

7-Day High-Fibre Diet Plan for Women PDF

Boost your digestion and wellness with a high-fibre meal plan.

The 7-Day High-Fibre Diet Plan offers 21 recipes packed with fiber to promote digestive health for women. This plan focuses on incorporating fibre-rich foods, making it perfect for those looking to boost their overall wellness while enjoying satisfying meals.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,399	71g	172g	57g
Day 2	1,399	60g	207g	40g
Day 3	1,398	58g	145g	76g
Day 4	1,398	98g	177g	31g
Day 5	1,395	88g	170g	55g
Day 6	1,395	90g	185g	43g
Day 7	1,406	73g	196g	49g
Avg	1,399	77g	179g	50g

CALORIE DISTRIBUTION



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WHAT'S INSIDE

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Zucchini Noodles with Flaxseed Pesto

Creamy Cauliflower and White Bean Soup

Lentil and Spinach Salad with Lemon-Turmeric Dressing

Maca & Berry Energy Smoothie Bowl

Turmeric and Ginger Spiced Lentil Soup

Lentil and Spinach Salad with Lemon Dressing

Creamy Probiotic Yogurt Parfait with Berries and Chia Seeds

Minestrone Soup with White Beans

+ 9 more recipes inside

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21 Recipes

7-day meal plan



77g Protein

Daily average



1,399 cal/day

Daily average



Macro Balanced

179g C / 50g F avg

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Day 1

3 meals · 1,399 calories

BREAKFAST	Coconut & Berry Smoothie with Spinach	420 kcal
LUNCH	Lentil and Spinach Salad with Lemon-Turmeric Dressing	434 kcal
DINNER	Spiced Lentil and Vegetable Stew	545 kcal

Protein: 71g Carbs: 172g Fats: 57g

1. Coconut & Berry Smoothie with Spinach

This vibrant smoothie combines antioxidant-rich berries, nutrient-dense spinach, and healthy fats from coconut, enhancing brain health and mental clarity. A quick and delicious way to start the day.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	420 kcal
Protein	8g
Carbs	42g
Fats	25g



Ingredients

Spinach, fresh	1.4 cup / 336 ml
Mixed berries (frozen or fresh)	0.7 cup / 168 ml
Coconut milk	1.4 cup / 336 ml
Chia seeds	1.4 tbsp / 21 ml

Honey or agave syrup

1.4 tbsp / 21 ml

Instructions

1. In a blender, combine 1.4 cup (336 ml) fresh spinach, 0.7 cup (168 ml) mixed berries, 1.4 cup (336 ml) coconut milk, and 1.4 tbsp (21 ml) chia seeds.
2. Blend until smooth, adding honey or agave syrup to taste.
3. Pour into a glass and enjoy immediately.

2. Lentil and Spinach Salad with Lemon-Turmeric Dressing

This protein-packed salad features lentils, a great source of plant-based protein, paired with spinach for calcium and iron. The lemon-turmeric dressing adds flavor and anti-inflammatory benefits, ideal for women managing PCOS.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	434 kcal
Protein	23g
Carbs	47g
Fats	19g



Ingredients

Cooked lentils	0.8 cup / 186 ml
Fresh spinach	3.1 cups / 744 ml
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Turmeric powder	0.8 tsp / 3.1 g
Salt and pepper	to taste / to taste

Instructions

1. In a bowl, combine cooked lentils and fresh spinach.
2. In a separate bowl, whisk together olive oil, lemon juice, turmeric, salt, and pepper.
3. Drizzle dressing over the salad, toss gently, and serve.

3. Spiced Lentil and Vegetable Stew

This stew is packed with lentils and seasonal vegetables, providing a complete protein source and essential vitamins for women over 40. The spices aid digestion and support metabolism, making it ideal for weight management.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	545 kcal
Protein	40g
Carbs	83g
Fats	13g



Ingredients

dry lentils 0.8 cup / 148.5 g

Instructions

1. In a large pot, heat 1 tbsp (15ml) olive oil over medium heat.
2. Add 1 cup (240ml) diced onion, 1 cup (240ml) diced carrots, and 1 cup (240ml) diced celery. Sauté for 5 minutes.
3. Stir in 0.8 cup (148.5 g) lentils, 4 cups (960ml) vegetable broth, and spices (cumin, coriander, paprika). Simmer for 25 minutes.

