

7-DAY LOW FODMAP MEAL PLAN

This is an overview of a 7-day meal plan that most can use as a starting point

MON

BREAKFAST
Soft Scrambled Eggs on Gluten Free Toast

SNACK 1
Macadamia Nuts (low FODMAP)

LUNCH
Quinoa Bowl

SNACK 2
Grapes & Walnuts

DINNER
One Pan Salmon with Green Beans & Roasted Tomato (low FODMAP), Brown...

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 (low FODMAP), Brown...

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 (low FODMAP)

LUNCH
Turkey Pineapple Quinoa Bowl

SNACK 2
Grapes & Walnuts (low FODMAP)

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), Gluten Free Toast with butter

SNACK 3
30g Dark Chocolate

FRI

BREAKFAST
Peanut Butter Cup Overnight Oats (low FODMAP)

SNACK 1
Macadamia Nuts (low FODMAP)

LUNCH
Kale & Red Pepper Frittata (low FODMAP), Gluten Free Toast with butter

SNACK 2
Grapes & Walnuts (low FODMAP)

DINNER
One Pan Steak & Potatoes with Chive Butter Sauce (low FODMAP)

SNACK 3
Vanilla Rice Pudding

SAT

BREAKFAST
Fried Eggs & Steamed Spinach (low FODMAP)

SNACK 1
Olive Tapenade with Crackers (low FODMAP)

LUNCH
One Pan Steak & Potatoes with Chive Butter Sauce (low FODMAP)

SNACK 2
Kiwi, Brazil Nuts

DINNER
One Pan Roasted Veggies & Chicken (low FODMAP)

SNACK 3
30g Dark Chocolate

SUN

BREAKFAST
Soft Scrambled Eggs on Gluten Free Toast

SNACK 1
Macadamia Nuts (low FODMAP)

LUNCH
One Pan Roasted Veggies & Chicken (low FODMAP)

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

DINNER
Tofu Veggie Fried Rice (low FODMAP)

SNACK 3
Vanilla Rice Pudding

IMPORTANT NOTES

✓ The full version of this meal plan is 29-pages as it contains all 24 recipes, shopping lists, and the nutrition information for each day. It's also available in imperial and metric measurements.

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

✓ 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

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This is the shopping list for the meal plan (imperial measurements)

FRUITS

- 3 cups Grapes
- 2 1/4 ozs Grapes
- 6 Kiwi
- 1/16 Lemon
- 1/2 cup Pineapple
- 2 1/8 ozs Strawberries

BREAKFAST

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

SEEDS, NUTS & SPICES

- 726 milligrams Black Pepper
- 3/4 cup Brazil Nuts
- 1/16 tsp Cayenne Pepper
- 2 1/3 tbsps Chia Seeds
- 1 1/2 tps Curry Powder
- 2 tbsps Hemp Seeds
- 1/8 oz Italian Seasoning
- 5 2/3 ozs Macadamia Nuts
- 1/16 oz Paprika
- 1/4 oz Sea Salt
- 3/4 cup Walnuts
- 2 1/8 ozs Walnuts

VEGETABLES

- 1/2 cup Baby Spinach
- 5 1/4 ozs Baby Spinach
- 1 2/3 ozs Broccoli
- 3/4 Carrot
- 6 1/3 ozs Cherry Tomatoes
- 1 tbsp Chives
- 1/8 oz Chives
- 1 1/2 tps Ginger
- 14 1/8 ozs Green Beans
- 3/4 stalk Green Onion
- 3/4 oz Kale Leaves
- 2 cups Mini Potatoes
- 10 1/2 ozs Mini Potatoes
- 1 1/2 tbsps Parsley
- 3/4 oz Purple Cabbage
- 8 1/2 ozs Red Bell Pepper
- 2 1/3 ozs Tomato
- 1 Yellow Potato
- 4 2/3 ozs Zucchini
- 1/2 Zucchini

BOXED & CANNED

- 2/3 cup Arborio Rice
- 1/2 cup Brown Rice
- 1/4 cup Canned Coconut Milk
- 1 2/3 ozs Jasmine Rice
- 1/2 cup Quinoa
- 5 1/4 ozs Rice Crackers

BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 8 1/16 ozs Chicken Drumsticks
- 8 ozs Extra Lean Ground Turkey
- 6 slices Gluten-Free Bread
- 10 ozs Salmon Fillet
- 4 1/16 ozs Tofu
- 8 1/16 ozs Top Sirloin Steak

CONDIMENTS & OILS

- 1 1/2 tps Apple Cider Vinegar Or Lemon Juice
- 1/2 fl oz Avocado Oil
- 1/3 cup Black Olives
- 2 1/4 tps Capers
- 1 tbsp Dijon Mustard
- 2 1/4 tbsps Extra Virgin Olive Oil
- 1 1/4 fl ozs Extra Virgin Olive Oil
- 1/4 fl oz Sesame Oil
- 1 1/2 tbsps Tamari
- 1/2 oz Tamari

COLD

- 1 tbsp Butter
- 1 oz Butter
- 13 Egg
- 1 tsp Ghee
- 1 tbsp Margarine
- 5 cups Unsweetened Almond Milk
- 2 1/16 fl ozs Unsweetened Almond Milk

WOULD YOU LIKE THE FULL VERSION OF THIS MEAL PLAN INCLUDING ALL 24 RECIPES?

Download it for free from our website here:

www.dietvsdisease.com/7-day-low-fodmap-meal-plan

Alternatively, use the camera on your phone or iPad to scan the QR code to open the website.

