



DAY

LOW

FODMAP

DIET PLAN

DIET vs DISEASE

Here are the full recipes and shopping list from the
7-Day Low FODMAP Diet Plan

[Click here](#) to see the full plan again.

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Low FODMAP Blueberry Smoothie

Adapted from [A Little Bit Yummy](#), Serves 1

Ingredients

- ☐ 125ml (1/2 cup) soy protein milk (lactose free milk, rice milk, coconut milk, hemp milk or almond milk)
- ☐ 20 blueberries (fresh or frozen)
- ☐ 60ml (1/4 cup) vanilla soy ice cream (or lactose free ice cream or lactose free yoghurt)
- ☐ 6 ice cubes
- ☐ 30g frozen banana (unripe)
- ☐ 2 tsp rice protein powder
- ☐ 1 tsp chia seeds
- ☐ 1/2 tbsp pure maple syrup
- ☐ 1 tsp lemon juice
- ☐ *This recipe needs 1/4 small lemon



Method

1. Place the soy protein milk (lactose free milk or milk alternative), frozen blueberries, vanilla soy ice cream (lactose free ice cream or yoghurt) in the blender. If your frozen banana is in a large chunk I would recommend slicing it into smaller pieces so it blends easier. Add the frozen banana, ice cubes, rice protein powder, chia seeds, maple syrup, and lemon juice to the blender.
2. Blend until smooth.
3. Serve immediately. It is better to drink this smoothie straight away, otherwise it will melt and separate, which will change the flavour. Note: Before freezing your bananas peel and break them into 30g (1.06 oz) pieces.

FRESH SPRING (RICE-PAPER) ROLLS

Adapted from [Emily Kyle](#)
[Nutrition](#), Serves 15 Spring Rolls

Ingredients

- ☐ 15 Spring Roll Wrappers
- ☐ 2 carrots, sliced julienne style
- ☐ 1 small zucchini and/or cucumber, sliced julienne style
- ☐ 1 bell pepper, sliced julienne style
- ☐ 1 cup of purple green beans or purple cabbage, sliced thin
- ☐ 2 cups of romaine lettuce, kale, spinach or any other leafy green, shredded
- ☐ 1 scallion, chopped
- ☐ 1 bunch of cilantro, chopped
- ☐ Sauce of Choice



Method

1. Using your hands, wet your work surface as this will keep your rice paper wrapper from sticking. Take your spring roll wrapper and place it in your bowl of warm water.
2. You want to let the rice paper sit in the water for 10-20 seconds until it becomes pliable.
3. Continue to feel how flexible the paper is: you want it to be soft and workable without being mushy. When with feel ready take your spring roll wrapper out of the water and lay it down on your wet surface.

Method

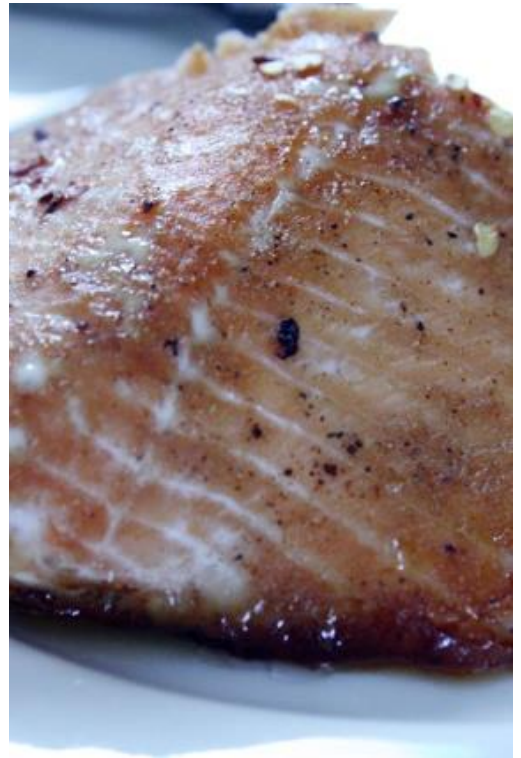
4. Begin to fill your wrapper with all of your ingredients by placing everything in the center, making a rectangle shape. Be careful not to overfill your spring roll wrapper because you won't be able to roll it shut!
5. Work quickly, you don't want your wrapper to lose moisture. When you've placed all of your ingredients in a nice little pile on your spring roll wrapper, it's time to roll her shut!
6. Start by folding the top and bottom sides in.
7. Starting on the left-hand side, stretch the wrapper around the pile of ingredients, tucking and rolling the paper under the pile just a little bit.
8. Tuck those corners in and then continue to roll all the way, making your roll as tight as possible without ripping the rice paper wrapper.
9. Roll as many spring rolls as you would like and enjoy as soon as possible.
10. Enjoy with your favorite low FODMAP dipping sauce.

