



Low FODMAP Diet - 7-Day Pescatarian

JOE LEECH

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JOE LEECH | DIET VS DISEASE

If you would like to resolve your symptoms and reach your health goals as quickly as possible, I invite you to [watch this free video training!](#)

Hi, it's Joe Leech here, Dietitian, and I hope you enjoy this plan.

This is a 7-day low FODMAP pescatarian meal plan for you.

Below you will find an overview of the week's meal plan, followed by the nutrition information for each day, the shopping list of all ingredients, and the complete list of recipes.

Note that most recipes are for one serving. So if you are preparing/cooking for two people, you need to double the recipes and the shopping list.

However, the recipes that repeat at least once through the week will have more servings. This is because you will prepare several servings at once, and then refrigerate or freeze the other servings as leftovers later in the week for yourself.

The meals that are leftovers of a previous meal will appear greyed-out in the meal plan overview (which means you have prepared them earlier already).

PLEASE NOTE that portion size is important and influences FODMAP rating. Do not exceed recommended portion sizes.

Tea & Coffee Guidelines Per Serving:

- Coffee: black & espresso (2 shots) or instant coffee (1 tsp)
- Strong tea: green, peppermint & white (not dairy) (1 mug or 250ml)
- Weak tea: black, chai & dandelion on water (1 mug or 250ml)
- Milk guidelines: Lactose free milk, almond or rice milk

MON



BREAKFAST
Low FODMAP Peanut Butter Cup
Overnight Oats



SNACK 1
Macadamia Nuts



LUNCH
Tuna Salad Sandwich with low FODMAP
bread



SNACK 2
Kiwi (or other low FODMAP fruit)



DINNER
One Pan Salmon with Green Beans &
Roasted Tomato, Brown or White Rice



SNACK 3
Popcorn

TUE



BREAKFAST
Fried Eggs & Steamed Arugula, Low
FODMAP toast with butter



SNACK 1
Fresh Strawberries, Lactose Free Yogurt
(Plain or Strawberry)



LUNCH
One Pan Salmon with Green Beans &
Roasted Tomato, Brown Rice



SNACK 2
Cucumber, Carrot & Egg Snack Box



DINNER
Slow Cooker Caribbean Carrot Soup,
Low FODMAP toast with butter



SNACK 3
Nuts & Dark Chocolate

WED



BREAKFAST
Low FODMAP Peanut Butter Cup
Overnight Oats



SNACK 1
Grapes & Walnuts



LUNCH
Slow Cooker Caribbean Carrot Soup,
Low FODMAP toast with butter



SNACK 2
Mandarin



DINNER
Eggplant, Pepper & Tomato Saute,
Quinoa



SNACK 3
Low FODMAP Hot Chocolate

THU



BREAKFAST
Oats and Berries



SNACK 1
Fresh Strawberries, Lactose Free Yogurt
(Plain or Strawberry)



LUNCH
Eggplant, Pepper & Tomato Saute,
Quinoa



SNACK 2
Cucumber, Carrot & Egg Snack Box



DINNER
Vegetable Frittata, Low FODMAP toast
with butter



SNACK 3
Nuts & Dark Chocolate

FRI



BREAKFAST
Danni's Cinnamon Protein Smoothie



SNACK 1
Macadamia Nuts



LUNCH
Vegetable Frittata, Low FODMAP toast
with butter



SNACK 2
Kiwi (or other low FODMAP fruit)



DINNER
Low FODMAP Fish Tacos with Pineapple
Salsa



SNACK 3
Popcorn

SAT



BREAKFAST
Low FODMAP French Toast



SNACK 1
Fresh Strawberries, Lactose Free Yogurt
(Plain or Strawberry)



