



# 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

## 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

## 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

## 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

## 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

## 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
- 1.7 kilograms 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
- 120 grams Walnuts

## VEGETABLES

- 2 cups Arugula
- 255 grams 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
- 150 grams 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
- 200 grams Popcorn
- 128 grams Quinoa
- 1 can Tuna

## BAKING

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

## BREAD, FISH, MEAT & CHEESE

- 4 Brown Rice Tortillas
- 2 tbsps Feta Cheese
- 10 slices Gluten Free Bread
- 320 grams Salmon Fillet
- 60 grams Shrimp
- 2 Tilapia Fillet
- 300 grams Tofu

## CONDIMENTS & OILS

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

## COLD

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

## OTHER

- 1 scoop Vanilla Protein Powder
- 267 milliliters Water

# 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

576 grams Strawberries

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

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



# Lactose Free Yogurt (Plain or Strawberry)

1 SERVING 5 MINUTES



## INGREDIENTS

170 grams 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)  
30 grams 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

- 120 grams 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 |
| Monounsa...  | 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

85 grams Quinoa (uncooked)

178 milliliters 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)
- 85 grams Baby Carrots

## NUTRITION

### AMOUNT PER SERVING

|              |     |         |     |
|--------------|-----|---------|-----|
| Calories     | 113 | Carbs   | 10g |
| Fat          | 5g  | Fiber   | 2g  |
| Saturated    | 2g  | Sugar   | 5g  |
| Polyunsat... | 1g  | Protein | 7g  |
| Monounsa...  | 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)  
200 grams 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  |
| Monounsa...  | 0g  |         |     |

# Eggplant, Pepper & Tomato Saute

2 SERVINGS 20 MINUTES



## INGREDIENTS

1 1/2 **tsps** Extra Virgin Olive Oil  
150 grams 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

|                     |    |                |    |
|---------------------|----|----------------|----|
| <b>Calories</b>     | 76 | <b>Carbs</b>   | 9g |
| <b>Fat</b>          | 4g | <b>Fiber</b>   | 4g |
| <b>Saturated</b>    | 1g | <b>Sugar</b>   | 6g |
| <b>Polyunsat...</b> | 0g | <b>Protein</b> | 2g |
| <b>Monounsa...</b>  | 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 tbsps 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
- 300 grams 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

30 milliliters Extra Virgin Olive Oil  
15 milliliters 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 )  
60 grams Shrimp (prawns, raw, peeled and de-veined)  
1/16 tsp Sea Salt  
1 tbs 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

100 grams 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

30 grams Walnuts (10 nut halves)  
30 grams 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)  
20 grams 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  |         |     |