Maple Garlic Glazed Salmon

*Adapted from [Kate Scarlata](#),
Serves 2-3*

Ingredients

- ☐ 1/2 pound salmon fillet
- ☐ 2 tablespoons pure maple syrup
- ☐ 1 tablespoon garlic infused oil
- ☐ 1 tablespoon soy sauce
- ☐ Salt and pepper, to taste
- ☐ Dash of either crushed red pepper or sesame seeds



Method

1. Preheat oven to 400 degrees F
2. In small bowl mix maple syrup, soy sauce, garlic infused oil, salt, and pepper
3. Place salmon in small glass baking dish and coat with maple and garlic infused mixture.
4. Marinate in refrigerator for 25-30 minutes.
5. Sprinkle with crushed red pepper flakes or sesame seeds, as desired
6. Bake uncovered in oven for 20 minutes or until flaky and cooked through.

Pumpkin & Carrot Risotto

Adapted from [A Little Bit Yummy](#),

Serves 4

Ingredients

Roast Veggies

- ☐ 240g Japanese (Jap) pumpkin ,
- ☐ (buttercup squash or supermarket squash)
- ☐ 240g (2 large) carrot
- ☐ 1 tbsp olive oil
- ☐ salt & pepper

Risotto

- ☐ 300g (1 & 1/2 cups) risotto rice (Aborio rice)
- ☐ 40g (1/2 cup) leek (green tips only)
- ☐ 1 tbsp garlic infused oil
- ☐ 1 tbsp dairy free spread (olive oil spread or butter) (or olive oil)
- ☐ 1000 - 1125ml (4 - 4.5 cups) low FODMAP chicken stock/vegetable stock
- ☐ 2 tsp lemon zest
- ☐ 2 & 1/2 tbsp lemon juice*
- ☐ 160g (4 cups) spinach (shredded)
- ☐ 3 tbsp fresh coriander (chopped)
- ☐ 50g parmesan cheese (optional) (grated)

*This recipe needs 2 large lemons



Method

1. Preheat the oven to 200°C (390°F) bake function. Peel and chop the pumpkin & carrot into 1.5cm (0.60 inch) pieces. Place in an oven dish, drizzle with olive oil and season with salt and pepper. Bake for 20 to 25 minutes (until soft and slightly golden). Toss a couple of times during cooking.
2. While the roast veggies are cooking, make the risotto. Roughly chop the green leek tips. Make the chicken stock if using stock cubes, and shred the spinach. Heat a large saucepan over medium heat. Fry the leek tips in the dairy free spread (olive oil spread or butter) and garlic infused oil for two minutes. Add the rice, stir through the mixture for about 1 minute.
3. Next add 125ml (1/2 a cup) of chicken stock at a time, stir every now and then until the liquid has absorbed into the rice. Carry on adding and stirring in the stock, a splash at a time. Turn down the heat to medium low if needed (if the rice is cooking too quickly and starting to stick to the bottom of the pan). Once the rice has absorbed 4 cups of stock, check and see if the rice is cooked (should take about 20 minutes). If it isn't, add more stock and continue cooking for another few minutes. While the risotto cooks, zest the lemons (the trick is just to zest the yellow layer and not the bitter white layer underneath).
4. While the rice finishes cooking, stir through the shredded spinach, lemon juice and lemon zest. Season with salt and pepper. Then stir through the roast veggies, chopped fresh coriander and grated cheese (if using).
5. Serve the pumpkin and carrot risotto in bowls. Enjoy!

Brown Rice Noodle and Veggie Stir Fry with Shrimp

Adapted from [Calm Belly Kitchen](#), Serves 4

Ingredients

- ☐ 5 tbsp reduced sodium soy sauce (gluten free if needed)
- ☐ 3 tbsp light brown sugar or maple syrup
- ☐ 3 tbsp fresh lime juice (1 to 2 limes)
- ☐ 2 tbsp rice vinegar
- ☐ 2 tsp sesame oil
- ☐ 1 tbsp vegetable oil
- ☐ 1 large red bell pepper, sliced into thin 3-inch strips
- ☐ 2 cups matchstick carrots
- ☐ 1 tbsp chopped fresh ginger (1-inch piece)
- ☐ Cooking spray (or additional vegetable oil)
- ☐ 5 oz spinach leaves
- ☐ 1 1/4 lb medium shrimp, peeled and deveined (frozen, defrosted work well)
- ☐ 1/4 tsp salt, plus additional to taste
- ☐ Black pepper to taste
- ☐ 8 oz brown rice vermicelli
- ☐ 6 scallions, green parts only, sliced