LUNCH
Low FODMAP Fish Tacos with Pineapple
Salsa



SNACK 2
Cucumber, Carrot & Egg Snack Box



DINNER
Miso & Chilli Tofu Skewers, House Salad



SNACK 3
Nuts & Dark Chocolate

SUN



BREAKFAST
Bell Pepper Egg Cups, Low FODMAP
toast with butter



SNACK 1
Rice Cakes with Peanut Butter



LUNCH
Salmon with Garlic Infused Kale, Quinoa



SNACK 2
Orange



DINNER
Shrimp (Prawns) & Green Beans, Brown
or White Rice



SNACK 3
Low FODMAP Hot Chocolate

MON

FAT 47% **CARBS 36%** **PROTEIN 17%**

Calories 2082 Carbs 196g
Fat 113g Fiber 34g
Saturated 17g Sugar 38g
Polyunsaturated 31g **Protein 91g**
Monounsaturated 53g

TUE

FAT 49% **CARBS 35%** **PROTEIN 16%**

Calories 1929 Carbs 174g
Fat 106g Fiber 24g
Saturated 35g Sugar 65g
Polyunsaturated 24g **Protein 77g**
Monounsaturated 34g

WED

FAT 44% **CARBS 45%** **PROTEIN 11%**

Calories 1579 Carbs 192g
Fat 82g Fiber 31g
Saturated 24g Sugar 86g
Polyunsaturated 21g **Protein 45g**
Monounsaturated 22g

THU

FAT 46% **CARBS 40%** **PROTEIN 14%**

Calories 1575 Carbs 160g
Fat 83g Fiber 30g
Saturated 28g Sugar 67g
Polyunsaturated 22g **Protein 56g**
Monounsaturated 23g

FRI

FAT 47% **CARBS 37%** **PROTEIN 16%**

Calories 1905 Carbs 182g
Fat 105g Fiber 42g
Saturated 26g Sugar 42g
Polyunsaturated 19g **Protein 78g**
Monounsaturated 48g

SAT

FAT 45% **CARBS 38%** **PROTEIN 17%**

Calories 2098 Carbs 208g
Fat 107g Fiber 37g
Saturated 29g Sugar 76g
Polyunsaturated 26g **Protein 91g**
Monounsaturated 36g

SUN

FAT 48% **CARBS 33%** **PROTEIN 19%**

Calories 1816 Carbs 158g
Fat 100g Fiber 21g
Saturated 28g Sugar 45g
Polyunsaturated 12g **Protein 89g**
Monounsaturated 29g

FRUITS

- 1/4 Avocado
- 1/2 cup Blueberries
- 1 cup Grapes
- 1 Green Banana
- 4 Kiwi
- 1 Lemon
- 1 1/2 Lime
- 1 Mandarin
- 1 Navel Orange
- 1/2 cup Pineapple
- 12 cups Strawberries

BREAKFAST

- 2 tbsps All Natural Peanut Butter
- 2 Plain Rice Cake

SEEDS, NUTS & SPICES

- 1/4 tsp Cardamom
- 2 tbsps Chia Seeds
- 1/4 tsp Chili Powder
- 1/2 tsp Cinnamon
- 3/4 tsp Cumin
- 1 tsp Dried Thyme
- 1/2 tsp Ground Allspice
- 3/4 tsp Ground Ginger
- 1/2 cup Macadamia Nuts
- 1/8 tsp Nutmeg
- 1/2 tsp Paprika
- 1/8 tsp Red Pepper Flakes
- 1 1/2 tps Sesame Seeds
- 4 1/4 ozs Walnuts

VEGETABLES

- 2 cups Arugula
- 1 1/2 cups Baby Carrots
- 3 cups Baby Spinach
- 1/2 cup Broccoli
- 4 Carrot
- 1/4 cup Cherry Tomatoes
- 2 tbsps Chives
- 2 tbsps Cilantro
- 1 1/2 Cucumber
- 5 1/4 ozs Eggplant
- 1 1/4 cups Green Beans
- 1/2 Green Bell Pepper
- 1/4 head Green Lettuce
- 5 1/2 stalks Green Onion
- 1 Jalapeno Pepper
- 1 cup Kale Leaves
- 1/4 cup Parsley
- 2 1/4 Red Bell Pepper
- 1/4 Sweet Potato
- 5 Tomato
- 1 Yellow Potato

