

Low FODMAP Diet - Lunch Recipes

Created by Joe Leech | Diet vs Disease



Chicken Shawarma Salad Bowls

14 ingredients · 30 minutes · 1 serving



Directions

1. Combine the diced chicken breast, sea salt, black pepper, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
2. Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
3. Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
4. Divide the romaine, tomatoes and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!

Notes

Garlic Lover

Serve with hummus or add minced garlic to the tahini dressing.

Leftovers

Store in the fridge for up to three days.

Vegan & Vegetarian

Omit the chicken and used cooked chickpeas instead.

Ingredients

142 grams Chicken Breast (diced into cubes)

1/8 tsp Sea Salt

1/8 tsp Black Pepper

1/8 tsp Cinnamon

1/8 tsp Turmeric

3/4 tsp Cumin

1 1/2 tps Extra Virgin Olive Oil

1 tbsp Tahini

1 1/2 tps Water

1/8 Lemon (juiced)

2 leaves Romaine (chopped)

1/2 Tomato (diced)

1/4 Cucumber (diced)

1 tbsp Parsley (chopped)

Nutrition

Amount per serving

| | | | |
|-----------------|-----|-------------|--------|
| Calories | 404 | Potassium | 1050mg |
| Fat | 20g | Calcium | 130mg |
| Saturated | 4g | Iron | 5mg |
| Carbs | 12g | Folate | 119µg |
| Fiber | 4g | Vitamin B12 | 0.3µg |
| Sugar | 2g | Magnesium | 94mg |
| Protein | 48g | Zinc | 2mg |

Sodium 420mg Selenium 46µg

Ground Turkey, Green Beans & Rice

5 ingredients · 20 minutes · 1 serving



Directions

1. Heat coconut oil in a pan over medium heat and add the ground turkey. Cook for 5 to 10 minutes, or until completely cooked through. Use a spatula to break it up as it cooks. Season with sea salt and any other spices you desire.
2. Meanwhile, cook your rice according to the directions on the package and set aside.
3. Steam your green beans.
4. Divide the turkey, rice and green beans into bowls or containers. Add your desired seasonings and serve.

Notes

Leftovers

Store in an airtight container in the fridge for up to 3 days. Freeze for up to 3 months.

No Ground Turkey

Use ground chicken, beef, pork, or lamb instead.

Vegan & Vegetarian

Use cooked lentils instead of ground meat.

No Green Beans

Use asparagus, edamame or green peas instead.

Likes it Spicy

Serve with hot sauce.

Ingredients

1/3 tsp Coconut Oil

113 grams Extra Lean Ground Turkey

1/16 tsp Sea Salt

1/4 cup Jasmine Rice (dry/uncooked)

1 cup Frozen Green Beans

Nutrition

Amount per serving

| | | | |
|-----------------|-------|-------------|-------|
| Calories | 383 | Potassium | 456mg |
| Fat | 11g | Calcium | 81mg |
| Saturated | 4g | Iron | 2mg |
| Carbs | 47g | Folate | 39µg |
| Fiber | 5g | Vitamin B12 | 1.4µg |
| Sugar | 3g | Magnesium | 50mg |
| Protein | 26g | Zinc | 3mg |
| Sodium | 227mg | Selenium | 22µg |

Salmon, Rice & Arugula

6 ingredients · 25 minutes · 1 serving



Directions

1. Preheat oven to 425°F (218°C).
2. Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
3. While the salmon roasts, make your jasmine rice according to the instructions on the package.
4. Combine the extra virgin olive oil and lemon juice in a jar and mix well.
5. Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

Notes

No Salmon

Use any type of fish fillet instead, or use canned fish.

No Arugula

Use baby spinach, kale or mixed greens instead.

No Rice

Use quinoa instead.

Leftovers

Refrigerate in an air-tight container up to 3 days.