Method

1. In a medium bowl, whisk together the soy sauce, brown sugar or maple syrup, lime juice, rice vinegar and sesame oil. Set aside. Heat the vegetable oil in a large skillet on medium-high heat. Add bell peppers and cook, stirring frequently for about 4 minutes. Add carrots and continue cooking until vegetables are crisp-tender, about 4 minutes more (add a few tablespoons of water to the skillet if vegetables start to stick). Add ginger and about three-quarters of the scallions and cook for 1 minute, stirring frequently. Transfer to a medium bowl.
2. Return skillet to the stove top, mist with cooking spray (or add more vegetable oil) and heat on medium. Add spinach and cook, stirring frequently, until wilted, 2 to 3 minutes. Add to bowl with carrot mixture.
3. Return the skillet to the stove top one more time and mist with cooking spray (or add more vegetable oil). Heat on medium-high. Add shrimp, 1/4 tsp salt and black pepper to taste. Cook, turning occasionally, until shrimp are firm to the touch and opaque in the thickest part, 4 to 6 minutes.
4. Meanwhile, bring a large pot of water to a boil. Add rice noodles and cook, stirring frequently, until al dente, about 3 minutes. Drain in a fine mesh strainer and rinse with cold water. Return noodles to the pot you cooked them in. Give the soy sauce mixture a quick whisk and add to the noodles. Heat on medium high and bring to a simmer. Reduce heat to medium and add the vegetable mixture. Gently toss until combined and heated through. Stir in the shrimp. Taste and season with additional salt and pepper if needed. Serve right away and garnish with the remaining scallions.

Overnight Banana Chocolate Oats

Adapted from [BonCalmé](#), Serves 1

Ingredients

- ☐ 1/4 cup gluten-free rolled oats
- ☐ 2 tablespoons unsweetened almond milk
- ☐ 1 teaspoon unsweetened cocoa powder
- ☐ 1/4 ripe medium banana, mashed
- ☐ 2 tablespoons lactose-free vanilla yogurt
- ☐ 1/8 teaspoon alcohol-free vanilla extract
- ☐ 2 teaspoons maple syrup
- ☐ 1/2 teaspoon ground cinnamon
- ☐ 1 ounce dark chocolate, smashed into chunks
- ☐ 1 banana slices, for garnish



Method

1. In a medium bowl, combine oats and almond milk and stir. Add cocoa powder, banana, yogurt, vanilla, maple syrup, and cinnamon; stir to combine. Place in a canning jar and cover with lid. Refrigerate overnight.
2. The next day, top with chocolate chunks and banana slice and enjoy! Can be stored in refrigerator up to 3 days.

Easy One-Pan Ratatouille

Adapted from [Calm Belly Kitchen](#), Serves 8 (1 serving = 1/2 cup)

Ingredients

- ☐ 3 to 4 tbsp olive oil
- ☐ 1 med eggplant (1 lb), chopped
- ☐ salt and black pepper to taste
- ☐ 2 small zucchini (12 oz), chopped
- ☐ 1 large red bell pepper (8 oz), chopped
- ☐ 6 oz thin green beans (haricots verts)
- ☐ 2 1/2 cups unsalted diced tomatoes (from can, jar, etc)
- ☐ 3/4 tsp dried herbs (any combo of thyme, tarragon, rosemary, etc)
- ☐ Red chile flakes or minced fresh red chile (optional)
- ☐ 1/3 cup chopped olives, such as kalamata
- ☐ 4 oz feta cheese, crumbled
- ☐ Chopped fresh basil

Method

1. In a large, wide sauté pan, heat about 1 1/2 tbsp of oil on medium high. Add eggplant, season with salt and black pepper, and cook, stirring frequently, until lightly browned (eggplant will not be soft and cooked through at this point), 7 to 10 minutes. Transfer to a large bowl. If a lot of brown bits are sticking to the pan, add about 1/4 cup water (or red wine). When it starts to simmer, scrape the bottom of the pan with a spatula to deglaze.



