



Low FODMAP Diet - 7-Day Pescatarian

JOE LEECH

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JOE LEECH | DIET VS DISEASE

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
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

TUE



BREAKFAST
Fried Eggs & Steamed Arugula, Low FODMAP toast with butter



SNACK 1
Lactose Free Yogurt (Plain or Strawberry), Fresh Strawberries (low...)



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 (low FODMAP)



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

THU



BREAKFAST
Oats and Berries



SNACK 1
Lactose Free Yogurt (Plain or Strawberry), Fresh Strawberries (low...)



LUNCH
Eggplant, Pepper & Tomato Saute, Quinoa



SNACK 2
Cucumber, Carrot & Egg Snack Box



DINNER
Lemon Butter Tofu Pasta



SNACK 3
Nuts & Dark Chocolate

FRI



BREAKFAST
Danni's Cinnamon Protein Smoothie



SNACK 1
Macadamia Nuts



LUNCH
Tuna Salad Sandwich with low FODMAP bread



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
Lactose Free Yogurt (Plain or Strawberry), Fresh Strawberries (low...)



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

SUN



BREAKFAST
Fried Eggs & Steamed Arugula, 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

MON

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

Calories 2053 Carbs 191g
Fat 113g Fiber 33g
Saturated 17g Sugar 38g
Polyunsaturated 31g **Protein 88g**
Monounsaturated 53g

TUE

FAT 52% **CARBS 34%** **PROTEIN 14%**

Calories 1869 Carbs 159g
Fat 110g Fiber 19g
Saturated 35g Sugar 56g
Polyunsaturated 24g **Protein 66g**
Monounsaturated 39g

WED

FAT 43% **CARBS 46%** **PROTEIN 11%**

Calories 1428 Carbs 173g
Fat 73g Fiber 29g
Saturated 19g Sugar 72g
Polyunsaturated 21g **Protein 43g**
Monounsaturated 23g

THU

FAT 41% **CARBS 47%** **PROTEIN 12%**

Calories 1475 Carbs 175g
Fat 68g Fiber 22g
Saturated 22g Sugar 50g
Polyunsaturated 20g **Protein 47g**
Monounsaturated 16g

FRI

FAT 41% **CARBS 39%** **PROTEIN 20%**

Calories 1854 Carbs 185g
Fat 88g Fiber 40g
Saturated 16g Sugar 41g
Polyunsaturated 23g **Protein 96g**
Monounsaturated 39g

SAT

FAT 46% **CARBS 37%** **PROTEIN 17%**

Calories 2045 Carbs 194g
Fat 106g Fiber 32g
Saturated 29g Sugar 68g
Polyunsaturated 26g **Protein 89g**
Monounsaturated 36g

SUN

FAT 50% **CARBS 31%** **PROTEIN 19%**

Calories 1803 Carbs 143g
Fat 104g Fiber 18g
Saturated 25g Sugar 37g
Polyunsaturated 13g **Protein 87g**
Monounsaturated 40g

FRUITS

- 1/4 Avocado
- 1/2 cup Blueberries
- 1 1/8 ozs Grapes
- 1 Green Banana
- 4 Kiwi
- 1 Lemon
- 2 tsps Lemon Juice
- 1 1/2 Lime
- 1 Mandarin
- 1 Navel Orange
- 1/2 cup Pineapple
- 1 3/4 ozs Strawberries

BREAKFAST

- 2 tsps All Natural Peanut Butter
- 2 Plain Rice Cake

SEEDS, NUTS & SPICES

- 1/4 tsp Cardamom
- 2 tsps 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
- 1/4 tsp Italian Seasoning
- 1/2 cup Macadamia Nuts
- 1/8 tsp Nutmeg
- 1/8 tsp Red Pepper Flakes
- 1 1/2 tsps Sesame Seeds
- 4 1/4 ozs Walnuts

VEGETABLES

- 4 cups Arugula
- 1 1/2 cups Baby Carrots
- 2 2/3 cups Baby Spinach
- 4 Carrot
- 1 1/2 tsps Chives
- 2 tsps Cilantro
- 1 3/4 Cucumber
- 5 1/4 ozs Eggplant
- 1 1/4 cups Green Beans
- 1/2 Green Bell Pepper
- 1/4 head Green Lettuce
- 4 stalks Green Onion
- 1 Jalapeno Pepper
- 1/2 cup Kale Leaves
- 2 3/4 ozs Red Bell Pepper
- 3 Tomato
- 1 Yellow Potato

BOXED & CANNED

- 1 1/3 cups Basmati Rice
- 2/3 cup Brown Rice
- 2/3 cup Brown Rice Fusilli
- 3/4 cup Diced Tomatoes
- 2 cups Organic Vegetable Broth
- 7 1/16 ozs Popcorn
- 3/4 cup Quinoa
- 2 cans Tuna

BAKING

- 2 tsps Cane Sugar
- 1/3 cup Cocoa Powder
- 3 1/8 ozs Dark Chocolate
- 3/4 cup Oats

BREAD, FISH, MEAT & CHEESE

- 4 Brown Rice Tortillas
- 10 slices Gluten-Free Bread
- 11 1/4 ozs Salmon Fillet
- 2 1/8 ozs Shrimp
- 2 Tilapia Fillet
- 12 2/3 ozs Tofu

CONDIMENTS & OILS

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

COLD

- 1/3 cup Butter
- 9 Egg
- 2 1/2 cups Lactose Free Milk
- 1 1/8 lbs Lactose Free Yogurt
- 1/2 cup Plain Coconut Milk
- 2 cups Unsweetened Almond Milk

OTHER

- 1 scoop Vanilla Protein Powder

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 5 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 5 strawberries or combination)
- 1 tbsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	452	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.