BOXED & CANNED

- 1 1/3 cups Basmati Rice
- 2/3 cup Brown Rice
- 3/4 cup Diced Tomatoes
- 2 cups Organic Vegetable Broth
- 7 1/16 ozs Popcorn
- 3/4 cup Quinoa
- 1 can Tuna

BAKING

- 2 tps Cane Sugar
- 1/3 cup Cocoa Powder
- 4 2/3 ozs Dark Chocolate
- 3/4 cup Oats

BREAD, FISH, MEAT & CHEESE

- 4 Brown Rice Tortillas
- 2 tbsps Feta Cheese
- 10 slices Gluten Free Bread
- 11 1/4 ozs Salmon Fillet
- 2 1/8 ozs Shrimp
- 2 Tilapia Fillet
- 10 1/2 ozs Tofu

CONDIMENTS & OILS

- 1/4 cup All Natural Peanut Butter
- 1/2 cup Extra Virgin Olive Oil
- 2 1/4 tbsps Garlic Infused Oil
- 1/3 cup Maple Syrup
- 1 tbsp Mayonnaise
- 1 tsp Miso Paste
- 1 tbsp Red Wine Vinegar
- 2 tbsps Tamari

COLD

- 1/3 cup Butter
- 13 Egg
- 2 1/2 cups Lactose Free Milk
- 1 1/8 lbs Lactose Free Yogurt
- 1/2 cup Plain Coconut Milk
- 2 1/8 cups Unsweetened Almond Milk

OTHER

- 1 scoop Vanilla Protein Powder

Low FODMAP Peanut Butter Cup Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1/2 cup Oats (rolled)
1 cup Unsweetened Almond Milk (or low FODMAP milk alternative)
1/4 cup All Natural Peanut Butter
2 tbsps Chia Seeds
2 tbsps Maple Syrup
1 tbsp Cocoa Powder
1/2 cup Water

DIRECTIONS

- 01 Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 02 Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	402	Carbs	41g
Fat	24g	Fiber	8g
Saturated	4g	Sugar	16g
Polyunsat...	5g	Protein	13g
Monounsa...	10g		

Fried Eggs & Steamed Arugula

1 SERVING 10 MINUTES



INGREDIENTS

2 cups Arugula
1 tbsp Water
Sea Salt & Black Pepper (to taste)
1 tbsp Extra Virgin Olive Oil
2 Egg

DIRECTIONS

- 01 Heat a pan over medium heat and add arugula and water. Stir just until wilted, then remove from heat. Season with sea salt, pepper and olive oil. Transfer to a plate.
- 02 In the same pan, cook your eggs. Season with sea salt and pepper.
- 03 Plate the arugula with eggs. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	272	Carbs	2g
Fat	23g	Fiber	1g
Saturated	5g	Sugar	1g
Polyunsat...	3g	Protein	14g
Monounsa...	14g		

Low FODMAP toast with butter

1 SERVING 5 MINUTES



INGREDIENTS

1 slice Gluten Free Bread (or Spelt or Wheat Sourdough)

1 tbsp Butter (or dairy free spread)

DIRECTIONS

01 Spread butter onto toast and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	179	Carbs	12g
Fat	14g	Fiber	1g
Saturated	7g	Sugar	2g
Polyunsat...	1g	Protein	2g
Monounsa...	5g		

Oats and Berries

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Lactose Free Milk
1/4 cup Oats (Rolled)
1/4 cup Blueberries (or up to 10
strawberries or up to 30 raspberries)

NUTRITION

AMOUNT PER SERVING

Calories	163	Carbs	25g
Fat	4g	Fiber	3g
Saturated	2g	Sugar	10g
Polyunsat...	1g	Protein	7g
Monounsa...	0g		

DIRECTIONS

- 01 Place the oats in a microwaveable bowl
- 02 Add the milk and stir
- 03 Microwave for 1.5 to 2 minutes
- 04 Carefully remove bowl from the microwave
- 05 Add berries on top

Danni's Cinnamon Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 scoop Vanilla Protein Powder
1 Green Banana (green only for low FODMAP)
2 Ice Cubes
3/4 cup Water
1/4 tsp Cardamom (optional)
1/4 tsp Cinnamon

