



Low FODMAP Diet - 7-Day Plan Week 2

JOE LEECH

Low FODMAP Diet - 7-Day Plan Week 2

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
Blueberry Overnight Oats

SNACK 1
Rice Cakes with Peanut Butter

LUNCH
Chicken and Salad Wrap

SNACK 2
Lactose Free Yogurt (Plain or Strawberry), Raspberries

DINNER
Slow Cooker Beef Stew

SNACK 3
Low FODMAP Hot Chocolate

TUE



BREAKFAST
Toasted Cheese and Tomato Sandwich

SNACK 1
Danni's Cinnamon Protein Smoothie

LUNCH
Potato & Egg Salad

SNACK 2
Rice Cakes with Peanut Butter

DINNER
Chicken, Pumpkin and Carrot Risotto

SNACK 3
Popcorn

WED



BREAKFAST
Low FODMAP Bircher Muesli

SNACK 1
Peanut Butter Rice Krispies

LUNCH
Chicken, Pumpkin and Carrot Risotto

SNACK 2
Kiwi (or other low FODMAP fruit)

DINNER
Lemon & Dill Baked Salmon with Vegetables, Brown or White Rice

SNACK 3
Lactose Free Yogurt (Plain or Strawberry), Fresh Strawberries (low...)

THU



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

SNACK 1
Orange

LUNCH
Tuna Salad

SNACK 2
Peanut Butter Rice Krispies

DINNER
Brown Rice Noodles & Veggies (low FODMAP)

SNACK 3
Nuts & Dark Chocolate

FRI



BREAKFAST
Low FODMAP Bircher Muesli

SNACK 1
Peanut Butter Rice Krispies

LUNCH
Brown Rice Noodles & Veggies (low FODMAP)

SNACK 2
Two Hard Boiled Eggs

DINNER
Low FODMAP Minestrone Soup, Low FODMAP toast with butter

SNACK 3
Lactose Free Yogurt (Plain or Strawberry), Mandarin

SAT



BREAKFAST
Low FODMAP Shakshuka

SNACK 1
Danni's Cinnamon Protein Smoothie

LUNCH
Low FODMAP Minestrone Soup

SNACK 2
Kiwi (or other low FODMAP fruit), 10 Brazil Nuts

DINNER
Shrimp Tacos (low FODMAP)

SNACK 3
Coconut Chia Pudding

SUN



BREAKFAST
Oat and Banana Pancakes

SNACK 1
Orange & Dark Chocolate

LUNCH
Spinach and Ham Frittata

SNACK 2
Peanut Butter Rice Krispies

DINNER
Pan Fried Chicken and Vegetables

SNACK 3
Popcorn

MON

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

Calories 1932 Carbs 197g
Fat 91g Fiber 30g
Saturated 27g Sugar 69g
Polyunsaturated 14g **Protein 98g**
Monounsaturated 32g

TUE

FAT 39% **CARBS 43%** **PROTEIN 18%**

Calories 2186 Carbs 238g
Fat 98g Fiber 29g
Saturated 22g Sugar 34g
Polyunsaturated 29g **Protein 99g**
Monounsaturated 38g

WED

FAT 33% **CARBS 45%** **PROTEIN 22%**

Calories 1728 Carbs 196g
Fat 63g Fiber 19g
Saturated 17g Sugar 65g
Polyunsaturated 12g **Protein 98g**
Monounsaturated 28g

THU

FAT 47% **CARBS 36%** **PROTEIN 17%**

Calories 1739 Carbs 159g
Fat 93g Fiber 19g
Saturated 27g Sugar 55g
Polyunsaturated 24g **Protein 77g**
Monounsaturated 31g

FRI

FAT 36% **CARBS 51%** **PROTEIN 13%**

Calories 1731 Carbs 224g
Fat 70g Fiber 22g
Saturated 23g Sugar 66g
Polyunsaturated 11g **Protein 60g**
Monounsaturated 25g

