of soluble and insoluble options so there's something here for you no matter how you eat.

No counting, no math, no complicated prep. Just follow along and feel the difference a fiber-forward day actually makes.

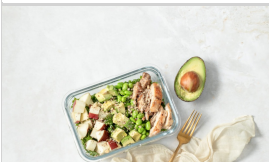
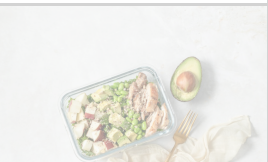
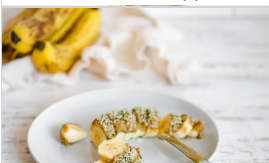
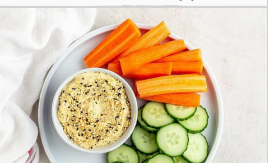
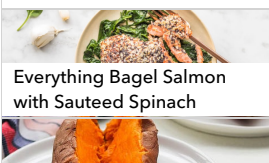
Each day sits between 1700 to 1900 calories and over 100g of protein. This is the second number in what I call the 100-50-30 Method: 100g protein, 30g fiber, 50g healthy fats. It's the foundation of everything I teach and how we eat in my [Signature Feel Great in 8 Program](#), because when those three are handled, so much of the rest falls into place.

Try these three days. Notice how you feel, your energy, your hunger, your cravings by mid-afternoon. I mixed up plant and animal-based fiber sources to be inclusive so there is a recipe for everyone in here.

In great health,

Joanna Brown, BCR, CHNC, Functional Hormone Specialist, Mindful Eating Coach, R.P., NWLC, CBT Practitioner, Meditation Teacher, Professional Life Coach, & Chef

P.S. Did you Grab the 3-Day Protein Sample Plan that came out just before this too? These two work together as the foundation of the 100-50-30 Method. [\[Grab the protein blog post + sample plan here\]](#)

	Mon	Tue	Wed
Breakfast	 Avocado Toast with Hard Boiled Eggs & Strawberries	 Super Simple French Toast	 High Fiber/ High Protein Raspberry Pecan Warm Chi...
Snack 1	 Blueberry Oat Bran Muffins	 Blueberry Oat Bran Muffins	 Blueberry Oat Bran Muffins
	 YOUR REMINDER TO HYDRATE	 YOUR REMINDER TO HYDRATE	 YOUR REMINDER TO HYDRATE
Lunch	 High Protein/High Fiber Kale, Edamame & Apple...	 High Protein/High Fiber Kale, Edamame & Apple...	 High Fiber Slow Cooker Burrito Soup
Snack 2	 Snack Time Sunflower Seed Butter Banana Sushi	 Everything Bagel Hummus & Veggies	 High Fiber Raspberry & Apple Flax Smoothie
Dinner	 Everything Bagel Salmon with Sauteed Spinach	 High Fiber Slow Cooker Burrito Soup	 Sheet Pan Dijon Chicken Thighs & Broccoli
Snack 3	 Lemon Ginger Tea	 Lemon Ginger Tea	 Lemon Ginger Tea

Fruits

- ☐ 1 1/2 Apple
- ☐ 1 3/4 Avocado
- ☐ 3 1/2 Banana
- ☐ 1 cup Blueberries
- ☐ 3/4 Lemon
- ☐ 1 1/3 cups Raspberries
- ☐ 1 cup Strawberries

Breakfast

- ☐ 1 tbsp Almond Butter
- ☐ 2 tbsps Maple Syrup
- ☐ 1 1/2 cups Oat Bran

Seeds, Nuts & Spices

- ☐ 1 tbsp Almonds
- ☐ 1/4 tsp Black Pepper
- ☐ 3 tbsps Chia Seeds
- ☐ 1 tbsp Chili Powder
- ☐ 1 tsp Cinnamon
- ☐ 1 tsp Cumin
- ☐ 1 1/3 tbsps Everything Bagel Seasoning
- ☐ 1 tsp Ground Flax Seed
- ☐ 1/4 cup Hazelnuts
- ☐ 2 tbsps Hemp Seeds
- ☐ 1/2 tsp Oregano
- ☐ 1 tbsp Pecans
- ☐ 1 1/2 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 1/2 cup Frozen Corn
- ☐ 3/4 cup Frozen Edamame

Vegetables

- ☐ 3 cups Baby Spinach
- ☐ 6 cups Broccoli
- ☐ 1 Carrot
- ☐ 1/4 Cucumber
- ☐ 1 Garlic
- ☐ 1/4 cup Ginger
- ☐ 1 Green Bell Pepper
- ☐ 1 Jalapeno Pepper
- ☐ 4 cups Kale Leaves
- ☐ 1 Sweet Onion
- ☐ 1 Sweet Potato