DIRECTIONS

01 Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	202	Carbs	35g
Fat	1g	Fiber	4g
Saturated	0g	Sugar	15g
Polyunsat...	0g	Protein	16g
Monounsa...	0g		

Low FODMAP French Toast

1 SERVING 20 MINUTES



INGREDIENTS

1 1/2 tps Butter (or lactose free butter/spread)
2 Egg
1 cup Unsweetened Almond Milk (or Lactose Free Milk)
1/4 tsp Cinnamon
2 slices Gluten Free Bread (or Wheat or Spelt Sourdough)
1/4 cup Blueberries (or 10 strawberries or combination)
1 tbsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	453	Carbs	46g
Fat	23g	Fiber	5g
Saturated	7g	Sugar	21g
Polyunsat...	4g	Protein	18g
Monounsa...	10g		

DIRECTIONS

- 01 Crack the eggs into a bowl, add milk, cinnamon and a teaspoon of vanilla extract and whisk together
- 02 Next, heat up a frying pan to a medium heat and place one tea spoon of butter in the pan to melt
- 03 While the butter is melting and turning to a slight golden colour, take the slices of bread and lay them in the mixture on one side for a second then take them out and lay the other side in the mixture. it's best to do the slices one at a time and don't leave the bread in the mixture for more than a few seconds or it will go soggy and lose it's structure.
- 04 Lay the bread in the pan side by side if your pan is big enough and leave for a minute and a half.
- 05 Flip onto the other side for the same amount of time.
- 06 Serve with a tablespoon of maple syrup and a handful of fresh berries.

Bell Pepper Egg Cups

1 SERVING 20 MINUTES



INGREDIENTS

1 Red Bell Pepper
2 Egg
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	174	Carbs	8g
Fat	10g	Fiber	3g
Saturated	3g	Sugar	5g
Polyunsat...	2g	Protein	14g
Monounsa...	4g		

DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Slice pepper in half and carve out the seeds.
- 03 Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

Macadamia Nuts

1 SERVING 1 MINUTE



INGREDIENTS

1/4 cup Macadamia Nuts (20 Nuts (40g)
or other low FODMAP nuts)

DIRECTIONS

01 Serve and Enjoy.

NUTRITION

AMOUNT PER SERVING

Calories	241	Carbs	5g
Fat	25g	Fiber	3g
Saturated	4g	Sugar	2g
Polyunsat...	1g	Protein	3g
Monounsa...	20g		

Fresh Strawberries

4 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Strawberries

DIRECTIONS

- 01 Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	46	Carbs	11g
Fat	0g	Fiber	3g
Saturated	0g	Sugar	7g
Polyunsat...	0g	Protein	1g
Monounsa...	0g		

Lactose Free Yogurt (Plain or Strawberry)

1 SERVING 5 MINUTES



INGREDIENTS

6 ozs Lactose Free Yogurt (or 1 small tub)

DIRECTIONS

01 Scoop into a bowl and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	150	Carbs	25g
Fat	2g	Fiber	0g
Saturated	1g	Sugar	18g
Polyunsat...	0g	Protein	6g
Monounsa...	0g		

Grapes & Walnuts

1 SERVING 3 MINUTES



INGREDIENTS

1 cup Grapes (any type, washed)
1 1/16 ozs Walnuts (10 nut halves, or other low FODMAP nuts)

DIRECTIONS

01 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	258	Carbs	20g
Fat	20g	Fiber	3g
Saturated	2g	Sugar	16g
Polyunsat...	14g	Protein	5g
Monounsa...	3g		

Rice Cakes with Peanut Butter

1 SERVING 5 MINUTES



INGREDIENTS

2 Plain Rice Cake
2 tbsps All Natural Peanut Butter (smooth)

DIRECTIONS

01 Spread peanut butter across the rice cakes and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	261	Carbs	22g
Fat	17g	Fiber	2g
Saturated	3g	Sugar	4g
Polyunsat...	4g	Protein	9g
Monounsa...	8g		