SAT

FAT 43% **CARBS 39%** **PROTEIN 18%**

Calories 1783 Carbs 176g
Fat 88g Fiber 33g
Saturated 30g Sugar 45g
Polyunsaturated 11g **Protein 82g**
Monounsaturated 20g

SUN

FAT 43% **CARBS 44%** **PROTEIN 13%**

Calories 1842 Carbs 208g
Fat 89g Fiber 24g
Saturated 29g Sugar 72g
Polyunsaturated 20g **Protein 63g**
Monounsaturated 27g

FRUITS

- 1/8 Avocado
- 1/4 cup Blueberries
- 8 Green Banana
- 4 Kiwi
- 1 Lemon
- 1/4 cup Lemon Juice
- 1 tsp Lemon Zest
- 1 tbsp Lime Juice
- 1 Mandarin
- 3 Navel Orange
- 60 grams Raspberries
- 16 grams Strawberries

BREAKFAST

- 1/4 cup All Natural Peanut Butter
- 129 grams All Natural Peanut Butter
- 1 1/2 tsps Maple Syrup
- 160 grams Maple Syrup
- 4 Plain Rice Cake
- 35 grams Rice Puffs Cereal

SEEDS, NUTS & SPICES

- 1 Bay Leaf
- 1/4 cup Brazil Nuts
- 1/2 tsp Cardamom
- 1 1/2 tsps Chia Seeds
- 24 grams Chia Seeds
- 1/4 tsp Chili Powder
- 1 1/8 tsps Cinnamon
- 1/4 cup Coriander
- 1 1/2 tsps Curry Powder
- 1/4 tsp Dried Basil
- 1 tsp Ground Ginger
- 1/4 tsp Oregano
- 1 1/4 tsps Paprika
- 2 tsps Pumpkin Seeds
- 2 tsps Raw Peanuts

VEGETABLES

- 2 cups Arugula
- 2 1/4 cups Baby Spinach
- 1/3 cup Basil Leaves
- 75 grams Broccoli
- 4 1/2 Carrot
- 1/2 stalk Celery
- 11 grams Cherry Tomatoes
- 1 tbsp Chives
- 1/4 cup Cilantro
- 1 1/4 Cucumber
- 75 grams Eggplant
- 2 tsps Fresh Dill
- 1/2 cup Green Beans
- 75 grams Green Cabbage
- 5 stalks Green Onion
- 1 1/2 cups Iceberg Lettuce
- 1/2 cup Leeks
- 200 grams Mini Potatoes
- 1/4 cup Mixed Greens
- 2/3 cup Parsley
- 120 grams Pumpkin
- 2 tsps Radishes
- 240 grams Red Bell Pepper
- 1 1/2 Tomato
- 1 1/2 Yellow Potato
- 1/2 Zucchini

BOXED & CANNED

- 1/2 cup Arborio Rice
- 2/3 cup Basmati Rice
- 150 grams Brown Rice Fettuccine
- 91 milliliters Canned Coconut Milk
- 3 1/4 cups Chicken Stock
- 1/2 cup Chickpeas
- 200 grams Diced Tomatoes
- 75 grams Gluten Free Pasta
- 200 grams Popcorn

BREAD, FISH, MEAT & CHEESE

- 33 grams Bacon
- 50 grams Cheddar Cheese
- 230 grams Chicken Breast
- 100 grams Chicken Tenderloin
- 2 Corn Tortilla
- 25 grams Feta Cheese
- 60 grams Gluten Free Wrap
- 4 slices Gluten-Free Bread
- 3 1/3 tsps Parmesan Cheese
- 180 grams Salmon Fillet
- 25 grams Shaved Ham
- 114 grams Shrimp
- 150 grams Top Sirloin Steak