Method

2. Heat about 1 1/2 tbsp of oil in the pan, still on medium high heat, and add the zucchini and bell pepper. Season with salt and black pepper and cook until lightly browned, 7 to 10 minutes. Add to bowl with eggplant. Deglaze pan again if you like. Add 1 to 2 tsp of oil. Add green beans and cook, stirring frequently, until lightly browned, about 3 minutes.
3. Add tomatoes to pan with green beans and bring to a simmer. Stir in eggplant, zucchini, bell peppers, dried herbs and chile flakes if using. Cover and simmer on medium to medium-low heat until vegetables are very tender and sauce has thickened, 25 to 30 minutes, stirring occasionally. If pan gets too dry before veggies are done add water as needed. Stir in olives. Season to taste with salt and black pepper.
4. Serve ratatouille over polenta, gluten-free pasta or quinoa (or use any of the other ideas in this blog post). Sprinkle with feta and fresh basil. I like to add chicken for protein.

Quinoa Crusted Chicken Parmesan

*Adapted from [Kate Scarlata](#),
Serves 4 - 6*

Ingredients

- ☐ 3-4 chicken breasts, sliced in half and pounded to thin cutlets (about 1 1/2 pounds)
- ☐ 1 1/2 cups lactose free milk
- ☐ 1/2 cup potato starch
- ☐ salt and pepper, to taste
- ☐ 2 eggs
- ☐ 2 cups cooked quinoa
- ☐ 2 teaspoons chopped basil
- ☐ 1/4 cup Parmesan cheese
- ☐ 1 cup marinara sauce (low FODMAP variety such as Rao's Sensitive Formula)
- ☐ 1 cup shredded mozzarella cheese
- ☐ Fresh sliced basil for garnish if desired



Method

1. Preheat oven to 375 degrees F.
2. Lightly oil large baking sheet.
3. In medium bowl, add milk and chicken breasts, set aside.
4. Place potato starch on plate and sprinkle with salt and pepper, set aside.
5. In small bowl, add eggs and whisk to blend, set aside.
6. Place quinoa in bowl and add basil, stir to blend, set aside.
7. Take one chicken cutlet out of milk and dip lightly on both sides in potato starch, shake to remove excess starch.

Method

8. Dip starch coated chicken into eggs to coat and then into quinoa.
9. Press quinoa firmly into chicken breast, then place chicken on baking sheet.
10. Repeat process with the rest of the chicken.
11. Sprinkle Parmesan cheese over chicken breasts, evenly.
12. Bake for 25 minutes or until cooked through.
13. Remove from oven carefully and add 2 tablespoons of marinara over each breast and top with a sprinkle of the mozzarella cheese. Return to the oven for 5 minutes to melt cheese and heat sauce; top with fresh sliced basil if desired.

Formula Meals: Quinoa Salad

Adapted from [Food Confidence](#),
Serves 1

Ingredients

- ☐ 1 part quinoa
- ☐ 2 parts vegetables
- ☐ 1 part greens
- ☐ 1 part fresh herbs
- ☐ 1 part fruit (low FODMAP)
- ☐ 1 part nut (low FODMAP)



Method

1. I like to mix the red and white quinoa together (or buy the tricolor). To make, use one part quinoa and two parts water. Bring to a boil, then reduce to simmer for about 18 minutes or until the water is absorbed. I like to add lemon zest to the pot while cooking and then add a squeeze of lemon after cooking.
2. Here's where you can get as creative as you want. Whatever you go with, make sure you chop into bite-sized pieces. Some ideas are: chopped cucumbers, sliced cherry tomatoes, chopped zucchini, chopped broccoli (steamed or raw), chopped bell peppers, roasted Brussels sprouts, or other vegetables on my [ultimate low fodmaps food list](#).

Method

3. The trick for adding the greens is to make sure you chop them into bite sized pieces! I love using softer greens like baby kale, spring mix, baby spinach, arugula, watercress, etc.
4. Fresh herbs add so much flavor, don't skip this part! Experiment with chopped basil, mint, parsley, tarragon, dill or cilantro.
5. You can use fresh low FODMAP fruit here. So things like grapes, oranges and strawberries.
6. Every salad needs some crunch — sliced almonds (max 10) are my go-to but toasted pinenuts are good as are chopped walnuts and pecans.
7. A simple dressing of 2 parts olive oil, 1 part vinegar (of your choice), salt and pepper, juice from half a lemon, 1 tsp Dijon mustard.