Day 2

3 meals · 1,399 calories

BREAKFAST Maca & Berry Energy Smoothie Bowl **420 kcal**

LUNCH Lentil & Spinach Salad with Apple Cider Vinaigrette **434 kcal**

DINNER Turmeric and Ginger Spiced Lentil Soup **545 kcal**

Protein: 60g Carbs: 207g Fats: 40g

4. Maca & Berry Energy Smoothie Bowl

Packed with antioxidants from berries and the stress-reducing benefits of maca, this smoothie bowl promotes adrenal health and energy balance, ideal for women over 40.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	420 kcal
Protein	8g
Carbs	70g
Fats	11g



Ingredients

frozen mixed berries	1.4 cup / 336 ml
banana	1.5 medium / 1.5 medium
maca powder	1.4 tbsp / 21 g
unsweetened almond milk	0.7 cup / 168 ml
toppings (e.g., sliced banana, chia seeds, coconut flakes)	0.4 cup / 84 ml

Instructions

1. In a blender, combine 1.4 cup (336 ml) frozen mixed berries, 1.5 medium banana, 1.4 tbsp (21 g) maca powder, and 0.7 cup (168 ml) unsweetened almond milk.
2. Blend until smooth and creamy, adjusting the consistency with more milk if needed.
3. Pour into a bowl, and top with your favorite toppings.

5. Lentil & Spinach Salad with Apple Cider Vinaigrette

This salad features protein-rich lentils and fiber-filled spinach, promoting digestive health. The apple cider vinegar aids in digestion while the flavors are refreshing and gut-friendly.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	434 kcal
Protein	22g
Carbs	54g
Fats	16g



Ingredients

Cooked lentils	0.8 cup / 186 ml
Fresh spinach	3.1 cups / 744 ml
Apple cider vinegar	1.6 tbsp / 23.3 ml
Olive oil	1.6 tbsp / 23.3 ml
Cherry tomatoes	0.8 cup / 186 ml

Instructions

1. In a large bowl, combine 0.8 cup (186 ml) cooked lentils, 3.1 cups (744 ml) fresh spinach, and 0.8 cup (186 ml) halved cherry tomatoes.
2. In a small bowl, whisk together 1.6 tbsp (23.3 ml) apple cider vinegar and 1.6 tbsp (23.3 ml) olive oil.
3. Drizzle the dressing over the salad and toss to combine.

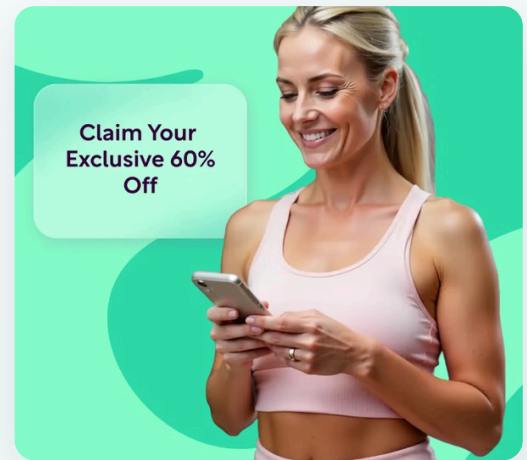
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6. Turmeric and Ginger Spiced Lentil Soup

This comforting soup is rich in protein and fiber from lentils, promoting stable blood sugar levels. Turmeric and ginger add anti-inflammatory benefits and may support insulin sensitivity.