CONDIMENTS & OILS

- 2 3/4 tsps Balsamic Vinegar
- 15 milliliters Coconut Oil
- 1 1/2 tsps Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 2 1/3 tsps Garlic Infused Oil
- 1 1/8 tsps Maple Syrup
- 2 tsps Mayonnaise
- 2 tsps Tamari
- 1 tsp Whole Grain Mustard

COLD

- 2 2/3 tsps Butter
- 10 1/2 Egg
- 2 tsps Lactose Free Cream
- 1 cup Lactose Free Milk
- 541 grams Lactose Free Yogurt
- 1 1/2 cups Unsweetened Almond Milk

OTHER

- 2 scoops Vanilla Protein Powder
- 89 milliliters Water

- 10 grams Slivered Almonds
- 30 grams Walnuts

FROZEN

- 1/3 cup Frozen Edamame

- 1 tbsp Tomato Paste
- 1 can Tuna

BAKING

- 2 tbsps Baking Powder
- 1 tsp Cane Sugar
- 2 tbsps Cocoa Powder
- 1 1/2 tsps Corn Starch
- 60 grams Dark Chocolate
- 2 tbsps Dried Unsweetened Cranberries
- 1/3 cup Oat Bran
- 1 3/4 cups Oats
- 3/4 cup Rice Flour
- 2 tbsps Unsweetened Shredded Coconut
- 1/8 tsp Vanilla Extract
- 2 milliliters Vanilla Extract

Blueberry Overnight Oats

1 SERVING 8 HOURS



INGREDIENTS

1/4 cup Oats (rolled)
1/4 cup Unsweetened Almond Milk (or other low FODMAP milk alternative)
1 1/2 tsps Chia Seeds
1/2 tsp Maple Syrup
1/4 tsp Cinnamon
1/4 cup Blueberries
10 grams Slivered Almonds (or other low FODMAP nuts)
1/8 tsp Vanilla Extract (or essence)
31 grams Lactose Free Yogurt (1/2 cup)

DIRECTIONS

- 01 Combine oats, milk, chia seeds, maple syrup, cinnamon and yogurt together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 02 Remove oats from fridge. Use single-serving size mason jars or airtight containers and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!
- 03 NOTE: If following the meal plan: Prep this evening's dinner this morning as the stew will cook in the slow cooker over the day.

NUTRITION

AMOUNT PER SERVING

Calories	231	Carbs	31g
Fat	9g	Fiber	6g
Saturated	1g	Sugar	10g
Polyunsat...	1g	Protein	7g
Monounsat...	1g		

Toasted Cheese and Tomato Sandwich

1 SERVING 15 MINUTES



INGREDIENTS

2 slices Gluten-Free Bread (or low FODMAP bread alternative)
1/2 Tomato (sliced)
1/8 Avocado (optional)
20 grams Cheddar Cheese (1 slice, or other low FODMAP cheese)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Add cheese, tomato and avocado (optional) on bread and toast in sandwich toaster.
- 02 Sprinkle with sea salt and pepper to taste.
- 03 Slice diagonally and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	284	Carbs	29g
Fat	15g	Fiber	5g
Saturated	4g	Sugar	5g
Polyunsat...	2g	Protein	9g
Monounsa...	7g		

Low FODMAP Bircher Muesli

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Oats (rolled)
2 tbsps Pumpkin Seeds
2 tbsps Dried Unsweetened Cranberries
1/2 cup Water
2 tsps Cinnamon
1/2 cup Unsweetened Almond Milk (or Low FODMAP milk alternative)
2 tbsps Unsweetened Shredded Coconut (optional)

DIRECTIONS

- 01 Place oats and pumpkin seeds in a food processor and pulse a few times to make the oats smaller. This will improve the texture of your Bircher.
- 02 Pour oats into a bowl and add all other dry ingredients, mix well.
- 03 Pour in the milk and water, cover and place in the fridge overnight.
- 04 In the morning, scoop out your serve, add a dollop of yoghurt or a splash of milk to loosen the mixture, add some fruit and breakfast is served.

