



# Full 7-Day Low FODMAP Meal Plan

JOE LEECH

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## DIET VS DISEASE

Hi, I'm Joe Leech, Dietitian, and I'm excited to share this 7-day low FODMAP meal plan with you.

This plan is designed to kickstart your low FODMAP journey and help you manage digestive discomfort effectively. Inside, you'll find a complete overview of the week's meals, detailed daily nutrition information, a comprehensive shopping list, and step-by-step recipes.

Most recipes are portioned for one serving, so if you're cooking for two, simply double the ingredients and recipes. Some meals are repeated throughout the week, with extra servings prepared in advance for your convenience—these are indicated as leftovers in the meal plan.

**Important:** Portion size plays a crucial role in keeping this plan low FODMAP. Exceeding recommended portions may lead to higher FODMAP intake, so be sure to follow the guidelines closely.

### Tea & Coffee Guidelines Per Serving:

- **Coffee:** Black or espresso (up to 2 shots) or instant coffee (1 tsp)
- **Strong Tea:** Green, peppermint, or white (1 mug or 250ml)
- **Weak Tea:** Black, chai, or dandelion (1 mug or 250ml)
- **Milk Options:** Lactose-free milk, almond milk, or rice milk

Enjoy the plan, and here's to a week of delicious, digestive-friendly meals!

## MON



**BREAKFAST**  
Soft Scrambled Eggs on Gluten Free Toast



**SNACK 1**  
Cheddar Cheese & Cucumber



**LUNCH**  
Quinoa Bowl



**SNACK 2**  
Walnuts (low FODMAP)



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



**SNACK 3**  
Vanilla Rice Pudding

## TUE



**BREAKFAST**  
Strawberry Coconut Overnight Oats



**SNACK 1**  
Olive Tapenade with Crackers (low FODMAP)



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



**SNACK 2**  
Brazil Nuts (low FODMAP), Kiwi



**DINNER**  
Turkey Pineapple Quinoa Bowl (low FODMAP)



**SNACK 3**  
30g Dark Chocolate

## WED



**BREAKFAST**  
Peanut Butter Cup Overnight Oats (low FODMAP)



**SNACK 1**  
Cheddar Cheese & Cucumber



**LUNCH**  
Turkey Pineapple Quinoa Bowl (low FODMAP)



**SNACK 2**  
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



**SNACK 1**  
Olive Tapenade with Crackers (low FODMAP)



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



**SNACK 2**  
Brazil Nuts (low FODMAP), Kiwi



**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**  
Cheddar Cheese & Cucumber



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



**SNACK 2**  
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**  
Brazil Nuts (low FODMAP), Kiwi



**DINNER**  
One Pan Roasted Veggies & Chicken (low FODMAP)



**SNACK 3**  
30g Dark Chocolate

## SUN



**BREAKFAST**  
Soft Scrambled Eggs on Gluten Free Toast



**SNACK 1**  
Cheddar Cheese & Cucumber



**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

## MON

**FAT 45%**   **CARBS 35%**   **PROTEIN 20%**

Calories 1779   Fiber 17g  
Fat 89g   Sugar 31g  
Saturated 25g   Protein 92g  
Carbs 158g

## TUE

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

Calories 1689   Fiber 21g  
Fat 84g   Sugar 33g  
Saturated 25g   Protein 80g  
Carbs 166g

## WED

**FAT 43%**   **CARBS 35%**   **PROTEIN 22%**

Calories 1607   Fiber 19g  
Fat 80g   Sugar 40g  
Saturated 20g   Protein 89g  
Carbs 145g

## THU

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

Calories 1620   Fiber 19g  
Fat 84g   Sugar 39g  
Saturated 27g   Protein 67g  
Carbs 158g

## FRI

**FAT 56%**   **CARBS 28%**   **PROTEIN 16%**

Calories 1816   Fiber 15g  
Fat 115g   Sugar 31g  
Saturated 36g   Protein 73g  
Carbs 131g

## SAT

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

Calories 1868   Fiber 17g  
Fat 114g   Sugar 27g  
Saturated 39g   Protein 79g  
Carbs 138g

## SUN

**FAT 44%**   **CARBS 37%**   **PROTEIN 19%**

Calories 1825   Fiber 16g  
Fat 91g   Sugar 34g  
Saturated 27g   Protein 85g  
Carbs 171g



## FRUITS

- 6 Kiwi
- 1/16 Lemon
- 1 1/3 ozs 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

