



Low FODMAP Diet - 7-Day Plan Week 1

JOE LEECH

Low FODMAP Diet - 7-Day Plan Week 1

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 meal plan for you to jumpstart the beginning of your FODMAP diet and beat digestive stress once and for all.

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
Bell Pepper Egg Cups, Low FODMAP toast with butter



SNACK 1
Macadamia Nuts



LUNCH
Quinoa Bowl



SNACK 2
Grapes & Walnuts



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



SNACK 3
Vanilla Rice Pudding

TUE



BREAKFAST
Strawberry Coconut Overnight Oats (low FODMAP)



SNACK 1
Olive Tapenade with Crackers (low FODMAP)



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



SNACK 2
Kiwi, Brazil Nuts



DINNER
Turkey Pineapple Quinoa Bowl



SNACK 3
30g Dark Chocolate

WED



BREAKFAST
Peanut Butter Cup Overnight Oats (low FODMAP)



SNACK 1
Macadamia Nuts



LUNCH
Turkey Pineapple Quinoa Bowl



SNACK 2
Grapes & Walnuts



DINNER
Maple Mustard Chicken with Green Beans (low FODMAP), Steamed Mini...



SNACK 3
Vanilla Rice Pudding

THU



BREAKFAST
Strawberry Coconut Overnight Oats (low FODMAP)



SNACK 1
Olive Tapenade with Crackers (low FODMAP)



LUNCH
Maple Mustard Chicken with Green Beans (low FODMAP), Steamed Mini...



SNACK 2
Kiwi, Brazil Nuts



DINNER
Kale & Red Pepper Frittata, Low FODMAP toast with butter



SNACK 3
30g Dark Chocolate

FRI



BREAKFAST
Peanut Butter Cup Overnight Oats (low FODMAP)



SNACK 1
Macadamia Nuts



LUNCH
Kale & Red Pepper Frittata, Low FODMAP toast with butter



SNACK 2
Grapes & Walnuts



DINNER
One Pan Steak & Potatoes with Chive Butter Sauce



SNACK 3
Vanilla Rice Pudding

SAT



BREAKFAST
Fried Eggs & Steamed Spinach



SNACK 1
Olive Tapenade with Crackers (low FODMAP)



LUNCH
One Pan Steak & Potatoes with Chive Butter Sauce



SNACK 2
Kiwi, Brazil Nuts



DINNER
One Pan Roasted Veggies & Chicken



SNACK 3
30g Dark Chocolate

SUN



BREAKFAST
Bell Pepper Egg Cups, Low FODMAP toast with butter



SNACK 1
Macadamia Nuts



LUNCH
One Pan Roasted Veggies & Chicken



SNACK 2
Rice Cakes with Almond Butter (low FODMAP serve)



DINNER
Shrimp & Green Beans, Steamed Carrots



SNACK 3
Vanilla Rice Pudding

MON

FAT 46% **CARBS 38%** **PROTEIN 16%**

Calories 2022 Carbs 199g
Fat 105g Fiber 27g
Saturated 21g Sugar 47g
Polyunsaturated 27g **Protein 84g**
Monounsaturated 47g

TUE

FAT 44% **CARBS 38%** **PROTEIN 18%**

Calories 1800 Carbs 176g
Fat 91g Fiber 22g
Saturated 30g Sugar 39g
Polyunsaturated 21g **Protein 83g**
Monounsaturated 25g

WED

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

Calories 1770 Carbs 167g
Fat 95g Fiber 23g
Saturated 14g Sugar 61g
Polyunsaturated 24g **Protein 79g**
Monounsaturated 46g

THU

FAT 48% **CARBS 36%** **PROTEIN 16%**

Calories 1749 Carbs 162g
Fat 97g Fiber 20g
Saturated 37g Sugar 43g
Polyunsaturated 17g **Protein 70g**
Monounsaturated 28g

FRI

FAT 59% **CARBS 29%** **PROTEIN 12%**

Calories 2014 Carbs 152g
Fat 136g Fiber 21g
Saturated 36g Sugar 54g
Polyunsaturated 24g **Protein 64g**
Monounsaturated 63g

SAT

FAT 54% **CARBS 29%** **PROTEIN 17%**

Calories 1893 Carbs 142g
Fat 117g Fiber 18g
Saturated 40g Sugar 33g
Polyunsaturated 17g **Protein 81g**
Monounsaturated 46g