NUTRITION

AMOUNT PER SERVING

Calories	184	Carbs	24g
Fat	9g	Fiber	6g
Saturated	4g	Sugar	6g
Polyunsat...	2g	Protein	5g
Monounsa...	2g		

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		

Low FODMAP Shakshuka

1 SERVING 15 MINUTES



INGREDIENTS

1 1/2 tsps Garlic Infused Oil
1 1/2 tsps Curry Powder (check no onion or garlic)
1/4 tsp Paprika
1/4 tsp Sea Salt
100 grams Diced Tomatoes (1/2 can)
1/4 cup Parsley (chopped)
1 Egg
75 grams Eggplant (diced)
40 grams Red Bell Pepper (seeded and diced)
1/4 cup Coriander (or basil, chopped)
25 grams Feta Cheese (crumbled)

DIRECTIONS

- 01 Heat olive oil in a large pan over medium-high heat. Add eggplant and capsicum and sautee.
- 02 Reduce heat and add the spices, cook for 2 minutes, stirring constantly.
- 03 Add canned tomatoes with the juice and salt and pepper to taste. Bring to the boil and reduce heat, then cook uncovered stirring occasionally for about 30 minutes.
- 04 Remove from heat and using a spatula or the back of a spoon, create 2 pockets/indents in the tomato sauce. Crack an egg into each pocket, cover the pan with a lid and cook until the eggs are set, about 7-8 minutes until the eggs are cooked to your liking.
- 05 Add crumbled feta and fresh herbs on top and serve.

NUTRITION

AMOUNT PER SERVING

Calories	286	Carbs	16g
Fat	18g	Fiber	6g
Saturated	6g	Sugar	7g
Polyunsat...	1g	Protein	13g
Monounsa...	2g		

Oat and Banana Pancakes

6 SERVINGS 30 MINUTES



INGREDIENTS

6 Green Banana (mashed well)
3/4 cup Unsweetened Almond Milk
(200ml or low FODMAP milk alternative)
1 cup Oats (100g, rolled)
2 Egg (large)
1/3 cup Oat Bran (40g, unprocessed)
2 tbsps Baking Powder
1/4 tsp Sea Salt (pinch, to taste)
3/4 tsp Cinnamon
3/4 cup Rice Flour (100g)

NUTRITION

AMOUNT PER SERVING

Calories	272	Carbs	57g
Fat	4g	Fiber	6g
Saturated	1g	Sugar	15g
Polyunsat...	1g	Protein	7g
Monounsa...	1g		

DIRECTIONS

- 01 Weigh or measure all dry ingredients into a food processor or blender and process until they are fine.
- 02 Add the bananas, eggs and gradually pour in the milk and mix until the mixture has a slightly runny consistency. Add more milk if required.
- 03 Rest batter for 15 mins. Note that the mixture will thicken during resting so add more milk if it is too thick to spoon into a frypan.
- 04 Heat some butter and/or spray oil in a frypan over a medium heat.
- 05 Spoon the mixture (about 2 tbsp per pancake) into the frypan to form ~9cm pancakes.
- 06 Cook until bubbles start to form on the top (reduce the heat if required to prevent burning).
- 07 Flip and cook ~ 1 min on the other side (pancakes should be golden on both sides).
- 08 Add toppings and maple syrup as desired.

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		

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		

Peanut Butter Rice Krispies

6 SERVINGS 30 MINUTES



INGREDIENTS

15 milliliters Coconut Oil
160 grams Maple Syrup
129 grams All Natural Peanut Butter
35 grams Rice Puffs Cereal

NUTRITION

AMOUNT PER SERVING

Calories	242	Carbs	28g
Fat	13g	Fiber	1g
Saturated	4g	Sugar	18g
Polyunsat...	3g	Protein	5g
Monounsa...	6g		

DIRECTIONS

- 01 Grease a loaf pan with coconut oil or line with parchment paper (use a larger baking dish if serving size is adjusted higher).
- 02 In a medium pot over low-medium heat, whisk together maple syrup and peanut butter until thoroughly combined. Remove from heat and let cool, about 5 minutes.
- 03 Add puffed rice and gently mix with a spatula until evenly coated.
- 04 Transfer to loaf pan and press down firmly. Freeze for 20 minutes or until firm. Slice into bars or squares and enjoy!