- 3 1/8 ozs 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
- 1/16 oz Paprika
- 3 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
- 2 Cucumber
- 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

## BAKING

- 2 tps Cocoa Powder
- 3 1/8 ozs Dark Chocolate
- 1 cup Oats
- 2 2/3 tps Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 8 ozs Cheddar 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
- 3 1/2 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

# Soft Scrambled Eggs on Gluten Free Toast

1 SERVING 5 MINUTES



## INGREDIENTS

2 Egg  
1 1/2 tsps Butter (or dairy free alternative)  
2 slices Gluten-Free Bread (toasted)  
1 1/2 tsps Chives (chopped)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	349	Fiber	3g
Fat	20g	Sugar	5g
Saturated	7g	Protein	16g
Carbs	25g		

## DIRECTIONS

- 01 Crack the eggs into a bowl and whisk well.
- 02 Heat a skillet over medium-low heat and once hot, add the butter. Once melted, add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and barely set, about 2 minutes. They should still look slightly runny on top.
- 03 Divide the eggs onto toast, and top with chives, salt and pepper. Enjoy!

# Strawberry Coconut Overnight Oats

2 SERVINGS 8 HOURS



## INGREDIENTS

1/2 cup Oats (quick)  
1/4 cup Canned Coconut Milk  
1 tbsp Chia Seeds  
1 1/2 tsp Maple Syrup  
1/3 cup Water  
2 1/8 ozs Strawberries (5 medium, sliced)  
2 tbsps 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	238	Fiber	5g
Fat	14g	Sugar	5g
Saturated	6g	Protein	7g
Carbs	23g		

# 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  
2 tsps Maple Syrup  
2 tsps 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	280	Fiber	6g
Fat	16g	Sugar	6g
Saturated	3g	Protein	10g
Carbs	28g		



# Fried Eggs & Steamed Spinach (low FODMAP)

1 SERVING 10 MINUTES



## INGREDIENTS

2 2/3 ozs Baby Spinach  
1 tbsp Water  
Sea Salt & Black Pepper (to taste)  
1 tsp 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	197	Fiber	2g
Fat	14g	Sugar	1g
Saturated	6g	Protein	15g
Carbs	3g		

# Cheddar Cheese & Cucumber

1 SERVING 5 MINUTES



## INGREDIENTS

2 ozs Cheddar Cheese (cubed)  
1/2 Cucumber (sliced)

## DIRECTIONS

01 Serve cheese cubes and cucumber slices on a plate or in a bowl and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	248	Fiber	1g
Fat	19g	Sugar	3g
Saturated	11g	Protein	14g
Carbs	7g		



# 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  
5 1/4 ozs 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	Fiber	0g
Fat	8g	Sugar	0g
Saturated	1g	Protein	5g
Carbs	42g		

# Quinoa Bowl

1 SERVING 25 MINUTES



## INGREDIENTS

1/4 cup Quinoa (dry, uncooked)  
2 Egg  
2 2/3 ozs Baby Spinach  
2 1/3 ozs Tomato (1/2 tomato, sliced)  
1/8 tsp Sea Salt (or more to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	328	Fiber	5g
Fat	13g	Sugar	2g
Saturated	3g	Protein	21g
Carbs	33g		

