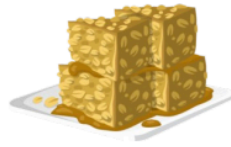
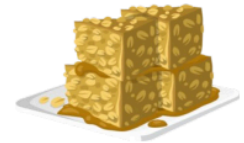


## High Fiber Grocery List



Bread/Grains	Amt.	Per	Goal
<input type="checkbox"/> black beans	8g	1 cup	
<input type="checkbox"/> brown rice	4g	1 cup	
<input type="checkbox"/> buckwheat	17g	1 cup	
<input type="checkbox"/> chick peas	12g	1 cup	
<input type="checkbox"/> kidney beans	11g	1 cup	
<input type="checkbox"/> lentils	16g	1 cup	
<input type="checkbox"/> navy beans	19g	1 cup	
<input type="checkbox"/> oats	16g	1 cup	
<input type="checkbox"/> quinoa	5g	1 cup	
<input type="checkbox"/> whole wheat pasta	6g	1 cup	
<b>Snacks</b>			
<input type="checkbox"/> almonds	17g	1 cup	
<input type="checkbox"/> chia seeds	56g	1 cup	
<input type="checkbox"/> dark chocolate	9g	3 oz	
<input type="checkbox"/> edamame	8g	1 cup	
<input type="checkbox"/> flax seeds	46g	1 cup	
<input type="checkbox"/> pistachios	13g	1 cup	
<input type="checkbox"/> pumpkin seeds	12g	1 cup	
<input type="checkbox"/> sunflower seeds	12g	1 cup	
<b>Produce</b>			
<input type="checkbox"/> artichokes	14g	1 cup	
<input type="checkbox"/> avocados	10g	1 cup	
<input type="checkbox"/> bananas	6g	1 cup	
<input type="checkbox"/> beets	4g	1 cup	
<input type="checkbox"/> blackberries	8g	1 cup	
<input type="checkbox"/> broccoli	5g	1 cup	
<input type="checkbox"/> brussels sprouts	4g	1 cup	
<input type="checkbox"/> carrots	4g	1 cup	
<input type="checkbox"/> chard	4g	1 cup	
<input type="checkbox"/> coconuts	7g	1 cup	
<input type="checkbox"/> collard greens	7g	1 cup	
<input type="checkbox"/> corn	12g	1 cup	
<input type="checkbox"/> figs	6g	1 cup	
<input type="checkbox"/> guava	9g	1 cup	
<input type="checkbox"/> okra	6g	1 cup	
<input type="checkbox"/> orange	4g	1 cup	
<input type="checkbox"/> pears	5g	1 cup	
<input type="checkbox"/> prunes	12g	1 cup	
<input type="checkbox"/> raspberries	8g	1 cup	
<input type="checkbox"/> split peas	16g	1 cup	
<input type="checkbox"/> squash	6g	1 cup	
<input type="checkbox"/> strawberries	3g	1 cup	
<b>TOTAL FIBER GOAL</b>			

## High Fiber Grocery List



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<b>TOTAL FIBER GOAL</b>			