Orange

2 SERVINGS 2 MINUTES



INGREDIENTS

2 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		

Orange & Dark Chocolate

1 SERVING 3 MINUTES



INGREDIENTS

1 Navel Orange (peeled or sliced)
30 grams Dark Chocolate (broken into pieces)

DIRECTIONS

01 Peel and section oranges or slice into wedges. Divide into bowl and top with dark chocolate. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	238	Carbs	32g
Fat	12g	Fiber	4g
Saturated	8g	Sugar	18g
Polyunsat...	0g	Protein	4g
Monounsa...	0g		

Chicken and Salad Wrap

1 SERVING 10 MINUTES



INGREDIENTS

60 grams Gluten Free Wrap (1 wrap)
30 grams Cheddar Cheese (or other low FODMAP cheese, optional)
50 grams Chicken Breast (shredded)
2 tbsps Radishes (thinly sliced)
1/2 cup Iceberg Lettuce (shredded)
1/2 Tomato (sliced)
1/2 Cucumber (sliced)
1 tbsp Mayonnaise (optional)

DIRECTIONS

01 Prepare all ingredients and add onto wrap.

NUTRITION

AMOUNT PER SERVING

Calories	469	Carbs	40g
Fat	25g	Fiber	7g
Saturated	8g	Sugar	6g
Polyunsat...	7g	Protein	27g
Monounsa...	6g		

Potato & Egg Salad

1 SERVING 25 MINUTES



INGREDIENTS

200 grams Mini Potatoes (or other potato)
2 Egg
1 tsp Extra Virgin Olive Oil
1/4 cup Parsley (optional, finely chopped)
1 stalk Green Onion (spring onion, green part only, chopped)
1/4 cup Green Beans (40g, trimmed)
40 grams Red Bell Pepper (chopped)
1 tbsp Chives (chopped)
1/4 Cucumber (chopped)
1 tbsp Mayonnaise
1 tsp Lemon Juice
1 tsp Whole Grain Mustard

NUTRITION

AMOUNT PER SERVING

Calories	476	Carbs	44g
Fat	25g	Fiber	6g
Saturated	6g	Sugar	5g
Polyunsat...	9g	Protein	18g
Monounsaturated	9g		

DIRECTIONS

- 01 Scrub and cut the potatoes into bite sized pieces (peel if necessary). Prepare the green beans by cutting into small pieces. Place the potatoes in a large saucepan and cover with water. Place the lid on the saucepan and bring the water to a rolling boil over medium high heat. Then turn down the heat to medium low and allow to boil for 15 to 20 minutes until the potatoes are tender. Add the green beans to the saucepan, about 3 minutes before you drain the potatoes. Allow the green beans to cook for 2 to 3 minutes, until tender and brightly coloured. Drain and place to one side to cool.
- 02 While the potatoes cook, hard-boil the eggs. Place the eggs in a small saucepan of water and cover with cold water. Place the saucepan over medium high heat and bring the water to a rolling boil. Allow to boil for two minutes before turning the heat down to the lowest heat setting. Cook for 10 to 12 minutes. Drain and run the eggs under cold water before peeling. Cut the eggs into quarters.
- 03 While the eggs cook, prepare the cucumber and red bell peppers. Peel the cucumber and cut into short sticks. Deseed and dice the red bell peppers. Finely chop the spring onions, parsley (optional) and chives.
- 04 Make the salad dressing by mixing together the oil, wholegrain mustard, mayonnaise, lemon juice and a couple of grinds of black pepper.
- 05 In a large bowl gently mix together the potatoes, green beans, hard-boiled eggs, cucumber, red bell peppers, spring onions, chives and salad dressing. Season with a couple of grinds of black pepper.