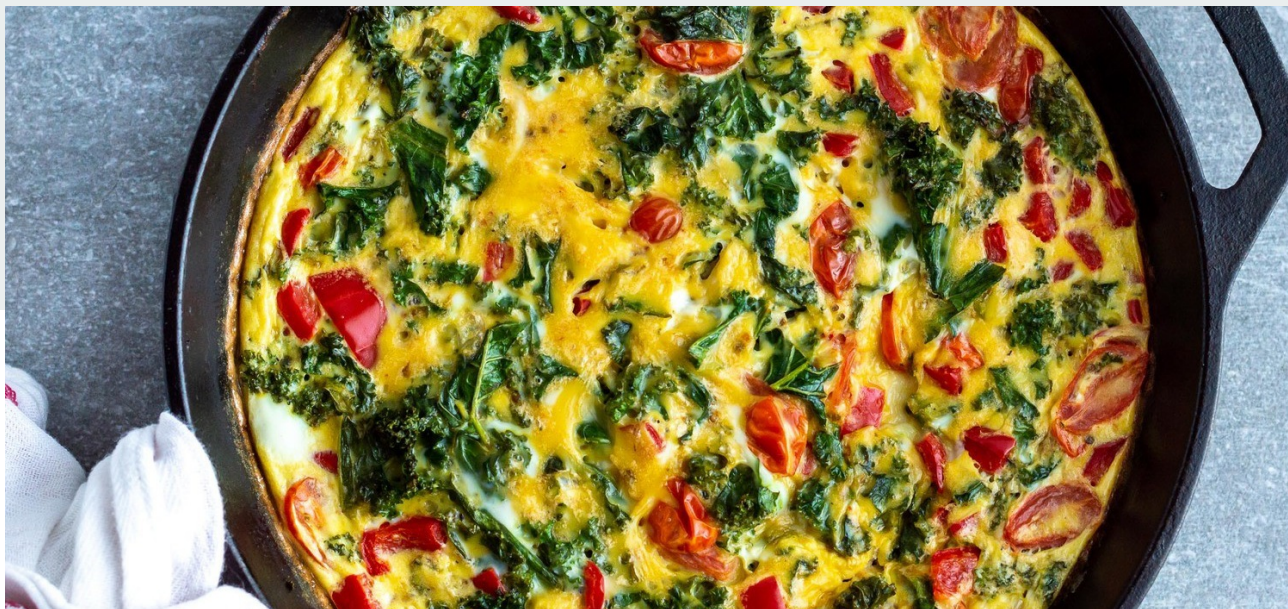
## DIRECTIONS

- 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!



# Kale & Red Pepper Frittata (low FODMAP)

1 SERVING 30 MINUTES



## INGREDIENTS

2 Egg  
1 1/16 fl ozs Unsweetened Almond Milk  
750 milligrams Sea Salt  
363 milligrams Black Pepper  
1/8 fl oz Extra Virgin Olive Oil  
1/3 oz Kale Leaves (chopped)  
1 1/3 ozs Red Bell Pepper (chopped)  
1 2/3 ozs Cherry Tomatoes (3 tomatoes, halved)

## NUTRITION

### AMOUNT PER SERVING

Calories	205	Fiber	1g
Fat	14g	Sugar	2g
Saturated	4g	Protein	13g
Carbs	5g		

## 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!

# Gluten Free Toast with butter

1 SERVING 5 MINUTES



## INGREDIENTS

1 slice Gluten-Free Bread  
1 1/2 tsps Margarine (or other dairy free spread)

## DIRECTIONS

01 Spread margarine onto toast and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	127	Fiber	1g
Fat	8g	Sugar	2g
Saturated	2g	Protein	2g
Carbs	12g		

# Walnuts (low FODMAP)

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/16 ozs Walnuts (14 nut halves)

## DIRECTIONS

01 Add walnuts to a bowl and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	196	Fiber	2g
Fat	20g	Sugar	1g
Saturated	2g	Protein	5g
Carbs	4g		

# Brazil Nuts (low FODMAP)

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/16 ozs Brazil Nuts (10 nuts)

## DIRECTIONS

01 Divide into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	198	Fiber	2g
Fat	20g	Sugar	1g
Saturated	5g	Protein	4g
Carbs	4g		



# Kiwi

1 SERVING 5 MINUTES



## INGREDIENTS

2 Kiwi

## DIRECTIONS

01 Peel and slice. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

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

# 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	Fiber	2g
Fat	9g	Sugar	1g
Saturated	1g	Protein	5g
Carbs	18g		

# One Pan Salmon with Green Beans & Roasted Tomato (low FODMAP)

2 SERVINGS 25 MINUTES



## INGREDIENTS

5 1/4 ozs Green Beans (washed and trimmed)  
3 1/8 ozs Cherry Tomatoes (6 tomatoes)  
1 1/2 tsps Extra Virgin Olive Oil (or coconut oil)  
Sea Salt & Black Pepper (to taste)  
10 ozs Salmon Fillet

## NUTRITION

### AMOUNT PER SERVING

Calories	262	Fiber	3g
Fat	13g	Sugar	4g
Saturated	2g	Protein	30g
Carbs	7g		

## 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

2 SERVINGS 45 MINUTES



## INGREDIENTS

1/2 cup Brown Rice (uncooked)  
1 cup Water

## NUTRITION

### AMOUNT PER SERVING

Calories	170	Fiber	2g
Fat	1g	Sugar	0g
Saturated	0g	Protein	3g
Carbs	35g		

## 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 (low FODMAP)

2 SERVINGS 30 MINUTES



## INGREDIENTS

1/4 cup Quinoa  
1/2 cup Water  
1 1/2 tsps Extra Virgin Olive Oil  
8 ozs Extra Lean Ground Turkey  
1 1/2 tsps Curry Powder  
1/16 tsp Cayenne Pepper  
Sea Salt & Black Pepper (to taste)  
1 1/2 tsps Ginger (peeled and grated)  
1 1/3 ozs Pineapple (cored and sliced into chunks)  
1/2 Carrot (grated)  
1/2 Zucchini (grated)  
1 1/2 tsps Tamari  
1/2 cup 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	313	Fiber	4g
Fat	15g	Sugar	4g
Saturated	3g	Protein	26g
Carbs	21g		