SUN

FAT 48% **CARBS 30%** **PROTEIN 22%**

Calories 1800 Carbs 137g
Fat 100g Fiber 22g
Saturated 22g Sugar 42g
Polyunsaturated 12g **Protein 102g**
Monounsaturated 58g

FRUITS

- 276 grams Grapes
- 6 Kiwi
- 1/16 Lemon
- 83 grams Pineapple
- 1 cup Strawberries

BREAKFAST

- 2 2/3 tbsps All Natural Peanut Butter
- 1 tbsp Almond Butter
- 2 3/4 tbsps Maple Syrup
- 107 grams Maple Syrup
- 2 Plain Rice Cake

SEEDS, NUTS & SPICES

- 725 milligrams Black Pepper
- 100 grams Brazil Nuts
- 113 milligrams Cayenne Pepper
- 2 1/3 tbsps Chia Seeds
- 3 grams Curry Powder
- 2 tbsps Hemp Seeds
- 3 grams Italian Seasoning
- 178 grams Macadamia Nuts
- 2 grams Paprika
- 225 milligrams Red Pepper Flakes
- 9 grams Sea Salt
- 90 grams Walnuts

VEGETABLES

- 150 grams Baby Spinach
- 2 1/2 Carrot
- 223 grams Cherry Tomatoes
- 3 grams Chives
- 3 grams Ginger
- 513 grams Green Beans
- 21 grams Kale Leaves
- 600 grams Mini Potatoes
- 1 1/2 tbsps Parsley
- 4 1/2 Red Bell Pepper
- 1 Tomato
- 1 Yellow Potato
- 1 1/2 Zucchini

BOXED & CANNED

- 136 grams Arborio Rice
- 185 grams Brown Rice
- 1/2 cup Canned Coconut Milk
- 1/2 cup Quinoa
- 43 grams Quinoa
- 149 grams Rice Crackers

BAKING

- 2 tpsps Cocoa Powder
- 90 grams Dark Chocolate
- 1 cup Oats
- 13 milliliters Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 227 grams Chicken Breast
- 227 grams Chicken Drumsticks
- 227 grams Extra Lean Ground Turkey
- 4 slices Gluten Free Bread
- 283 grams Salmon Fillet
- 227 grams Shrimp
- 227 grams Top Sirloin Steak

CONDIMENTS & OILS

- 1 1/2 tpsps Apple Cider Vinegar Or Lemon Juice
- 19 milliliters Avocado Oil
- 1/3 cup Black Olives
- 2 1/4 tpsps Capers
- 1 tbsp Dijon Mustard
- 1 1/4 tbsps Extra Virgin Olive Oil
- 52 milliliters Extra Virgin Olive Oil
- 1 tbsp Tamari
- 14 grams Tamari

COLD

- 1/4 cup Butter
- 28 grams Butter
- 11 Egg
- 4 grams Ghee
- 1 cup Unsweetened Almond Milk
- 1 liter Unsweetened Almond Milk

OTHER

- 607 milliliters Water

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!

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		

Strawberry Coconut Overnight Oats (low FODMAP)

2 SERVINGS 8 HOURS



INGREDIENTS

- 1/2 cup Oats (quick)
- 1/2 cup Canned Coconut Milk
- 1 tbsp Chia Seeds
- 1 1/2 tsps Maple Syrup
- 1/3 cup Water
- 1 cup Strawberries (sliced)
- 2 tsps Hemp Seeds

DIRECTIONS

- 01 Combine oats, coconut milk, chia seeds and maple syrup together in a large glass container. Add water and stir well to evenly mix. Cover and store in the fridge overnight.
- 02 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced strawberries followed by a sprinkle of hemp seeds. Repeat until all ingredients are used up. Store in the fridge up to 4 days or until ready to eat.