Nutrition Information

Servings	1
Prep Time	18 min
Cook Time	19 min
Calories	545 kcal
Protein	30g
Carbs	83g
Fats	13g



Ingredients

Red lentils	0.8 cup / 198 ml
Carrots	1.5 medium / 1.5 medium
Celery	1.5 stalk / 1.5 stalk
Onion	1 medium / 1 medium
Garlic	3 cloves / 3 cloves
Turmeric powder	1.7 tsp / 8.3 ml
Ginger	1.7 tsp / 8.3 ml
Vegetable broth	6.6 cups / 1584 ml
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper	to taste / to taste

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) olive oil over medium heat. Add diced onions, carrots, and celery, and sauté for 5-7 minutes.
2. Stir in minced garlic, turmeric, and ginger, cooking for an additional minute.
3. Add rinsed lentils and 6.6 cups (1584 ml) vegetable broth. Bring to a boil, then reduce heat and simmer for 20-25 minutes until lentils are tender.
4. Season with salt and pepper to taste before serving.

Day 3

3 meals · 1,398 calories

BREAKFAST Green Smoothie with Flaxseed & Berries **420 kcal**

LUNCH Lentil and Spinach Salad with Lemon Dressing **450 kcal**

DINNER Zucchini Noodles with Flaxseed Pesto **528 kcal**

Protein: 58g Carbs: 145g Fats: 76g

7. Green Smoothie with Flaxseed & Berries

This refreshing smoothie combines leafy greens with flaxseed and berries, providing essential omega-3s and antioxidants for brain health. A perfect way to start the day with a boost in cognitive function.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	420 kcal
Protein	14g
Carbs	63g
Fats	14g



Ingredients

Spinach or kale	1.4 cup / 42 g
Mixed berries	0.7 cup / 105 g
Flaxseed meal	2.8 tbsp / 42 g
Almond milk	1.4 cup / 336 ml
Banana	1.4 medium / 140 g

Instructions

1. In a blender, combine 1.4 cup (42 g) spinach or kale, 0.7 cup (105 g) mixed berries, 2.8 tbsp (42 g) flaxseed meal, 1.4 cup (336 ml) almond milk, and 1.4 (140 g) banana.
2. Blend until smooth and enjoy immediately.

8. Lentil and Spinach Salad with Lemon Dressing

This salad is high in protein from lentils, providing essential amino acids to maintain muscle mass during menopause. Spinach adds critical vitamins and minerals for bone health, while the lemon dressing has anti-inflammatory properties.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	450 kcal
Protein	31g
Carbs	62g
Fats	16g



Ingredients

Lentils, cooked	1.6 cup / 372 ml
Spinach	3.1 cups / 93 g
Cherry tomatoes, halved	0.8 cup / 116.3 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

Instructions

1. In a bowl, combine cooked lentils, spinach, and cherry tomatoes.
2. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
3. Drizzle the dressing over the salad and toss to combine before serving.

9. Zucchini Noodles with Flaxseed Pesto

This light dish features zucchini noodles, a low-carb alternative that is high in vitamins and minerals. The flaxseed pesto provides omega-3s to support hormone balance and overall health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	528 kcal
Protein	13g
Carbs	20g
Fats	46g



Ingredients

Zucchini, spiralized	1.5 medium / 1.5 medium
Basil leaves	1.7 cup / 49.5 g
Flaxseed meal	0.4 cup / 49.5 g
Olive oil	0.4 cup / 99 ml
Garlic, minced	1.5 clove / 1.5 clove
Salt and pepper	to taste / to taste

Instructions

1. In a food processor, combine basil, flaxseed meal, olive oil, garlic, salt, and pepper. Blend until smooth to create the pesto.
2. In a skillet, sauté the spiralized zucchini over medium heat for 3-4 minutes until tender.
3. Toss the zucchini noodles with the flaxseed pesto and serve warm.

Day 4

3 meals · 1,398 calories

BREAKFAST Creamy Probiotic Yogurt Parfait with Berries and Chia Seeds **420 kcal**

LUNCH Creamy Cauliflower and White Bean Soup **450 kcal**

DINNER Minestrone Soup with White Beans **528 kcal**

Protein: 98g Carbs: 177g Fats: 31g

10. Creamy Probiotic Yogurt Parfait with Berries and Chia Seeds

This yogurt parfait is rich in probiotics from yogurt, supporting gut health and enhancing digestion. The fiber from chia seeds and berries helps reduce bloating and provides sustained energy.

