



# 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

## 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

## 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

## 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

## 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

## 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

## 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

## 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
- 32 grams Grapes
- 1 Green Banana
- 4 Kiwi
- 1 Lemon
- 10 milliliters Lemon Juice
- 1 1/2 Lime
- 1 Mandarin
- 1 Navel Orange
- 1/2 cup Pineapple
- 49 grams Strawberries

## BREAKFAST

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

## SEEDS, NUTS & SPICES

- 1/4 tsp Cardamom
- 2 tbsps 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
- 250 milligrams Italian Seasoning
- 1/2 cup Macadamia Nuts
- 1/8 tsp Nutmeg
- 1/8 tsp Red Pepper Flakes
- 75 milligrams Red Pepper Flakes
- 250 milligrams Sea Salt
- 1 1/2 tsps Sesame Seeds
- 120 grams Walnuts

## VEGETABLES

- 4 cups Arugula
- 255 grams Baby Carrots
- 2 cups Baby Spinach
- 20 grams Baby Spinach
- 4 Carrot
- 2 grams Chives
- 2 tbsps Cilantro
- 1 3/4 Cucumber
- 150 grams 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
- 80 grams Red Bell Pepper
- 3 Tomato
- 1 Yellow Potato

## BOXED & CANNED

- 1 1/3 cups Basmati Rice
- 2/3 cup Brown Rice
- 73 grams Brown Rice Fusilli
- 3/4 cup Diced Tomatoes
- 2 cups Organic Vegetable Broth
- 200 grams Popcorn
- 128 grams Quinoa
- 2 cans Tuna

## BAKING

- 2 tsps Cane Sugar
- 1/3 cup Cocoa Powder
- 90 grams Dark Chocolate
- 3/4 cup Oats

## BREAD, FISH, MEAT & CHEESE

- 4 Brown Rice Tortillas
- 10 slices Gluten-Free Bread
- 320 grams Salmon Fillet
- 60 grams Shrimp
- 2 Tilapia Fillet
- 358 grams Tofu

## CONDIMENTS & OILS

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

## COLD

- 1/4 cup Butter
- 9 grams Butter
- 9 Egg
- 2 1/2 cups Lactose Free Milk
- 510 grams Lactose Free Yogurt
- 1/2 cup Plain Coconut Milk
- 2 cups Unsweetened Almond Milk

## OTHER

- 1 scoop Vanilla Protein Powder
- 267 milliliters Water

# 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

170 grams 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

16 grams Strawberries (5 medium)

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

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

# Grapes & Walnuts (low FODMAP)

1 SERVING 3 MINUTES



## INGREDIENTS

32 grams Grapes (6 grapes, washed)  
30 grams 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

120 grams 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

85 grams Quinoa (uncooked)  
178 milliliters 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)  
85 grams Baby Carrots

## NUTRITION

### AMOUNT PER SERVING

Calories	113	Carbs	10g
Fat	5g	Fiber	2g
Saturated	2g	Sugar	5g
Polyunsat...	1g	Protein	7g
Monounsat...	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)  
200 grams 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 tsps Extra Virgin Olive Oil  
150 grams 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

73 grams Brown Rice Fusilli  
9 grams Butter (divided)  
5 milliliters Extra Virgin Olive Oil (divided)  
58 grams Tofu (extra-firm, pressed and cut into thin strips)  
250 milligrams Italian Seasoning  
75 milligrams Red Pepper Flakes  
250 milligrams Sea Salt  
20 grams Baby Spinach (chopped)  
10 milliliters Lemon Juice  
2 grams 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)
- 80 grams 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
Monounsat...	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  
300 grams 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

30 milliliters Extra Virgin Olive Oil  
15 milliliters 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 )  
60 grams 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

100 grams 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

30 grams Walnuts (10 nut halves)  
30 grams 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!