Low FODMAP Spaghetti Bolognese

Adapted from [A Little Bit Yummy](#), Serves 4

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 500g prime beef mince
- ☐ 40g (1/2 cup) leek (green tips only)
- ☐ 400g can of plain crushed/chopped tomatoes
- ☐ 3 tbsp tomato paste
- ☐ 1 tsp dried oregano
- ☐ 1 tsp dried basil
- ☐ 1/2 tsp dried thyme
- ☐ 120g (4 cups) baby spinach
- ☐ Season with salt & pepper (to taste)
- ☐ 300g gluten free spaghetti
- ☐ 60g (1/2 cup) low FODMAP cheese (cheddar, colby, mozzarella) optional



Method

1. Roughly chop the baby spinach and finely chop the green leek tips. Peel and cut the carrots into sticks and slice the green beans into bite sized pieces. Place to one side.
2. Select a large fry pan and place on medium heat. Add a splash of olive oil and cook prime beef mince until browned.
3. Add the can of tomatoes, tomato paste, leek tips, baby spinach and herbs (oregano, basil, thyme) to the prime beef mince. Mix well and allow to simmer on medium to low heat for 20 minutes. Make sure you stir it so it doesn't burn. Add salt and pepper to taste.

Method

4. Add a generous amount of salt to a large saucepan of water. Bring the water to a rolling boil. Then add the gluten free spaghetti and cook according to packet directions, until soft. Drain pasta and toss with olive oil. While the spaghetti cooks, cook the green beans and carrots in a medium sized saucepan of boiling water for two to three minutes, until they are brightly coloured and soft.
5. Serve the bolognese on top of spaghetti and sprinkle with a low FODMAP cheese like cheddar or colby (if desired). Make sure you include the veggies on the side (I like to mix mine in with the bolognese).

Low FODMAP Tomato and Leek Frittata

Adapted from [BonCalme](#), Serves 2

Ingredients

- ☐ 3 teaspoons olive oil, divided
- ☐ 1/2 cup chopped leek leaves
- ☐ 1/2 teaspoon sea salt, divided
- ☐ 1/2 teaspoon freshly ground black pepper, divided
- ☐ 1/2 cup grape tomatoes
- ☐ 1/4 cup capers, rinsed and drained
- ☐ 3 egg whites
- ☐ 1 teaspoon dried herbes de Provence
- ☐ 1 teaspoon dried thyme
- ☐ 2 egg yolks
- ☐ 2 ounces goat cheese, crumbled



Method

1. Preheat oven to 350°F.
2. Heat 2 teaspoons oil in a 10" ovenproof nonstick skillet over medium heat. Add leeks, 1/4 teaspoon salt, and a 1/4 teaspoon pepper. Cook 5 minutes. Stir in grape tomatoes and capers. Cover and cook 3 minutes. Transfer to a small bowl.
3. In a medium bowl, quickly beat egg whites with herbes de Provence, thyme, and remaining salt and pepper. Whisk in egg yolks. Whisk until mixture is fluffy.
4. Brush skillet with remaining olive oil. Add eggs, cooked tomato mixture, and goat cheese. Cook over medium heat 4 minutes. Transfer to oven; bake 15–20 minutes or until eggs are set. To check, cut a small slit in center of frittata.

Sesame Tofu with Broccoli and Walnuts

Adapted from [Kate Scarlata](#),

Serves 1

Ingredients

- ☐ 1, 8 oz package extra firm tofu cut in bite size chunks
- ☐ 2 TB reduced sodium Tamari soy sauce
- ☐ 2 tsp. toasted sesame oil
- ☐ 2-3 TB sesame seeds
- ☐ 1-2 TB peanut oil
- ☐ 1/2-3/4 cup chopped broccoli
- ☐ 1 tsp garlic minced, or 2 tsp garlic infused oil (use garlic infused oil for low FODMAP)
- ☐ 1/4 tsp. dried ginger or 1 tsp finely grated fresh ginger
- ☐ 1/4 cup walnuts



Method

1. Mix tofu chunks with soy sauce and sesame oil. Let marinate from 10 minutes to 2 hours in refrigerator.
2. Drain tofu from marinade and put on plate. Sprinkle evenly with sesame seeds.
3. In medium skillet, add peanut oil and heat over medium heat.
4. Add tofu, broccoli, garlic-infused oil or minced garlic and ginger. Cook for about 2 minutes then stir gently.
5. Cook for about 4-5 minutes until light brown and broccoli fork tender.
6. Add walnuts for last minute of cooking.