Nutrition Information

Servings	1
Prep Time	9 min
Cook Time	8 min
Calories	420 kcal
Protein	35g
Carbs	49g
Fats	7g



Ingredients

Plain Greek yogurt	1.4 cup / 336 ml
Mixed berries (strawberries, blueberries, raspberries)	0.7 cup / 168 ml
Chia seeds	2.8 tbsp / 42 g
Honey or maple syrup (optional)	1.4 tsp / 7 ml

Instructions

1. In a serving glass, layer 1.4 cup (336 ml) of plain Greek yogurt.
2. Top with 0.7 cup (168 ml) of mixed berries.
3. Sprinkle 2.8 tbsp (42 g) of chia seeds on top, and drizzle with honey or maple syrup if desired.

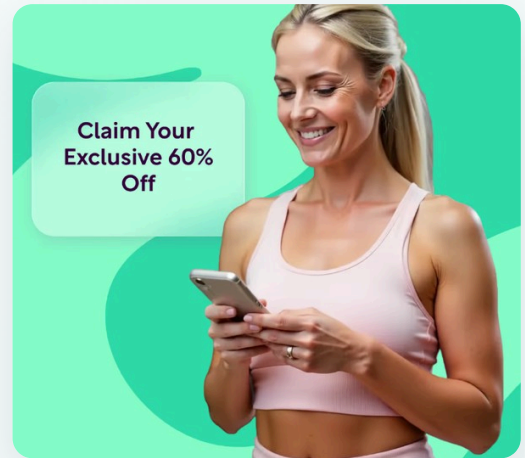
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11. Creamy Cauliflower and White Bean Soup

This creamy soup is made with cauliflower and white beans, providing a nutritious source of protein and fiber, essential for muscle maintenance and digestive health. The low-calorie vegetables help promote a feeling of fullness, aiding in weight management.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	450 kcal
Protein	23g
Carbs	54g
Fats	12g



Ingredients

cauliflower florets 3.1 cups / 744 ml

Instructions

1. In a pot, combine 3.1 cups (744 ml) cauliflower florets, 1 cup (240ml) vegetable broth, and salt.
2. Bring to a boil and simmer for 10 minutes until the cauliflower is tender.
3. Add 1/2 cup (120g) canned white beans (rinsed and drained) and blend until smooth. Adjust seasoning and serve warm.

12. Minestrone Soup with White Beans

This hearty minestrone is loaded with vegetables and white beans, providing a good balance of protein and fiber. The use of bone broth fortifies the soup with collagen, promoting healthy joints while the diverse vegetables ensure a range of vitamins and minerals.

Nutrition Information

Servings	1
Prep Time	17 min
Cook Time	20 min
Calories	528 kcal
Protein	40g
Carbs	74g
Fats	12g



Ingredients

Canned white beans, drained	3 cans / 3.3 x 15oz (425g)
Bone broth	6.6 cups / 1584 ml
Zucchini, diced	1.7 cup / 247.5 g
Carrots, diced	1.7 cup / 247.5 g
Celery, chopped	1.7 cup / 247.5 g
Onion, chopped	1.5 large / 247.5 g
Italian seasoning	1.7 tsp / 8.3 g
Salt	1.7 tsp / 8.3 g
Black pepper	0.8 tsp / 3.3 g

Instructions

1. In a large pot, heat 1 tbsp (15ml) of olive oil over medium heat. Add the onion, cooking until translucent, about 5 minutes.
2. Add the carrots and celery, cooking for another 5 minutes. Stir in zucchini and white beans.
3. Pour in the bone broth, add Italian seasoning, salt, and pepper. Bring to a boil, then reduce heat and simmer for 20 minutes.