Tuna Salad Sandwich with low FODMAP bread

1 SERVING 10 MINUTES



INGREDIENTS

1 can Tuna (in oil, drained or other protein alternative)
2 cups Baby Spinach (or other green leafy veg, rocket (arugula) etc.)
1 tbsp Mayonnaise
Sea Salt (to taste)
1/4 Cucumber (sliced)
1 Tomato (sliced or chopped)
2 slices Gluten Free Bread (or 1 gluten free roll, or low FODMAP bread alternative)

DIRECTIONS

01 Combine all ingredients onto roll and enjoy.

NUTRITION

AMOUNT PER SERVING

Calories	433	Carbs	33g
Fat	17g	Fiber	5g
Saturated	2g	Sugar	6g
Polyunsat...	8g	Protein	39g
Monounsa...	5g		

Salmon with Garlic Infused Kale

1 SERVING 20 MINUTES



INGREDIENTS

4 1/4 ozs Salmon Fillet
1 1/2 tbsps Garlic Infused Oil (divided)
1/4 tsp Sea Salt
1/2 cup Kale Leaves (roughly chopped)

NUTRITION

AMOUNT PER SERVING

Calories	368	Carbs	3g
Fat	29g	Fiber	1g
Saturated	4g	Sugar	0g
Polyunsat...	3g	Protein	25g
Monounsat...	3g		

DIRECTIONS

- 01 Preheat oven to 320°F (160°C).
- 02 Place the salmon fillets on a baking sheet lined with parchment paper. Rub with 1/4 of the garlic infused oil and season with salt.
- 03 Wrap the parchment around the salmon, folding the seams and tucking them so that steam doesn't escape. Bake until medium-rare, about 18 minutes.
- 04 Meanwhile, place kale in a steamer over boiling water for about 3 minutes or until wilted. Drain any excess water. Toss kale with remaining garlic infused oil and season with salt to taste. Divide onto plates and top with the salmon. Enjoy!

Quinoa

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Quinoa (uncooked)
3/4 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	156	Carbs	27g
Fat	3g	Fiber	3g
Saturated	0g	Sugar	0g
Polyunsat...	1g	Protein	6g
Monounsa...	1g		

DIRECTIONS

- 01 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Kiwi (or other low FODMAP fruit)

1 SERVING 5 MINUTES



INGREDIENTS

2 Kiwi

DIRECTIONS

01 Peel and slice. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	84	Carbs	20g
Fat	1g	Fiber	4g
Saturated	0g	Sugar	12g
Polyunsat...	0g	Protein	2g
Monounsa...	0g		

Cucumber, Carrot & Egg Snack Box

1 SERVING 15 MINUTES



INGREDIENTS

1 Egg
Sea Salt & Black Pepper (to taste)
1/4 Cucumber (large, sliced)
1/2 cup Baby Carrots

NUTRITION

AMOUNT PER SERVING

Calories	113	Carbs	10g
Fat	5g	Fiber	2g
Saturated	2g	Sugar	5g
Polyunsat...	1g	Protein	7g
Monounsat...	2g		

DIRECTIONS

- 01 In a medium-sized pot add the egg(s) and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
- 02 Remove the egg(s) and let cool, then peel and slice in half. Season with salt and pepper.
- 03 Assemble the cucumber and carrots into a storage container and refrigerate until ready to eat. Enjoy!

Mandarin

1 SERVING 2 MINUTES



INGREDIENTS

1 Mandarin (or other low FODMAP fruit serve)

DIRECTIONS

01 Slice into wedges or peel and section. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	47	Carbs	12g
Fat	0g	Fiber	2g
Saturated	0g	Sugar	9g
Polyunsat...	0g	Protein	1g
Monounsa...	0g		

Orange

1 SERVING 2 MINUTES



INGREDIENTS

1 Navel Orange

DIRECTIONS

01 Slice into wedges or peel and section. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	69	Carbs	18g
Fat	0g	Fiber	3g
Saturated	0g	Sugar	12g
Polyunsat...	0g	Protein	1g
Monounsa...	0g		