FODMAP FRIENDLY BLUEBERRY PANCAKES

Adapted from [The Fructose Friendly Chef](#), Serves 2

Ingredients

- ☐ 150g (1¼ cups) gluten free flour
- ☐ 2 teaspoons gluten-free baking powder
- ☐ 1 teaspoon ground cinnamon
- ☐ 1-2 teaspoons chia seeds
- ☐ 2 unripe bananas, mashed
- ☐ 2 free range eggs, or equivalent egg replacer
- ☐ 200g (¾ cup) water
- ☐ spray olive oil for greasing
- ☐ 125g (¾ cup) blueberries



Method

1. Sift flour, baking powder and cinnamon into a bowl and make a well in the centre.
2. Mix chia, eggs, mashed banana and water together and add to dry ingredients. Fold in blueberries.
3. Stir well until batter is smooth and reaches the consistency of thin cream. If the batter is not reaching this consistency add more water.
4. Spray frying pan with oil and place over medium heat. Allow pan to get hot, then pour enough mixture so pancake is roughly 15cm in circumference.
5. When air bubbles start to present on the surface of the pancake it is ready to be turned. Use a spatula and flip the pancake over. Brown this side of the pancake and transfer to a plate.
6. Cover pancake with a clean tea towel to retain heat. Repeat with the remaining pancake batter, spraying the pan between batches.

Poached Eggs on Toast

Adapted from [Not From A Packet Mix](#), Serves 1

Ingredients

- ☐ 1-2 eggs per person
- ☐ Low FODMAP bread or gluten-free white bread
- ☐ Water
- ☐ Dash vinegar
- ☐ Fry pan – can't be shallow
- ☐ Toppings – green chives, salt etc



Method

1. Fill the fry pan with water and bring it to the boil. Put in a dash or two of vinegar and then lower the temp so that it is only just boiling.
2. Crack your eggs into the slowly boiling water, they should be submerged so that the tops can cook as well. Don't cramp the eggs – we fit four eggs in our largest fry pan, which is about 30 cm across. You could also use egg rings to contain them and squeeze more in, if you wish.
3. Set the timer for 2 minutes. This should produce cooked egg whites that aren't rubbery and delicious, runny egg yolks. Don't ever tell me that cooked yolks are tasty. They are not.
4. Meanwhile, you should have been toasting your GF or FF bread of choice. Once the egg whites look completely cooked – no wateriness left to them – remove them from the water with a slotted spoon and let them drain for a few seconds before placing them on the bread and garnishing with the chopped green stems of chives, which are much lower in fructans than the white parts/bulbs of the plant.

Korean Bibimbap

Adapted from [My Gut Feeling](#),
Serves 2

Ingredients

- ☐ ½ cup brown rice
- ☐ 1 cup water
- ☐ Pinch of salt
- ☐ 1 cup spinach or swiss chard without stems, chopped
- ☐ 1 medium rainbow carrot, peeled and julienned
- ☐ 1 medium courgette, julienned
- ☐ 3 tbsp olive oil
- ☐ ½ block of extra firm tofu
- ☐ Pinch of salt
- ☐ 2 eggs
- ☐ 1 handful green onions (green parts only), chopped
- ☐ Sesame seeds (optional)



Method

1. Place the rice in a sauce pan with boiling water and a pinch of salt. Cook on a low heat, until all the water has been absorbed and the rice is cooked.
2. Slice half of the tofu block into another half and wrap with paper towel. Place a plate and a heavy object on top of the tofu and set aside for 15 minutes. This process will help tofu drain faster. After pressing the tofu, cut into medium rectangular strips and coat both sides with salt. In a hot grill pan, grill 5 minutes per side or until crispy and golden brown.
3. For the spinach, carrots and zucchini, simply heat up 2 tbsp of olive oil in a skillet, then sauté the vegetables (separately, one type at a time) with salt until tender. Spinach will take 5-7 minutes, carrots about 5 minutes, and zucchini 2-4 minutes.

Method

4. For the spinach, carrots and zucchini, simply heat up 2 tbsp of olive oil in a skillet, then sauté the vegetables (separately, one type at a time) with salt until tender. Spinach will take 5-7 minutes, carrots about 5 minutes, and zucchini 2-4 minutes.
5. Fry the eggs with a tbsp of olive oil and add a pinch of salt.
6. Place the rice in two bowls, top with veggies and tofu, and finish with a sunny side up egg.
7. Top with green onions and sesame seeds (optional), stir everything up and serve.

