Fiber Focus: Gut Health from the Inside Out (5 day meal plan)

Fiber is a powerhouse nutrient for the gut, providing multiple benefits such as regulating digestion and supporting a healthy microbiome. Here’s a 5-day meal plan to boost your fiber intake for optimal gut health.  
  
### Day 1: Fiber-Rich Start  
- \*\*Breakfast\*\*: Whole grain toast with avocado and a sprinkle of chia seeds  
- \*\*Lunch\*\*: Lentil and vegetable stew  
- \*\*Dinner\*\*: Grilled chicken with quinoa and roasted vegetables  
  
### Day 2: Balanced and Nourishing  
- \*\*Breakfast\*\*: Smoothie with spinach, almond milk, chia seeds, and a banana  
- \*\*Lunch\*\*: Hummus and veggie wrap with cucumbers, carrots, and bell peppers  
- \*\*Dinner\*\*: Stir-fried tofu with brown rice and steamed broccoli  
  
### Day 3: Focus on Digestive Health  
- \*\*Breakfast\*\*: Oatmeal with ground flaxseeds, walnuts, and fresh berries  
- \*\*Lunch\*\*: Chickpea salad with spinach, tomatoes, cucumbers, and olive oil dressing  
- \*\*Dinner\*\*: Salmon with roasted sweet potatoes and steamed kale  
  
### Day 4: Gut-Soothing Meals  
- \*\*Breakfast\*\*: Greek yogurt with chia seeds, almonds, and strawberries  
- \*\*Lunch\*\*: Quinoa salad with roasted vegetables and avocado  
- \*\*Dinner\*\*: Turkey meatballs with zucchini noodles and tomato sauce  
  
### Day 5: End with Fiber and Protein  
- \*\*Breakfast\*\*: Scrambled eggs with sautéed spinach and mushrooms  
- \*\*Lunch\*\*: Quinoa and black bean bowl with avocado and cilantro  
- \*\*Dinner\*\*: Grilled shrimp with roasted asparagus and brown rice