NUTRITION

AMOUNT PER SERVING

Calories	304	Carbs	27g
Fat	19g	Fiber	5g
Saturated	11g	Sugar	8g
Polyunsat...	4g	Protein	8g
Monounsa...	1g		

Peanut Butter Cup Overnight Oats (low FODMAP)

2 SERVINGS 8 HOURS



INGREDIENTS

1/2 cup Oats (quick or rolled)
1 cup Unsweetened Almond Milk
2 2/3 tbsps All Natural Peanut Butter
1 1/3 tbsps Chia Seeds
1 1/3 tbsps Maple Syrup
2 tps Cocoa Powder
1/3 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	297	Carbs	32g
Fat	16g	Fiber	6g
Saturated	3g	Sugar	11g
Polyunsat...	3g	Protein	10g
Monounsa...	7g		

Fried Eggs & Steamed Spinach

1 SERVING 10 MINUTES



INGREDIENTS

60 grams Baby Spinach
15 milliliters Water
Sea Salt & Black Pepper (to taste)
4 grams Ghee
2 Egg

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

Calories	193	Carbs	3g
Fat	14g	Fiber	1g
Saturated	6g	Sugar	1g
Polyunsat...	2g	Protein	14g
Monounsa...	4g		

Macadamia Nuts

4 SERVINGS 2 MINUTES



INGREDIENTS

178 grams Macadamia Nuts

DIRECTIONS

01 Divide between bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	321	Carbs	6g
Fat	34g	Fiber	4g
Saturated	5g	Sugar	2g
Polyunsat...	1g	Protein	4g
Monounsa...	26g		

Olive Tapenade with Crackers (low FODMAP)

3 SERVINGS 10 MINUTES



INGREDIENTS

1/3 cup Black Olives (pitted)
2 1/4 tsps Capers
1 1/2 tbsps Parsley
1/16 Lemon (juiced)
2 1/4 tsps Extra Virgin Olive Oil
1/16 tsp Sea Salt
149 grams Rice Crackers

DIRECTIONS

- 01 Combine the olives, capers, parsley, lemon juice, olive oil and sea salt in a food processor and blend until desired consistency is reached. Adjust salt and lemon juice to taste.
- 02 Top crackers with the olive tapenade and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	255	Carbs	42g
Fat	8g	Fiber	0g
Saturated	1g	Sugar	0g
Polyunsat...	1g	Protein	5g
Monounsa...	5g		

Quinoa Bowl

1 SERVING 25 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry, uncooked)
1 Egg
75 grams Baby Spinach
1 Tomato (sliced)
1/8 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

Calories	419	Carbs	61g
Fat	10g	Fiber	9g
Saturated	2g	Sugar	1g
Polyunsat...	4g	Protein	22g
Monounsa...	3g		

DIRECTIONS

- 01 Cook quinoa to packet directions.
- 02 Heat a pan over medium-low heat and make scrambled eggs. Remove and place on a plate.
- 03 Add the spinach to the same pan and heat over low until wilted. Remove from heat.
- 04 Add quinoa to a bowl and add the eggs, tomato and greens. Season to taste with salt. Enjoy!

Grapes & Walnuts

3 SERVINGS 3 MINUTES



INGREDIENTS

276 grams Grapes (washed)
90 grams Walnuts

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		

Kiwi

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		

Brazil Nuts

1 SERVING 5 MINUTES



INGREDIENTS

33 grams Brazil Nuts

DIRECTIONS

01 Divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	219	Carbs	4g
Fat	22g	Fiber	2g
Saturated	5g	Sugar	1g
Polyunsat...	8g	Protein	5g
Monounsa...	8g		

Rice Cakes with Almond Butter (low FODMAP serve)

1 SERVING 5 MINUTES



INGREDIENTS

2 Plain Rice Cake
1 tbsp Almond Butter

DIRECTIONS

01 Spread almond butter across the rice cakes and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	168	Carbs	18g
Fat	9g	Fiber	2g
Saturated	1g	Sugar	1g
Polyunsat...	2g	Protein	5g
Monounsa...	5g		

One Pan Salmon with Green Beans & Roasted Tomato

2 SERVINGS 25 MINUTES



INGREDIENTS

200 grams Green Beans (washed and trimmed)

149 grams Cherry Tomatoes

7 milliliters Extra Virgin Olive Oil (or coconut oil)

Sea Salt & Black Pepper (to taste)

283 grams Salmon Fillet

NUTRITION

AMOUNT PER SERVING

Calories	275	Carbs	10g
Fat	13g	Fiber	4g
Saturated	2g	Sugar	5g
Polyunsat...	4g	Protein	31g
Monounsa...	5g		

DIRECTIONS

- 01 Preheat oven to 510°F (266°C).
- 02 Place green beans and cherry 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 Rice

4 SERVINGS 45 MINUTES



INGREDIENTS

185 grams Brown Rice (uncooked)

474 milliliters Water

NUTRITION

AMOUNT PER SERVING

Calories	170	Carbs	35g
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!