Banana Nut Quinoa Muffins

Adapted from [Fannestastic Food](#), 24 muffins

Ingredients

Dry

- ☐ 1 & 1/2 C quinoa flour
- ☐ 1 C quinoa flakes
- ☐ 1/3 C walnuts or pecans, chopped (gluten free certified if you want this recipe to stay gluten free)
- ☐ 1 Tbsp. cinnamon
- ☐ 4 tsp. baking powder
- ☐ 2 tsp. baking soda
- ☐ 1 tsp. salt

Wet

- ☐ 4 flax eggs (or 4 real eggs)
- ☐ 4 very ripe bananas, mashed
- ☐ 1/2 cup Almond Breeze original almondmilk
- ☐ 1/4 C maple syrup

Note:

To make the equivalent of 4 flax eggs, place 4 Tbsp. ground flaxseed in a bowl, then add 3/4 cup water. Stir, then let sit in the fridge at least 10 minutes and it will gel up like an egg!



Method

1. Preheat oven to 375 F.
2. First, prepare your flax eggs and place them in the fridge to gel.
3. Then, in a large bowl, mix all dry ingredients. In a separate smaller bowl, mix mashed bananas, almond milk, and maple syrup, then mix in gelled flax eggs.
4. Add wet ingredients to dry ingredients and stir until more or less uniform.
5. Spoon batter into greased muffin pans; place in the oven for 20 minutes. Fork check to test done-ness.

INGREDIENTS SHOPPING LIST

Note this list does not include all non-recipe foods or snacks mentioned in the meal plan.

[Click here to see full meal plan.](#)

Fruit & Vegetables

- ☐ Bananas (unripe)
- ☐ Blueberries (fresh or frozen)
- ☐ Lemon or lemon/lime juice
- ☐ Carrots, sliced julienne style
- ☐ Bell pepper, sliced julienne style
- ☐ Purple cabbage
- ☐ Romaine lettuce, kale, spinach or any other leafy green, shredded
- ☐ Japanese pumpkin (Squash)
- ☐ Leek (green tips only)
- ☐ Spinach (shredded)
- ☐ Coriander (chopped)
- ☐ Fresh ginger
- ☐ Scallions (green onions)
- ☐ Ground cinnamon
- ☐ Eggplant
- ☐ Zucchini
- ☐ Tomatoes
- ☐ Fresh Basil (chopped)
- ☐ Oregano (dried)
- ☐ Grape Tomatoes
- ☐ Broccoli (use head not stem)
- ☐ Green chives
- ☐ Swiss chard (without stems)
- ☐ Courgette (zucchini)
- ☐ Green beans (Haricots verts)

Dairy & Milk Alternatives

- ☐ Vanilla soy ice-cream
- ☐ Parmesan cheese
- ☐ Unsweetened almond milk
- ☐ Feta cheese (crumbled)
- ☐ Lactose free milk
- ☐ Mozzarella cheese (shredded)
- ☐ Vanilla Yoghurt (lactose free)
- ☐ Cheddar Cheese
- ☐ Goat Cheese

Rice, Pasta & Grains

- ☐ Chia Seeds
- ☐ Risotto rice (Arborio)
- ☐ Quinoa
- ☐ Brown rice vermicelli
- ☐ Rolled oats (gluten free)
- ☐ Spaghetti (gluten free)
- ☐ Gluten-free flour

Meat, Seafood, Eggs, Tofu

- ☐ Salmon fillet
- ☐ Chicken breast
- ☐ Medium shrimp, peeled and deveined (can be frozen)
- ☐ Primed beef mince
- ☐ Extra Firm Tofu
- ☐ Canned tuna
- ☐ Eggs

Fats and Oils

- ☐ Olive oil
- ☐ Garlic Infused oil
- ☐ Sesame Oil
- ☐ Vegetable oil
- ☐ Peanut Oil