One Pan Salmon with Green Beans & Roasted Tomato

2 SERVINGS 25 MINUTES



INGREDIENTS

1 cup Green Beans (75g, washed and trimmed)
2 Tomato (sliced or 5 cherry tomatoes)
1 1/2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
7 1/16 ozs Salmon Fillet

NUTRITION

AMOUNT PER SERVING

Calories	266	Carbs	7g
Fat	17g	Fiber	2g
Saturated	2g	Sugar	2g
Polyunsat...	4g	Protein	22g
Monounsa...	10g		

DIRECTIONS

- 01 Preheat oven to 510°F (266°C).
- 02 Place green beans and tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 03 Season your salmon fillets with sea salt and black pepper.
- 04 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 05 Divide veggies between plates and top with salmon. Enjoy!

Brown or White Rice

1 SERVING 45 MINUTES



INGREDIENTS

2/3 cup Basmati Rice (uncooked)
1/2 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	156	Carbs	33g
Fat	1g	Fiber	2g
Saturated	0g	Sugar	0g
Polyunsat...	0g	Protein	3g
Monounsa...	0g		

DIRECTIONS

- 01 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Slow Cooker Caribbean Carrot Soup

2 SERVINGS 5 HOURS



INGREDIENTS

- 4 Carrot (medium, chopped)
- 1 Yellow Potato (medium, chopped)
- 3 stalks Green Onion (green parts only)
- 1 tsp Dried Thyme
- 3/4 tsp Ground Ginger
- 1/2 tsp Ground Allspice
- 1/3 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 tsp Cumin (ground)
- 1/8 tsp Nutmeg (ground)
- 2 cups Organic Vegetable Broth
- 1 tbsp Maple Syrup
- 1/2 Lime (juiced)
- 1/2 cup Plain Coconut Milk (full fat, from the can, check no inulin)
- 2 tbsps Cilantro (optional, chopped)

DIRECTIONS

- 01 Add carrots, potato, green onion tops, thyme, ginger, allspice, sea salt, cumin, nutmeg, vegetable broth and maple syrup to the slow cooker and stir to combine. Cook on high for 4 hours, or on low for 6 to 8 hours.
- 02 Use a handheld immersion blender to blend the soup until smooth and creamy. Add more broth or water if needed to achieve desired consistency. Stir in lime juice and coconut milk.
- 03 Divide into bowls and garnish with cilantro (optional) and any leftover green onion. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	177	Carbs	39g
Fat	2g	Fiber	5g
Saturated	1g	Sugar	16g
Polyunsat...	0g	Protein	4g
Monounsat...	0g		

Eggplant, Pepper & Tomato Saute

2 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
5 1/4 ozs Eggplant (cubed)
Sea Salt & Black Pepper (to taste)
1/2 Green Bell Pepper (diced)
1/2 tsp Cumin
3/4 cup Diced Tomatoes

DIRECTIONS

- 01 Heat olive oil in a large saucepan over medium-high heat. Add the eggplant and season with salt and pepper. Cook for 6 to 8 minutes, stirring occasionally.
- 02 Add the bell pepper and cumin, cooking for 1 to 2 minutes. Then stir in the tomatoes and cook for an additional 10 to 12 minutes.
- 03 Season with salt and pepper to taste. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	76	Carbs	9g
Fat	4g	Fiber	4g
Saturated	1g	Sugar	6g
Polyunsat...	0g	Protein	2g
Monounsa...	3g		

Vegetable Frittata

2 SERVINGS 30 MINUTES



INGREDIENTS

4 Egg
2 tbsps Unsweetened Almond Milk (or Lactose Free Milk, add as needed)
1/8 tsp Sea Salt
1/8 tsp Black Pepper
1/2 cup Kale Leaves (or baby spinach)
1/4 Red Bell Pepper (chopped)
1/4 cup Cherry Tomatoes (halved)
1/2 tsp Paprika
1/2 cup Broccoli (chopped)
1 1/2 stalks Green Onion (green stalk only, chopped)
2 tbsps Feta Cheese (optional)
2 tbsps Chives (Chives)
1 tbsp Extra Virgin Olive Oil
1/4 Sweet Potato (medium size, cubed)
1/4 cup Parsley (or basil)