Day 5

3 meals · 1,395 calories

BREAKFAST Probiotic Raspberry Chia Yogurt Parfait **420 kcal**

LUNCH Kale and Lentil Salad with Citrus Dressing **496 kcal**

DINNER Masoor Dal with Spinach and Turmeric **479 kcal**

Protein: 88g Carbs: 170g Fats: 55g

13. Probiotic Raspberry Chia Yogurt Parfait

This parfait combines yogurt and fresh raspberries, both rich in probiotics and prebiotic fiber, promoting gut health. The chia seeds add additional omega-3s and fiber, which can help reduce bloating and improve digestion.

Nutrition Information

Servings	1
Prep Time	9 min
Cook Time	8 min
Calories	420 kcal
Protein	35g
Carbs	49g
Fats	14g



Ingredients

Greek yogurt	1.4 cup / 336 ml
Fresh raspberries	0.7 cup / 168 ml
Chia seeds	2.8 tbsp / 42 g
Honey or maple syrup	1.4 tsp / 7 ml

Instructions

1. In a bowl, combine 1.4 cup (336 ml) Greek yogurt with 1 tbsp (15ml) honey or maple syrup if desired.
2. Layer half of the yogurt into a glass, followed by 0.7 cup (168 ml) fresh raspberries.
3. Top with the soaked chia seeds and the remaining yogurt. Add more raspberries on top.

14. Kale and Lentil Salad with Citrus Dressing

This nutrient-dense salad is rich in iron from lentils, essential for energy levels, and vitamin K from kale, which supports bone health. The citrus dressing adds a refreshing flavor and enhances iron absorption.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	496 kcal
Protein	23g
Carbs	47g
Fats	28g



Ingredients

Lentils, cooked	0.8 cup / 186 ml
Kale, chopped	3.1 cups / 744 ml
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

Instructions

1. In a large bowl, combine 3.1 cups (744 ml) chopped kale and 0.8 cup (186 ml) cooked lentils.
2. In a small bowl, whisk together 1.6 tbsp (23.3 ml) olive oil, 1.6 tbsp (23.3 ml) lemon juice, salt, and pepper.
3. Drizzle dressing over the salad and toss to combine.

15. Masoor Dal with Spinach and Turmeric

This comforting masoor dal is rich in protein and fiber, contributing to digestive health and weight management during menopause. Spinach adds vital nutrients while turmeric provides anti-inflammatory properties.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	479 kcal
Protein	30g
Carbs	74g
Fats	13g



Ingredients

Red lentils (masoor dal)	1.7 cup / 396 ml
Fresh spinach, chopped	3.3 cups / 792 ml
Onion, diced	1.7 medium / 1.7g
Turmeric powder	1.7 tsp / 8.3 g
Ginger, minced	1.7 tsp / 8.3 g
Olive oil	3.3 tbsp / 49.5 ml
Salt	to taste / to taste

Instructions

1. In a pot, heat 3.3 tbsp (49.5 ml) olive oil over medium heat.
2. Add 1.7 diced onion and sauté until soft, about 5 minutes.
3. Stir in 1.7 tsp (8.3 g) ginger and 1.7 tsp (8.3 g) turmeric powder; cook for 1.7 minute.
4. Add 1.7 cup (396 ml) rinsed red lentils and 4 cups (960ml) water; bring to a boil.
5. Reduce heat and simmer for 20 minutes, then add 3.3 cups (792 ml) chopped spinach until wilted.
6. Season with salt to taste.

Day 6

3 meals · 1,395 calories

BREAKFAST Fiber & Protein Smoothie Bowl **420 kcal**

LUNCH Quinoa and Roasted Vegetable Bowl with Flaxseed **496 kcal**

DINNER Spicy White Bean & Kale Soup with Collagen **479 kcal**

Protein: 90g Carbs: 185g Fats: 43g

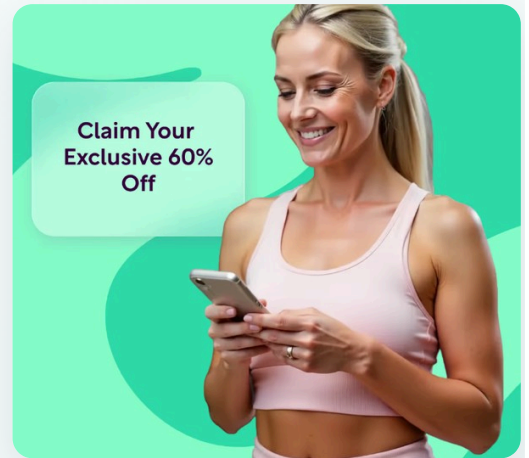
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16. Fiber & Protein Smoothie Bowl

