

# 21 FODMAP-Friendly Recipes For Home & Work

For those with a chronic food intolerance, symptoms may not improve unless certain FODMAPs are removed from the diet.

The only way to discover which ones cause symptoms is to [remove them all during a low FODMAP diet](#), and then slowly reintroduce them one at a time.

But going low FODMAP doesn't mean you must always eat separately from your family, or worry about what to bring to work. And you certainly don't have to miss out on delicious foods.

The following 21 recipes are a great mix of family-friendly and perfect to pack for work... and low in FODMAPs of course.

*With each recipe is a photo and detailed nutrition facts including calories and carbohydrate content per serving. Click the recipe name for the full instructions and more photos.*

## Main Meals



### [Quinoa Crusted Chicken Parmesan](#)

This recipe is a keeper. Chicken Parmesan with a quinoa crust? Whoa!



### [Sweet Potato, Feta, and Spinach Frittata](#)

Frittatas are one of my favourite dishes because they are so easy to make and you can put anything in them. In this way they double as either a healthy main or nutritious side/snack.



### [Huevos Rancheros](#)

This recipe uses rinsed canned lentils to make low FODMAP refried beans. For those who really love their Mexican.



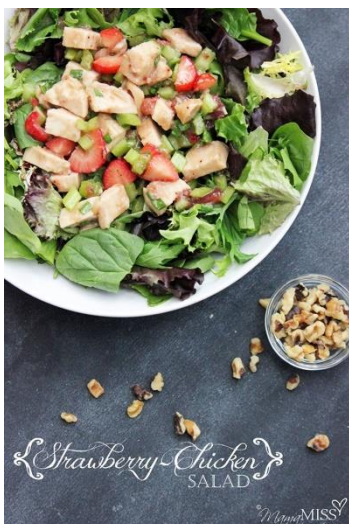
### [Classic Vinaigrette with Strawberry, Spinach & Feta Salad](#)

This recipe makes 2 good-sized entrée salads. You can make half the recipe for a single meal, but why not make the whole thing and save half for lunch the following day? Put a serving of vinaigrette in a little jar so you can take it with you on the go and dress your salad when you're ready to eat--no soggy greens!



### [Salmon with Maple, Mustard and Dill](#)

This salmon dish bakes quickly in the oven for a nourishing and tasty evening meal.



### [Strawberry-Chicken Salad With Mixed Greens](#)

This yummy strawberry salad is the perfect addition to your summer meal plans. Lite and filling - it's sure to sweeten your plate.



### [Stuff A Spud](#)

This little recipe is so easy and versatile as you can really top a spud with any of your favourite veggies, cheeses, herbs and even meats. Enjoy them on their own or with a side of steak, chicken or fish.



### [Tempeh Kale Salad with Asian Ginger Dressing](#)

Tempeh is a delicious fermented soy product that is both high in protein and fibre. It's like tofu, but way better.



### [Shakin' Up The Kitchen with Shakshuka](#)

Shakshuka can be served with pita bread for the wheat tolerant or a side of quinoa, brown rice, or FODMAP friendly bread for the non-wheat tolerant.



### [Flavorful low FODMAP fish tacos](#)

Another alternative for Mexican night that the whole family can enjoy.



### [Potato and Pumpkin Gratin](#)

This potato and pumpkin gratin is the perfect autumn side dish and can also be served as a main dish.



### [Brown Rice Noodle & Veggie Stir Fry with Shrimp](#)

If giving up traditional wheat pasta still bums you out, this recipe will have you loving life again.

Plus, it's fast, addictive and makes for a great leftover lunch.

### Snacks/Easy Meals



#### [Curried Parsnip and Coconut Soup](#)

This low FODMAP soup is really warming and simple to make – perfect for lunch on a cold day and a great way to get an extra portion of veg in.



#### [Blueberry Lime Coconut Smoothie](#)

What would a recipe list be without some delicious smoothies in a mason jar?



#### [Asian Salad and Sesame Chicken Spring Roll](#)

A FODMAP-friendly recipe that's light and full of fresh veggies



#### [Portuguese Chicken Summer Samosas](#)

You can find Chicken Samosas in every Portuguese cafe menu. It's the result of a hybrid Indian-Portuguese cuisine, due to Portuguese presence in Goa in the 16th Century, where Chicken Samosas are hugely popular.



#### [Carrot, Banana & Kale FODMAP-friendly muffins](#)

I know it's a bit out there for some people to eat kale never mind put it into a muffin recipe...but sometimes you really do need to step out of your box, right?



### [Toast Toppings](#)

If you are a sucker for toast, try these toppings on gluten-free or oatmeal bread.



### [Eggplant and Herbed Millet Veggie Burgers](#)

Homemade veggie burgers are tasty, filling and easy to put together. You just need to watch out for the right quantities to be able to hold everything together into beautiful patties.



### [Rustic Bruschetta Baked Eggs for One](#)

Comforting and nourishing, this quick and easy meal is a delicious way to start the day. P.S. It's gluten-free, vegetarian, low FODMAP, low carb, and baked in the microwave, so you have no excuse not to eat a proper breakfast



### [High-Protein Low-Carb Green Smoothie](#)

If you're new to green smoothies, let me save you the struggle and contemplation with this deliciously simple smoothie recipe.