DIRECTIONS

- 01 Preheat oven to 356°F (180°C). Toss sweet potato in half of the oil and paprika, place on lined baking tray. Roast in oven for 45 minutes or until tender
- 02 Whisk the eggs, almond milk, salt and pepper together in a mixing bowl. Set aside. Heat the remaining oil in a large 22cm ovenproof frying pan over medium heat. Sauté spring onion and once softened, add the broccoli stirring occasionally until softened. Add kale/spinach; cook for 2 minutes or until softened. Remove from heat.
- 03 Combine eggs, milk and mixed herbs in a food processor. Process until herbs are finely chopped and egg mixture is fluffy.
- 04 Once cooked, add the roasted sweet potato to the broccoli mixture within the frying pan, and turn heat back to medium. Add the egg mixture to the frying pan and stir until well combined. Sprinkle with feta and chives and season with salt and pepper. Reduce heat to low and cook for 8 minutes or until the egg mixture has mostly set.
- 05 In the meantime, preheat the grill on high. Place the frying pan under the grill and grill until golden brown and egg mixture is set.

NUTRITION

AMOUNT PER SERVING

Calories	275	Carbs	11g
Fat	19g	Fiber	3g
Saturated	5g	Sugar	3g
Polyunsat...	3g	Protein	16g
Monounsa...	9g		

Low FODMAP Fish Tacos with Pineapple Salsa

2 SERVINGS 30 MINUTES



INGREDIENTS

4 Brown Rice Tortillas (or Corn Tortillas)
2 Tilapia Fillet (or other white fish fillet, 200g)
1 1/2 tsps Extra Virgin Olive Oil (or Garlic Infused Oil)
Sea Salt & Black Pepper (to taste)
1 Lemon (juiced)
1 cup Baby Spinach
1/2 cup Pineapple (diced)
1 stalk Green Onion (or spring onion, finely chopped)
1 Jalapeno Pepper (deseeded and chopped, optional)
1 Red Bell Pepper (red capsicum, diced)
1 Lime (juiced)
1/4 Avocado (peeled and mashed)
1 Tomato (diced)

NUTRITION

AMOUNT PER SERVING

Calories	424	Carbs	42g
Fat	17g	Fiber	17g
Saturated	5g	Sugar	8g
Polyunsat...	1g	Protein	30g
Monounsa...	6g		

DIRECTIONS

- 01 Preheat the oven to 500°F (260°C) and move the rack to the top setting. Cover a large baking sheet with parchment paper and lightly grease with some olive oil. Lightly rub white fish with extra virgin olive oil, a splash of lemon juice and season with sea salt and pepper. Cook in the oven on top rack for 8 minutes or until fish flakes with a fork.
- 02 Remove fish from oven and chop with a knife. Place in a bowl and toss with a bit of lemon juice.
- 03 Prepare all ingredients for the salsa and mix together in a large mixing bowl (Pineapple, green onion, jalapeno, red bell pepper, and lime juice).
- 04 Prepare all ingredients for the guacamole and mix together in a separate mixing bowl (Avocado and tomato, and splash of lemon juice).
- 05 Warm your tortillas and place on a plate. Put your salsa, guacamole, spinach and fish out in separate bowls with a spoon/fork in each. Happy fish taco night!

Miso & Chilli Tofu Skewers

2 SERVINGS 40 MINUTES



INGREDIENTS

1 tsp Miso Paste
1 1/2 tsps Extra Virgin Olive Oil
1 tbsp Tamari
1/4 tsp Chilli Powder
2 1/3 tsps Maple Syrup
10 1/2 ozs Tofu
1 1/2 tsps Sesame Seeds
2/3 cup Brown Rice

NUTRITION

AMOUNT PER SERVING

Calories	403	Carbs	51g
Fat	14g	Fiber	4g
Saturated	2g	Sugar	7g
Polyunsat...	5g	Protein	21g
Monounsa...	5g		