Boxed & Canned

- ☐ 1 cup Black Beans
- ☐ 1/2 cup Brown Rice
- ☐ 1 1/2 cups Diced Tomatoes
- ☐ 2 tbsps Organic Salsa

Baking

- ☐ 1 1/2 cups All Purpose Gluten-Free Flour
- ☐ 1 tsp Baking Powder
- ☐ 1 tsp Baking Soda
- ☐ 1/2 cup Coconut Sugar

Bread, Fish, Meat & Cheese

- ☐ 1 2/3 lbs Chicken Thighs
- ☐ 6 ozs Salmon Fillet
- ☐ 3 slices Whole Grain Bread

Condiments & Oils

- ☐ 2 tbsps Avocado Oil
- ☐ 1 1/2 tsps Dijon Mustard
- ☐ 1/4 cup Extra Virgin Olive Oil
- ☐ 1 tbsp Sunflower Seed Butter

Cold

- ☐ 5 Egg
- ☐ 1/4 cup Hummus
- ☐ 1 3/4 cups Unsweetened Almond Milk

Other

- ☐ 1 oz Collagen Powder
- ☐ 2 tbsps Vanilla Protein Powder
- ☐ 12 1/4 cups Water



Avocado Toast with Hard Boiled Eggs & Strawberries

1 serving
15 minutes

Ingredients

- 1 Egg
- 1 slice Whole Grain Bread (toasted)
- 1/2 Avocado (sliced or mashed)
- 1 cup Strawberries

Directions

- 1 Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Turn off the heat and let sit for 10 to 12 minutes covered. Peel and slice when cool enough to handle.
- 2 Top the whole grain toast with the avocado and eggs. Serve alongside the strawberries and enjoy!

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate for up to one day.

Gluten-Free: Use gluten-free bread instead of whole grain bread.

More Flavor: Add mayo, cheese, or season with salt and pepper to taste.

Additional Toppings: Add tomato slices, cucumber, fresh herbs, sauerkraut, or pickled red onions.



Super Simple French Toast

1 serving
10 minutes

Ingredients

2 Egg
2 slices Whole Grain Bread
2 tbsps Maple Syrup
1/2 cup Raspberries

Directions

- 1 Whisk the eggs in a shallow bowl. Dip the bread into the mixture, coating both sides evenly.
- 2 Heat a nonstick pan over medium-high heat. Cook the bread slices for about two minutes per side, or until browned and cooked through. Repeat the process until all of the bread is cooked.
- 3 Top with raspberries and maple syrup. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Gluten-Free: Use gluten-free bread instead.

More Flavor: Add cinnamon, nutmeg, vanilla extract and/or a splash of any milk to the egg mixture.

Additional Toppings: Nuts, shredded coconut, nut or seed butter, or cottage cheese.



High Fiber/ High Protein Raspberry Pecan Warm Chia Pudding copy

1 serving
10 minutes

Ingredients

3 tbsps Chia Seeds
3/4 cup Unsweetened Almond Milk
1 oz Collagen Powder
1/2 cup Raspberries
1 tbsp Pecans
1 tbsp Almond Butter

Directions

1

Whisk together the chia seeds and almond milk in a small pot over medium-low heat. Stir until heated through and the mixture has thickened up, about five minutes.

2

Remove from heat and add to a bowl and mix in collagen. Top with raspberries, pecans, and almond butter. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

No Heat: Mix the chia seeds and almond milk together and let it sit in the fridge for at least 15 to 20 minutes to thicken before adding toppings.

More Flavor: Add a dash of cinnamon.



Blueberry Oat Bran Muffins

12 servings

25 minutes

Ingredients

- 1 1/2 cups Oat Bran
- 1 1/2 cups All Purpose Gluten-Free Flour
- 1/2 cup Coconut Sugar
- 1 tsp Baking Powder
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 3/4 tsp Cinnamon
- 2 1/2 Banana (medium, mashed)
- 2 Egg
- 2 tbsps Avocado Oil
- 1 cup Blueberries

Directions

- 1 Preheat the oven to 400°F (204°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, add the oat bran, flour, coconut sugar, baking powder, baking soda, salt, and cinnamon and whisk well to combine.
- 3 To the same bowl, add the bananas, eggs, and oil and mix to combine until everything is incorporated. The mixture will be thick. Fold in the blueberries and mix just to combine.
- 4 Pour the mix into the prepared muffin tray and bake for 15 minutes until cooked through. Let cool, and then remove the muffins. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size: One serving is one muffin.

All Purpose Gluten-Free Flour: This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, note that results may vary.