A vibrant smoothie bowl packed with fiber and protein, perfect for a refreshing breakfast.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	None
Calories	420 kcal
Protein	35g
Carbs	49g
Fats	14g



Ingredients

Spinach	1.4 cup / 42 g
Banana	1.5 medium / 168 g
Protein powder	1.5 scoop / 42 g
Almond milk	0.7 cup / 168 ml
Chia seeds	1.4 tbsp / 21 g
Toppings (nuts, fruits)	0.4 cup / 42 g

Instructions

1. Blend spinach, banana, protein powder, and almond milk until smooth.
2. Pour into a bowl and top with chia seeds and your choice of toppings.

17. Quinoa and Roasted Vegetable Bowl with Flaxseed

Packed with protein and fiber, this quinoa bowl supports balanced hormones and provides sustained energy throughout the day. Roasted vegetables and flaxseed contribute essential vitamins and omega-3 fatty acids, promoting heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	496 kcal
Protein	19g
Carbs	70g
Fats	16g



Ingredients

Quinoa	0.8 cup / 139.5 g
Bell pepper, chopped	0.8 cup / 186 ml
Zucchini, chopped	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Ground flaxseed	1.6 tbsp / 23.3 g
Salt and pepper	to taste / to taste

Instructions

1. Preheat the oven to 425°F (220°C).
2. Toss bell pepper and zucchini with olive oil, salt, and pepper; spread on a baking sheet.
3. Roast for 15-20 minutes until tender.
4. In the meantime, cook quinoa according to package instructions.
5. Top quinoa with roasted vegetables, sprinkle with flaxseed, and serve.

18. Spicy White Bean & Kale Soup with Collagen

This hearty soup features white beans for protein and kale for vitamins A and C, combined with collagen for joint support. It's flavorful and nourishing, making it perfect for women over 40.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	20 min
Calories	479 kcal
Protein	36g
Carbs	66g
Fats	13g



Ingredients

Olive oil	3.3 tbsp / 49.5 ml
Onion, diced	1.5 medium / 1.5 medium
Garlic cloves, minced	5 cloves / 5 cloves
Kale, chopped	3.3 cups / 792 ml
Canned white beans, drained	1.5 can (15 oz) / 701.3 g
Vegetable broth	6.6 cups / 1584 ml
Red pepper flakes	1.7 tsp / 8.3 g
Collagen peptides	1.5 scoop / 1.5 scoop

Instructions

1. In a large pot, heat olive oil over medium heat. Add onion and garlic, sauté until softened, about 5 minutes.
2. Add kale and cook until wilted, about 3 minutes. Stir in white beans, vegetable broth, and red pepper flakes.
3. Bring to a boil, then reduce heat and simmer for 20 minutes. Stir in collagen peptides before serving.

Day 7

3 meals · 1,406 calories

BREAKFAST Nutty Oatmeal with Blueberries & Flaxseed **448 kcal**

LUNCH Creamy Butternut Squash Soup with Coconut and Chia **496 kcal**

DINNER Carrot and Lentil Soup **462 kcal**

Protein: 73g Carbs: 196g Fats: 49g

19. Nutty Oatmeal with Blueberries & Flaxseed

This hearty oatmeal is loaded with fiber and antioxidants from blueberries, promoting heart health and improving digestion. Flaxseed adds phytoestrogens that can help with hormone balance during menopause.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	448 kcal
Protein	14g
Carbs	70g
Fats	14g