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		

Lactose Free Yogurt (Plain or Strawberry)

1 SERVING 5 MINUTES



INGREDIENTS

6 ozs 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		

Fresh Strawberries (low FODMAP)

1 SERVING 5 MINUTES



INGREDIENTS

1/2 oz Strawberries (5 medium)

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

Grapes & Walnuts (low FODMAP)

1 SERVING 3 MINUTES



INGREDIENTS

1 1/8 ozs Grapes (6 grapes, washed)
1 1/16 ozs Walnuts (10 nut halves)

DIRECTIONS

01 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	218	Carbs	10g
Fat	20g	Fiber	2g
Saturated	2g	Sugar	6g
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)
1/2 cup Baby Spinach (or other green leafy veg, rocket (arugula) etc.)
1 tbsp Mayonnaise
Sea Salt (to taste)
1/4 Cucumber (sliced)
1/2 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 bread and enjoy.

NUTRITION

AMOUNT PER SERVING

Calories	414	Carbs	30g
Fat	17g	Fiber	4g
Saturated	2g	Sugar	6g
Polyunsat...	8g	Protein	37g
Monounsa...	5g		

Salmon with Garlic Infused Kale

1 SERVING 20 MINUTES



INGREDIENTS

- 4 1/4 ozs 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

1/2 cup Quinoa (uncooked)
3/4 cup 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)
- 1/2 cup 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)
1 Tomato (sliced or 3 cherry tomatoes)
1 1/2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
7 1/16 ozs Salmon Fillet

NUTRITION

AMOUNT PER SERVING

Calories	256	Carbs	5g
Fat	17g	Fiber	2g
Saturated	2g	Sugar	2g
Polyunsat...	4g	Protein	21g
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 (check it does not contain onion or garlic)
- 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 tps Extra Virgin Olive Oil
5 1/4 ozs 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

Calories	76	Carbs	9g
Fat	4g	Fiber	4g
Saturated	1g	Sugar	6g
Polyunsat...	0g	Protein	2g
Monounsa...	3g		

Lemon Butter Tofu Pasta

1 SERVING 20 MINUTES



INGREDIENTS

2/3 cup Brown Rice Fusilli
2 tsps Butter (divided)
1 tsp Extra Virgin Olive Oil (divided)
2 1/16 ozs Tofu (extra-firm, pressed and cut into thin strips)
1/4 tsp Italian Seasoning
1/16 tsp Red Pepper Flakes
1/16 tsp Sea Salt
2/3 cup Baby Spinach (chopped)
2 tsps Lemon Juice
1 1/2 tsps Chives (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	444	Carbs	60g
Fat	18g	Fiber	5g
Saturated	6g	Sugar	1g
Polyunsat...	3g	Protein	12g
Monounsa...	7g		

DIRECTIONS

- 01 Cook the pasta according to package directions. Drain and rinse well.
- 02 Meanwhile, heat a non-stick pan over medium heat and add half of the butter and half of the olive oil. Add the tofu and cook for four to five minute per side until browned.
- 03 Add the Italian seasoning, red pepper flakes, and salt to the tofu and stir to combine. Then add the spinach and continue to cook until the spinach has wilted, about one minute.
- 04 Add the cooked pasta to the pan with the remaining butter and olive oil. Continue to stir until the butter has melted and the pasta is well coated and warmed through.
- 05 Remove from the heat and stir in the lemon juice and chives. Season with additional salt and lemon juice if needed. Divide between plates and enjoy!

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 (green tips only, finely chopped)
- 1 Jalapeno Pepper (deseeded and chopped, optional)
- 2 3/4 ozs Red Bell Pepper (diced)
- 1 Lime (juiced)
- 1/4 Avocado (peeled and mashed)

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 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!

NUTRITION

AMOUNT PER SERVING

Calories	413	Carbs	38g
Fat	16g	Fiber	15g
Saturated	5g	Sugar	6g
Polyunsat...	1g	Protein	29g
Monounsa...	6g		

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
- 10 1/2 ozs 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

2 tbsps Extra Virgin Olive Oil
1 tbsp 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)
2 1/8 ozs 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

3 1/2 ozs 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

1 1/16 ozs Walnuts (10 nut halves)

1 1/16 ozs 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)

NUTRITION

AMOUNT PER SERVING

Calories	173	Carbs	23g
Fat	6g	Fiber	4g
Saturated	4g	Sugar	17g
Polyunsat...	0g	Protein	10g
Monounsa...	1g		

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 and maple syrup (or sugar). 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!