YOUR REMINDER TO HYDRATE

1 serving

5 minutes

Ingredients

2 cups Water (hot or cold)

Directions

- 1 JUST A REMINDER TO HYDRATE IN YOUR WHEN AND WHERE YOU CAN

Notes

Likes it Fizzy: Make it with sparkling water.

More Flavour: Garnish with extra lemon slices.



High Protein/High Fiber Kale, Edamame & Apple Salad with Chicken

2 servings
25 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
8 ozs Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
2 cups Kale Leaves (stems removed, chopped)
3/4 cup Frozen Edamame (thawed)
1 Apple (small, chopped)
1/4 Avocado (medium, cut into cubes)
1/4 cup Hazelnuts (chopped)

Directions

- 1 Heat the oil in a pan over medium heat. Season the chicken with salt and pepper, then place it into the pan. Cook for six to eight minutes per side, or until cooked through. Remove and let it rest for five minutes before slicing.
- 2 Divide the kale, edamame, apples, avocado, and hazelnuts evenly between bowls or plates. Top with chicken and dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Add dressing when ready to eat.

Serving Size: One serving is approximately 2 1/2 cups of salad with chicken.

No Green Goddess Dressing: Use your favorite dressing instead.

No Hazelnuts: Use other chopped nuts or seeds instead.



Snack Time Sunflower Seed Butter Banana Sushi

1 serving
5 minutes

Ingredients

- 1 tbsp Sunflower Seed Butter
- 1 Banana (small, peeled)
- 1 tbsp Hemp Seeds

Directions

- 1 Spread sunflower seed butter onto a banana.
- 2 Sprinkle hemp seeds over top.
- 3 Slice and enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add a dash of cinnamon and/or sea salt.



Everything Bagel Hummus & Veggies

1 serving

5 minutes

Ingredients

- 1/4 cup Hummus
- 1 tsp Everything Bagel Seasoning
- 1 Carrot (medium, peeled and cut into sticks)
- 1/4 Cucumber (medium, sliced)

Directions

1

Add the hummus to a bowl and stir in the Everything Bagel seasoning. Serve with carrot sticks and cucumber slices. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Veggies: Use any raw vegetable instead or serve with crackers or pita bread.

Everything Bagel Seasoning: If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.



High Fiber Raspberry & Apple Flax Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 Apple (small, sweet, chopped)
- 1/3 cup Raspberries
- 2 tbsps Vanilla Protein Powder
- 1 tbsp Almonds
- 1 tbsp Hemp Seeds
- 1 tsp Ground Flax Seed
- 1/4 tsp Cinnamon

Directions

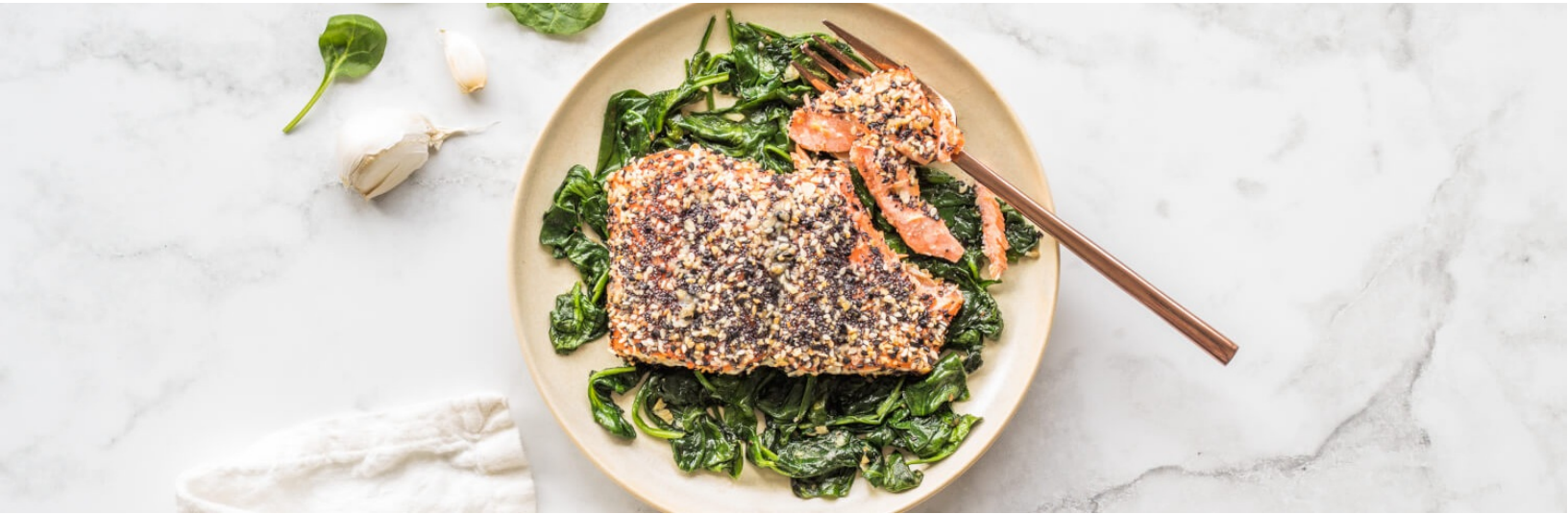
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Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/2 cups.