DIRECTIONS

- 01 Make the marinade by mixing together the miso, oil, tamari, chilli and maple syrup. Mix well. Cut the tofu into bite sized pieces and add to the marinade. Cover and chill in the fridge for at least 2 hours or overnight.
- 02 30 minutes before you want to eat, place the rice on to cook according to packet instructions.
- 03 Preheat the oven to 190°C (375°F) bake function.
- 04 Thread the tofu onto skewers (pre-soaked) and place on a baking tray lined with baking paper. Bake in the oven for 8-12 minutes until caramelized and slightly crisp on the outside. While the tofu cooks, heat the leftover marinade in a small sauce pan until hot.
- 05 Serve the tofu skewers hot and garnish with sesame seeds. Have the rice on the side. Drizzle with the leftover miso sauce.

House Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 tbsp Red Wine Vinegar
1/4 head Green Lettuce (roughly chopped)
1 Tomato (medium, sliced)
1/2 Cucumber (sliced)

DIRECTIONS

- 01 In a small bowl, whisk together the olive oil and vinegar.
- 02 Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	141	Carbs	5g
Fat	14g	Fiber	1g
Saturated	2g	Sugar	1g
Polyunsat...	1g	Protein	1g
Monounsa...	10g		

Shrimp (Prawns) & Green Beans

1 SERVING 20 MINUTES



INGREDIENTS

2 1/4 tps Garlic Infused Oil (divided)
1/4 cup Green Beans (15 beans, trimmed)
2 1/8 ozs Shrimp (prawns, raw, peeled
and de-veined)
1/16 tsp Sea Salt
1 tbsp Tamari
1/8 tsp Red Pepper Flakes

DIRECTIONS

- 01 Heat half of the oil in a large skillet or fry pan over medium-high heat. Add the green beans and stir for 5 to 7 minutes, or until tender and crisp. Transfer the beans to a dish and set aside.
- 02 Reduce the heat to medium and add the remaining oil to the skillet. Add the shrimp, season with salt and cook for about 2 to 3 minutes per side. Return the green beans to the skillet, and add the tamari and red pepper flakes. Stir until the shrimp (prawns) is cooked through and evenly coated. Divide onto plates and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	169	Carbs	3g
Fat	11g	Fiber	1g
Saturated	2g	Sugar	1g
Polyunsat...	1g	Protein	17g
Monounsa...	8g		

Popcorn

1 SERVING 2 MINUTES



INGREDIENTS

3 1/2 ozs Popcorn (plain, up to 7 cups)

DIRECTIONS

01 Air pop or purchase in packet

NUTRITION

AMOUNT PER SERVING

Calories	500	Carbs	57g
Fat	28g	Fiber	10g
Saturated	5g	Sugar	0g
Polyunsat...	13g	Protein	9g
Monounsa...	8g		

Nuts & Dark Chocolate

1 SERVING 5 MINUTES



INGREDIENTS

1 1/16 ozs Walnuts (10 nut halves)

1 1/16 ozs Dark Chocolate (at least 70% cacao)

DIRECTIONS

01 Divide dark chocolate and walnuts between bowls. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	368	Carbs	18g
Fat	32g	Fiber	5g
Saturated	10g	Sugar	9g
Polyunsat...	14g	Protein	7g
Monounsa...	3g		

Low FODMAP Hot Chocolate

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Lactose Free Milk (or low FODMAP milk alternative)
2 tbsps Cocoa Powder (or drinking chocolate - check for low lactose)
1 tsp Cane Sugar (or 1tsp maple syrup)
2/3 oz Dark Chocolate (at least 70% cacao - optional)

DIRECTIONS

- 01 Add milk to a saucepan and heat it over medium-low heat. Once it is warmed through (not boiling), add the cocoa powder, maple syrup (or sugar) and dark chocolate (optional). Whisk well to combine.
- 02 Continue to whisk until all ingredients are evenly distributed and it has reached your preferred temperature. Taste, and add more maple syrup (or sugar) if needed. Divide into mugs and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	284	Carbs	32g
Fat	15g	Fiber	5g
Saturated	9g	Sugar	21g
Polyunsat...	0g	Protein	12g
Monounsa...	0g		