Nuts & Seeds

- ☐ Sesame seeds
- ☐ Peanuts
- ☐ Walnuts

INGREDIENTS SHOPPING LIST

Condiments & Spices

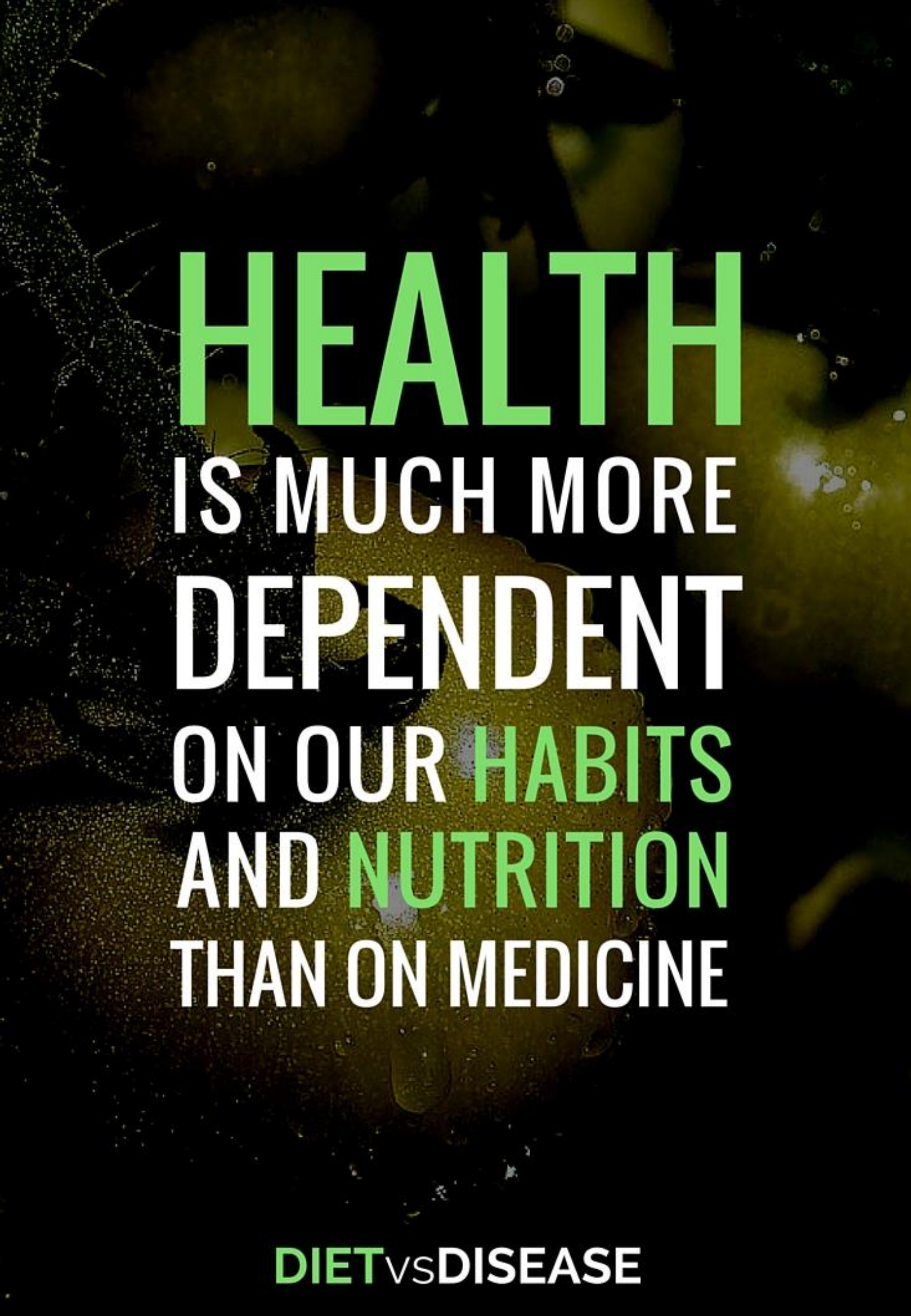
- ☐ Salt
- ☐ Pepper
- ☐ Crushed red pepper
- ☐ Brown sugar
- ☐ Rice Vinegar
- ☐ Red chili flakes
- ☐ Dried herbs de Provence
- ☐ Dried thyme
- ☐ Dash vinegar
- ☐ Dried herbs (thyme, tarragon, rosemary, etc)

Tinned/Bottled Foods

- ☐ Pure Maple syrup
- ☐ Unsweetened cocoa powder
- ☐ Diced tomatoes
- ☐ Tomato paste
- ☐ Mayonnaise (optional)
- ☐ Capers, rinsed and drained
- ☐ Olives, such as Kalamata
- ☐ Tamari Soy sauce
- ☐ Reduced sodium soy sauce (gluten free if needed)
- ☐ Low FODMAP Marinara sauce

Other Items

- ☐ Spring Roll Wrappers
- ☐ Chicken or vegetable stock
- ☐ Dark chocolate (smashed)
- ☐ Baking powder
- ☐ Baking soda
- ☐ Vanilla Extract (alcohol free)
- ☐ Potato Starch



HEALTH
IS MUCH MORE
DEPENDENT
ON OUR **HABITS**
AND **NUTRITION**
THAN ON MEDICINE

DIET vs **DISEASE**



IF YOU LIKED THIS

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IF YOU GET STUCK OR HAVE QUESTIONS

You can get in touch with me at
Hello@DietvsDisease.org.

You can also learn more about me and my
Dietitian qualifications [here](#).