Ingredients

- 113 grams** Salmon Fillet
- 1/8 tsp** Sea Salt
- 1/4 cup** Jasmine Rice (dry, uncooked)
- 1 1/2 tps** Extra Virgin Olive Oil
- 1/8** Lemon (juiced)
- 1 cup** Arugula

Nutrition

Amount per serving

| | | | |
|-----------------|-------|-------------|-------|
| Calories | 387 | Potassium | 635mg |
| Fat | 14g | Calcium | 46mg |
| Saturated | 2g | Iron | 1mg |
| Carbs | 39g | Folate | 49µg |
| Fiber | 1g | Vitamin B12 | 3.6µg |
| Sugar | 1g | Magnesium | 44mg |
| Protein | 26g | Zinc | 1mg |
| Sodium | 350mg | Selenium | 41µg |

Kale & Red Pepper Frittata

8 ingredients · 30 minutes · 1 serving



Directions

1. Preheat oven to 400°F (204°C).
2. Whisk the eggs, almond milk, salt and pepper together in a mixing bowl. Set aside.
3. 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.
4. 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.
5. Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

Notes

No Kale

Use spinach instead.

No Red Bell Pepper

Use a bell pepper of another color instead.

Leftovers

Keep in the fridge for up to 3 days.

Ingredients

- 2 Egg
- 2 **tbsps** Unsweetened Almond Milk
- 1/8 **tsp** Sea Salt
- 1/8 **tsp** Black Pepper
- 3/4 **tsp** Extra Virgin Olive Oil
- 1/2 **cup** Kale Leaves (chopped)
- 1/4 Red Bell Pepper (chopped)
- 1/4 **cup** Cherry Tomatoes (halved)

Nutrition

Amount per serving

| | | | |
|-----------------|-------|-------------|-------|
| Calories | 210 | Potassium | 297mg |
| Fat | 13g | Calcium | 159mg |
| Saturated | 4g | Iron | 3mg |
| Carbs | 7g | Folate | 67µg |
| Fiber | 2g | Vitamin B12 | 0.9µg |
| Sugar | 3g | Magnesium | 22mg |
| Protein | 14g | Zinc | 1mg |
| Sodium | 488mg | Selenium | 31µg |

Slow Cooker Caribbean Carrot Soup

15 ingredients · 5 hours · 1 serving



Directions

1. 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.
2. 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.
3. Divide into bowls and garnish with cilantro (optional) and any leftover green onion. Enjoy!

Notes

Serving Size

One serving is equal to approximately two cups of soup.

No Slow Cooker

Make it on the stovetop instead. Add all ingredients to a pot and simmer on medium-low for 30 minutes, or until carrots and potatoes are tender.

No Immersion Blender

Use a regular blender instead. Be careful and always leave room for the steam to escape.

Likes it Spicy

Add a chopped jalapeno pepper.

Leftovers

Store in the fridge for up to five days. Freeze for up to three months.

Ingredients

- 2 Carrot (medium, chopped)
- 1/2 Yellow Potato (medium, chopped)
- 1 1/2 stalks Green Onion (green parts only)
- 1/2 tsp Dried Thyme
- 1/3 tsp Ground Ginger
- 1/4 tsp Ground Allspice
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1/8 tsp Cumin (ground)
- 1/16 tsp Nutmeg (ground)
- 1 cup Organic Vegetable Broth
- 1 1/2 tsps Maple Syrup
- 1/4 Lime (juiced)
- 1/4 cup Organic Coconut Milk (full fat, from the can)
- 1 tbsp Cilantro (optional, chopped)

Nutrition

Amount per serving

| | | | |
|-----------|-----|-------------|-------|
| Calories | 263 | Potassium | 928mg |
| Fat | 11g | Calcium | 99mg |
| Saturated | 9g | Iron | 2mg |
| Carbs | 38g | Folate | 33µg |
| Fiber | 5g | Vitamin B12 | 0µg |

| | | | |
|----------------|--------|-----------|------|
| Sugar | 15g | Magnesium | 27mg |
| Protein | 4g | Zinc | 1mg |
| Sodium | 1202mg | Selenium | 1µg |