Turkey Pineapple Quinoa Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

43 grams Quinoa
119 milliliters Water
7 milliliters Extra Virgin Olive Oil
227 grams Extra Lean Ground Turkey
3 grams Curry Powder
113 milligrams Cayenne Pepper
Sea Salt & Black Pepper (to taste)
3 grams Ginger (peeled and grated)
83 grams Pineapple (cored and sliced into chunks)
1/2 Carrot (grated)
1/2 Zucchini (grated)
9 grams Tamari
15 grams Baby Spinach

DIRECTIONS

- 01 Place quinoa and water in a saucepan and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
- 02 In a large skillet, heat olive oil over medium heat. Add ground turkey to skillet and stir in curry powder, pinch of cayenne pepper, sea salt and pepper to taste. Stir until turkey is cooked through (8 - 10 minutes).
- 03 When turkey is cooked stir in ginger, pineapple, quinoa, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted.
- 04 Spoon into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	324	Carbs	24g
Fat	15g	Fiber	4g
Saturated	3g	Sugar	6g
Polyunsat...	4g	Protein	26g
Monounsa...	6g		

Maple Mustard Chicken with Green Beans (low FODMAP)

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1 tbsp Maple Syrup
- 1 tbsp Dijon Mustard
- 1 1/2 tsps Apple Cider Vinegar Or Lemon Juice
- 1 tbsp Tamari
- 227 grams Chicken Breast
- 150 grams Green Beans (washed and trimmed)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	228	Carbs	12g
Fat	7g	Fiber	2g
Saturated	1g	Sugar	9g
Polyunsat...	1g	Protein	28g
Monounsa...	3g		

DIRECTIONS

- 01 In a small bowl, combine the maple syrup, dijon mustard, apple cider vinegar or lemon juice and tamari. Whisk well and pour it into a ziplock baggie with the chicken breasts. Shake well and store in the fridge while you prep the rest.
- 02 Toss your green beans in the extra virgin olive oil and season with sea salt and black pepper to taste. Set aside.
- 03 Preheat the grill to medium heat. Add the chicken breasts and cook for about 10 minutes per side, or until cooked through. At the halfway point, transfer the green beans into a grilling basket. Grill for about 10 minutes or until slightly charred, tossing periodically.
- 04 Remove chicken and beans from the grill and divide onto plates. Enjoy!

Steamed Mini Potatoes

2 SERVINGS 20 MINUTES



INGREDIENTS

300 grams Mini Potatoes (halved)

NUTRITION

AMOUNT PER SERVING

Calories	116	Carbs	26g
Fat	0g	Fiber	3g
Saturated	0g	Sugar	1g
Polyunsat...	0g	Protein	3g
Monounsa...	0g		

DIRECTIONS

- 01 Set the halved potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Enjoy!

Kale & Red Pepper Frittata

2 SERVINGS 30 MINUTES



INGREDIENTS

4 Egg
60 milliliters Unsweetened Almond Milk
2 grams Sea Salt
725 milligrams Black Pepper
7 milliliters Extra Virgin Olive Oil
21 grams Kale Leaves (chopped)
1/2 Red Bell Pepper (chopped)
75 grams Cherry Tomatoes (halved)

NUTRITION

AMOUNT PER SERVING

Calories	195	Carbs	5g
Fat	14g	Fiber	2g
Saturated	4g	Sugar	3g
Polyunsat...	2g	Protein	14g
Monounsa...	6g		

DIRECTIONS

- 01 Preheat oven to 400°F (204°C).
- 02 Whisk the eggs, almond milk, salt and pepper together in a mixing bowl. Set aside.
- 03 Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
- 04 Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
- 05 Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

One Pan Steak & Potatoes with Chive Butter Sauce

2 SERVINGS 30 MINUTES



INGREDIENTS

300 grams Mini Potatoes (halved)
1 Red Bell Pepper (chopped)
227 grams Top Sirloin Steak (cut into 1-inch cubes)
15 milliliters Avocado Oil
3 grams Sea Salt
28 grams Butter (melted)
3 grams Chives (finely chopped)