Tuna Salad

1 SERVING 10 MINUTES



INGREDIENTS

1 can Tuna (in oil, drained)
1 cup Iceberg Lettuce (chopped, or spinach or rocket)
1 stalk Green Onion (green tips only, finely sliced)
Sea Salt & Black Pepper (to taste)
1/2 Tomato (cut into chunks)
1/2 Cucumber (sliced)
40 grams Red Bell Pepper (sliced)
1 tbsp Balsamic Vinegar

DIRECTIONS

01 Add all ingredients to a large bowl and mix until well combined. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	214	Carbs	14g
Fat	2g	Fiber	2g
Saturated	0g	Sugar	7g
Polyunsat...	1g	Protein	35g
Monounsa...	0g		

Spinach and Ham Frittata

1 SERVING 30 MINUTES



INGREDIENTS

1 1/2 Egg
25 grams Shaved Ham
1/8 tsp Sea Salt
1/8 tsp Black Pepper
1/4 cup Baby Spinach (or one bunch english spinach, chopped)
11 grams Cherry Tomatoes (3 tomatoes, halved)
1 1/3 tbsps Parmesan Cheese
2 tbsps Lactose Free Cream
1/4 cup Mixed Greens (Per serve, or spinach or rocket (arugula) on the side)
3/4 tsp Extra Virgin Olive Oil

DIRECTIONS

- 01 Preheat oven to 340°F (170°C) fan forced. Grease a 6cm-deep, 19cm square cake pan. Line base and sides with baking paper, allowing a 2cm overhang on 2 sides.
- 02 Arrange half the spinach in prepared pan. Top with half the ham. Repeat with remaining spinach and ham.
- 03 Whisk eggs, cream and cheese together in a jug. Pour over spinach mixture. Top with tomato halves, cut-side up.
- 04 Bake for 35-40 minutes or until golden and set.
- 05 Cut the frittata into 4 pieces. Serve one piece of frittata with the salad leaves. Freeze the remaining for quick lunches/snacks.

NUTRITION

AMOUNT PER SERVING

Calories	290	Carbs	5g
Fat	22g	Fiber	0g
Saturated	10g	Sugar	1g
Polyunsat...	2g	Protein	17g
Monounsa...	5g		

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		

Raspberries

1 SERVING 1 MINUTE



INGREDIENTS

60 grams Raspberries (30 raspberries or other low FODMAP berry serve)

DIRECTIONS

01 Wash berries and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	31	Carbs	7g
Fat	0g	Fiber	4g
Saturated	0g	Sugar	3g
Polyunsat...	0g	Protein	1g
Monounsa...	0g		

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		

Two Hard Boiled Eggs

1 SERVING 15 MINUTES



INGREDIENTS

2 Egg

NUTRITION

AMOUNT PER SERVING

Calories	144	Carbs	1g
Fat	10g	Fiber	0g
Saturated	3g	Sugar	0g
Polyunsat...	2g	Protein	13g
Monounsa...	4g		

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

10 Brazil Nuts

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Brazil Nuts (10 nuts or 40g)

DIRECTIONS

01 Divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	219	Carbs	4g
Fat	22g	Fiber	3g
Saturated	5g	Sugar	1g
Polyunsat...	8g	Protein	5g
Monounsa...	8g		