Everything Bagel Salmon with Sautéed Spinach

1 serving
20 minutes

Ingredients

1 tbsp Everything Bagel Seasoning
6 ozs Salmon Fillet (skin on)
2 tbsps Extra Virgin Olive Oil (divided)
3 cups Baby Spinach
1 Garlic (clove, minced)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 350°F (175°C). Spread the seasoning on a plate.
- 2 Press the flesh side of the salmon into the seasoning. Heat half of the oil in an oven-safe pan over medium-high heat. Sear the salmon skin-side down for three to four minutes until the skin is crispy.
- 3 Transfer the pan to the oven and bake for five to eight minutes, until cooked through.
- 4 Meanwhile, heat the remaining oil in a pan over medium heat. Sauté the spinach with garlic, salt, and pepper for one to two minutes until wilted.
- 5 Divide the salmon and sautéed spinach evenly between plates. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.
Serving Size: One serving is approximately one cup of spinach and one salmon fillet.



Pressure Cooker Whole Sweet Potato

1 serving
45 minutes

Ingredients

1 Sweet Potato (medium)
1/2 cup Water

Directions

- 1 Add the metal rack to your pressure cooker along with the water. Place the sweet potatoes on top of the rack and cook for 30 minutes on high pressure. For smaller potatoes, set for 15 minutes. For larger potatoes, set for 45 minutes.
- 2 Allow the pressure to release naturally. Carefully remove the lid and take out the sweet potatoes. Slice and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to 5 days. Baked sweet potatoes can also be frozen for up to 12 months by wrapping them in foil and storing them in a freezer bag.

Additional Toppings: Butter, ghee, sea salt, black pepper, fresh herbs, green onion, sour cream, shredded cheese, and/or red chili flakes.



High Fiber Slow Cooker Burrito Soup

3 servings

4 hours

Ingredients

- 1 cup Black Beans (cooked, drained and rinsed)
- 1 1/2 cups Diced Tomatoes
- 1 Sweet Onion (diced)
- 1/2 cup Frozen Corn
- 1 Green Bell Pepper (diced)
- 1 Jalapeno Pepper (de-seeded and diced)
- 1 tbsp Chili Powder
- 1 tsp Cumin
- 1/2 tsp Oregano
- 1/4 tsp Black Pepper
- 1 tsp Sea Salt
- 1/2 cup Brown Rice (uncooked)
- 2 cups Water
- 2 cups Kale Leaves (chopped)
- 1 Avocado (peeled and diced)
- 2 tbsps Organic Salsa

Directions

- 1 Add all ingredients except kale, avocado and salsa to slow cooker. Cover and cook on high for at least 4 hours. Cook up to 8 hours, depending on how thick you like your soup.
- 2 About 10 minutes before serving, remove the lid and set kale leaves on top. Cover with lid and let sit for 10 minutes.
- 3 After 10 minutes, stir to mix in kale evenly throughout. Ladle into bowls and top with a spoonful of organic salsa and avocado. Enjoy!



Sheet Pan Dijon Chicken Thighs & Broccoli

3 servings
40 minutes

Ingredients

1 1/8 lbs Chicken Thighs (boneless, skinless)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 1/2 tps Dijon Mustard
6 cups Broccoli (florets, chopped)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
- 2 In a large bowl, combine the chicken with half the oil, salt, pepper, and dijon mustard. Transfer to the prepared baking sheet and bake for 20 minutes.
- 3 Remove the baking sheet and add the broccoli. Toss with the remaining oil. Return to the oven and bake for 12 to 15 minutes longer, until cooked through.
- 4 Divide evenly between plates. Season with additional salt and pepper if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about three cups.

More Flavor: Add maple syrup and/or honey to the chicken.



Lemon Ginger Tea

1 serving
10 minutes

Ingredients

1 1/4 cups Water
1 1/2 tbsps Ginger (peeled, sliced)
1/4 Lemon

Directions

- 1 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
- 2 Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size: One serving equals approximately 2 cups.

More Flavor: Add mint leaves, honey or your sweetener of choice.

Enjoy it Cold: Add ice cubes.