# Maple Mustard Chicken with Green Beans (low FODMAP)

2 SERVINGS 25 MINUTES



## INGREDIENTS

1 tbsp Maple Syrup  
1 tbsp Dijon Mustard  
1 1/2 tps Apple Cider Vinegar Or Lemon Juice  
1 tbsp Tamari  
8 ozs Chicken Breast  
5 1/4 ozs Green Beans (washed and trimmed)  
1 1/2 tps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	228	Fiber	2g
Fat	7g	Sugar	9g
Saturated	1g	Protein	28g
Carbs	12g		

## 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

2 cups Mini Potatoes (halved)

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

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

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

2 SERVINGS 30 MINUTES



## INGREDIENTS

10 1/2 ozs Mini Potatoes (halved)  
2 3/4 ozs Red Bell Pepper (chopped, or 1 carrot chopped)  
8 1/16 ozs Top Sirloin Steak (cut into 1-inch cubes)  
1/2 fl oz Avocado Oil  
1/8 oz Sea Salt  
1 oz Butter (melted)  
1/8 oz 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 (or carrot), 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 overtop the steak and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	534	Fiber	3g
Fat	35g	Sugar	1g
Saturated	14g	Protein	26g
Carbs	28g		

# One Pan Roasted Veggies & Chicken (low FODMAP)

2 SERVINGS 35 MINUTES



## INGREDIENTS

8 1/16 ozs Chicken Drumsticks  
1 Yellow Potato (medium, chopped)  
4 2/3 ozs Zucchini (chopped)  
2 3/4 ozs Red Bell Pepper (chopped)  
3 1/2 ozs Green Beans  
1 1/16 fl ozs Extra Virgin Olive Oil  
1/8 oz Italian Seasoning  
1/16 oz Paprika  
1/8 oz 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	431	Fiber	5g
Fat	24g	Sugar	5g
Saturated	5g	Protein	24g
Carbs	27g		



# Tofu Veggie Fried Rice (low FODMAP)

1 SERVING 35 MINUTES



## INGREDIENTS

1 2/3 ozs Jasmine Rice (uncooked)  
1/4 fl oz Sesame Oil (divided)  
3 1/2 ozs Tofu (extra firm, drained and diced)  
Sea Salt & Black Pepper (to taste, divided)  
1 2/3 ozs Broccoli (chopped)  
3/4 oz Purple Cabbage (thinly sliced)  
1/4 Carrot (medium, diced)  
1 Egg (large, whisked)  
1/2 oz Tamari  
3/4 stalk Green Onion (green parts only, sliced (optional))

## NUTRITION

### AMOUNT PER SERVING

Calories	403	Fiber	4g
Fat	16g	Sugar	4g
Saturated	3g	Protein	23g
Carbs	47g		

## DIRECTIONS

- 01 Cook the jasmine rice according to package directions.
- 02 Heat half of the sesame oil in a large non-stick pan over medium heat. Cook the tofu for about five minutes or until browned, frequently tossing. Season with salt and pepper and transfer to a bowl.
- 03 In the same pan, heat the remaining sesame oil over medium heat. Cook the broccoli, purple cabbage, and carrots until fork-tender, about five to seven minutes.
- 04 Slide the veggies to the side of the pan and add the eggs. Gently push the eggs back and forth with your spatula until scrambled and cooked through.
- 05 Add the rice over top of the eggs and break it up with your spatula. Add the tofu and tamari. Gently stir until everything is well combined. Divide into bowls, garnish with green onions and enjoy!

# Vanilla Rice Pudding

4 SERVINGS 45 MINUTES



## INGREDIENTS

4 cups Unsweetened Almond Milk  
1/3 cup Maple Syrup  
2 2/3 tsps Vanilla Extract  
1/8 tsp Sea Salt  
2/3 cup Arborio Rice

## NUTRITION

### AMOUNT PER SERVING

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

## 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

1 1/16 ozs 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	Fiber	1g
Fat	12g	Sugar	7g
Saturated	8g	Protein	3g
Carbs	14g		