Ingredients

Rolled oats	0.7 cup / 56 g
Almond milk (or milk of choice)	1.4 cup / 336 ml
Blueberries, fresh or frozen	0.7 cup / 105 g
Flaxseed meal	1.4 tbsp / 21 g
Almonds, chopped	2.8 tbsp / 21 g
Honey	1.4 tsp / 7 g
Cinnamon	0.7 tsp / 2.8 g

Instructions

1. In a saucepan, combine 0.7 cup (56 g) of rolled oats and 1.4 cup (336 ml) of almond milk. Bring to a boil, then reduce heat and simmer for 5 minutes.
2. Stir in 0.7 cup (105 g) of blueberries, 1.4 tbsp (21 g) of flaxseed meal, 2.8 tbsp (21 g) of chopped almonds, 1.4 tsp (7 g) of honey, and 0.7 tsp (2.8 g) of cinnamon.
3. Serve warm.

20. Creamy Butternut Squash Soup with Coconut and Chia

This creamy soup is high in vitamin A and antioxidants from butternut squash, promoting skin health and immune function. Chia seeds provide a boost of omega-3s and protein, essential for hormone production.

Nutrition Information

Servings	1
Prep Time	17 min
Cook Time	20 min
Calories	496 kcal
Protein	34g
Carbs	47g
Fats	28g



Ingredients

Butternut squash, peeled and diced	3.1 cups / 620 g
Coconut milk	1.6 cup / 372 ml
Chia seeds	4.7 tbsp / 69.8 g
Onion, diced	1.6 onion / 1.6 onion
Garlic, minced	3 cloves / 3 cloves
Low-sodium vegetable broth	6.2 cups / 1488 ml
Olive oil	1.6 tbsp / 23.3 ml
Nutmeg, to taste	0.4 tsp / 1.6 g
Black pepper, to taste	0.8 tsp / 3.1 g

Instructions

1. In a large pot, heat 1.6 tbsp (23.3 ml) olive oil over medium heat. Add 1.6 onion (1.6 onion) and 3 cloves (3 cloves) minced garlic, cooking until fragrant.
2. Add 3.1 cups (620 g) diced butternut squash and 6.2 cups (1488 ml) low-sodium vegetable broth. Bring to a boil, then reduce heat and simmer for 20 minutes until squash is tender.
3. Blend until smooth, then stir in 1.6 cup (372 ml) coconut milk and 4.7 tbsp (69.8 g) chia seeds. Heat gently and season with nutmeg and black pepper before serving.

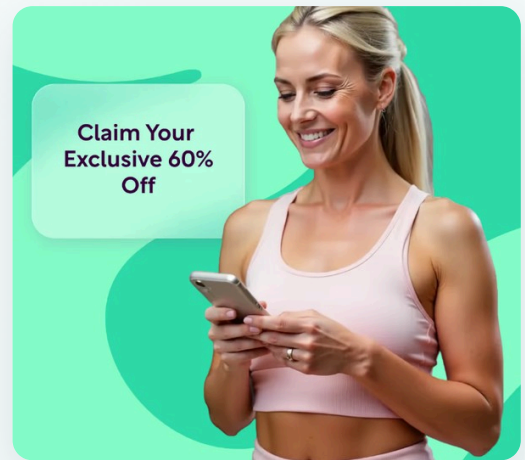
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21. Carrot and Lentil Soup

This hearty soup combines carrots and lentils, providing a wealth of fiber and plant-based protein that supports digestion and muscle maintenance. The anti-inflammatory spices enhance flavor while promoting overall health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	25 min
Calories	462 kcal
Protein	25g
Carbs	79g
Fats	7g



Ingredients

Carrots, chopped	1.7 cup / 247.5 g
Lentils, rinsed	0.8 cup / 148.5 g
Vegetable broth	4.9 cups / 1188 ml
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper to taste	/

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) olive oil over medium heat, add 1.7 cup (247.5 g) chopped carrots, and sauté for 5 minutes.
2. Add 0.8 cup (148.5 g) lentils and 4.9 cups (1188 ml) vegetable broth, bring to a boil.
3. Reduce heat and simmer for 20 minutes until lentils and carrots are tender, season with salt and pepper.

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