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). Line a baking sheet with aluminum foil.
- 02 In a large bowl, mix together the potatoes, peppers, steak and avocado oil. Transfer to the baking sheet in a single layer and season with salt. Bake for 30 minutes or until steak is cooked and potatoes are tender.
- 03 Divide the steak, potatoes and peppers onto plates.
- 04 Combine the melted butter and chives. Drizzle otop the steak and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	538	Carbs	30g
Fat	35g	Fiber	4g
Saturated	15g	Sugar	4g
Polyunsat...	2g	Protein	26g
Monounsa...	15g		

One Pan Roasted Veggies & Chicken

2 SERVINGS 35 MINUTES



INGREDIENTS

227 grams Chicken Drumsticks
1 Yellow Potato (medium, chopped)
1 Zucchini (medium, chopped)
1 Red Bell Pepper (chopped)
100 grams Green Beans
30 milliliters Extra Virgin Olive Oil
3 grams Italian Seasoning
2 grams Paprika
3 grams Sea Salt

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Place the chicken in the center of the baking sheet and arrange the chopped potatoes, zucchini, bell pepper, and green beans in a single layer around the chicken. Drizzle oil over chicken and veggies then add the Italian seasoning, paprika and sea salt. Using your hands, toss or rub the spices evenly all over the veggies and the chicken.
- 03 Bake for 25 minutes or until the chicken is cooked through and the veggies are tender. Divide equally between plates and serve.

NUTRITION

AMOUNT PER SERVING

Calories	435	Carbs	29g
Fat	25g	Fiber	6g
Saturated	5g	Sugar	8g
Polyunsat...	4g	Protein	26g
Monounsa...	14g		

Shrimp & Green Beans

1 SERVING 20 MINUTES



INGREDIENTS

4 milliliters Avocado Oil (divided)
63 grams Green Beans (trimmed)
227 grams Shrimp (raw, peeled and deveined)
188 milligrams Sea Salt
5 grams Tamari
225 milligrams Red Pepper Flakes

DIRECTIONS

- 01 Heat half of the oil in a large skillet 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 is cooked through and evenly coated. Divide onto plates and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	247	Carbs	5g
Fat	5g	Fiber	2g
Saturated	1g	Sugar	2g
Polyunsat...	1g	Protein	47g
Monounsa...	3g		

Steamed Carrots

1 SERVING 15 MINUTES



INGREDIENTS

2 Carrot (medium, peeled and chopped into sticks)

NUTRITION

AMOUNT PER SERVING

Calories	50	Carbs	12g
Fat	0g	Fiber	3g
Saturated	0g	Sugar	6g
Polyunsat...	0g	Protein	1g
Monounsa...	0g		

DIRECTIONS

- 01 Bring a pot of water to a boil.
- 02 Place carrot sticks in a steamer over boiling water and cover. Let steam for 10-15 minutes, or until tender. Enjoy!

Vanilla Rice Pudding

4 SERVINGS 45 MINUTES



INGREDIENTS

960 milliliters Unsweetened Almond Milk
107 grams Maple Syrup
13 milliliters Vanilla Extract
1 gram Sea Salt
136 grams Arborio Rice

NUTRITION

AMOUNT PER SERVING

Calories	226	Carbs	47g
Fat	3g	Fiber	1g
Saturated	0g	Sugar	16g
Polyunsat...	1g	Protein	3g
Monounsa...	1g		

DIRECTIONS

- 01 In a large pot combine the almond milk, maple syrup, vanilla and sea salt and stir together. Over medium heat, bring the almond milk mixture to a gentle boil. Stir in the rice and reduce heat to low.
- 02 Allow the rice to gently simmer and stir often. Every 3 to 5 minutes is best to prevent sticking and to help the pudding thicken. Continue for 20 to 25 minutes or until the rice is tender, the liquid has absorbed and the pudding has thickened.
- 03 Remove from the heat and let the rice pudding cool in the pot for 10 minutes. It will continue to thicken as it cools. Divide the warm pudding evenly between bowls. Enjoy!

30g Dark Chocolate

1 SERVING 1 MINUTE



INGREDIENTS

30 grams Dark Chocolate (vegan, try for at least 70% cacao)

DIRECTIONS

01 Break apart chocolate into pieces and divide into bowls. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	169	Carbs	14g
Fat	12g	Fiber	1g
Saturated	8g	Sugar	7g
Polyunsat...	0g	Protein	3g
Monounsa...	0g		