Slow Cooker Beef Stew

1 SERVING 55 MINUTES



INGREDIENTS

150 grams Top Sirloin Steak (or beef chuck steak)
1 1/2 tsps Corn Starch (Dissolve in cold water before adding)
1 tsp Sea Salt
1/2 tsp Black Pepper
2 tsps Garlic Infused Oil
1 Yellow Potato (large, chopped)
1/2 Carrot (large, peeled and roughly chopped)
1 tsp Ground Ginger
1/4 cup Chicken Stock (check for no onion or garlic)
2 stalks Green Onion (spring onion, green parts only, chopped)
1/4 tsp Oregano (dried)
100 grams Diced Tomatoes (1/4 can)
1 tbsp Tomato Paste
1/4 tsp Dried Basil
2 tsps Lemon Juice (squeeze of lemon)
2 tsps Parsley (chopped, optional)
1 Bay Leaf

DIRECTIONS

- 01 Peel and cut the carrot and potato into chunks.
- 02 Chop beef into 2 cm cubes, rub with olive oil and season with salt and pepper. Heat a large non-stick fry pan over medium heat. Brown beef in batches using the garlic infused oil. Add the beef to the slow cooker and pour over the tomatoes and tomato paste.
- 03 Make the stock if needed. Add the stock to the fry pan and stir around (this is to capture the flavour), and then add to the slow cooker. Stir in the spring onions, chopped carrots, oregano, bay leaf, and basil. Add a few grinds of salt and pepper.
- 04 Turn the slow cooker on the low setting for 8-9 hours.
- 05 Add a squeeze of lemon juice to bring out the flavours in the stew. If the stew is too runny, dissolve the cornstarch into in a small amount of warm water, and mix through the stew. Allow to thicken for a few minutes.
- 06 Season with an extra drizzle of garlic infused oil and a couple of grinds of salt and pepper. Serve in bowls, season with chopped parsley (optional) and with a side of toasted sourdough or low FODMAP bread.

NUTRITION

AMOUNT PER SERVING

Calories 617 Carbs 49g

Fat	32g	Fiber	7g
Saturated	10g	Sugar	11g
Polyunsat...	2g	Protein	38g
Monounsa...	16g		

Chicken, Pumpkin and Carrot Risotto

2 SERVINGS 35 MINUTES



INGREDIENTS

2 cups Chicken Stock (or vegetable, no onion/garlic)
1/2 tsp Sea Salt (divided)
1 1/2 cup Arborio Rice (or other risotto rice)
2 tbsps Lemon Juice
180 grams Chicken Breast (cut into chunks)
1 stalk Green Onion (spring onion, green tip only, chopped)
1 Carrot
2 tsps Garlic Infused Oil
120 grams Pumpkin (kent/jap variety)
2 tsps Butter (or dairy free spread)
1 tsp Lemon Zest
1 cup Baby Spinach
2 tbsps Parmesan Cheese (15g, grated)

NUTRITION

AMOUNT PER SERVING

Calories	463	Carbs	51g
Fat	12g	Fiber	2g
Saturated	4g	Sugar	5g
Polysat...	1g	Protein	38g
Monouns...	6g		

DIRECTIONS

- 01 Preheat the oven to 200C (390F) bake function. Peel and chop the pumpkin & carrot into 1.5cm (0.60 inch) pieces. Place in an oven dish, drizzle with half of the olive oil and season with salt and pepper. Bake for 20 to 25 minutes (until soft and slightly golden). Toss a couple of times during cooking.
- 02 While the roast veggies are cooking, cook the chicken and make the risotto. Heat the remaining olive oil in a non-stick fry pan over medium-high heat. Cook the chicken until there are no pink bits and the chicken is cooked all the way through, about 3-5 minutes. Remove from the pan and place into a small bowl to the side. Make the stock if using stock cubes, and shred the spinach. Re-heat the fry pan over medium heat. Fry the green onion tips in the butter and garlic infused oil for two minutes. Add the rice, stir through the mixture for about 1 minute.
- 03 Next add 125ml (1/2 a cup) of stock at a time, stir every now and then until the liquid has absorbed into the rice. Carry on adding and stirring in the stock, a splash at a time. Turn down the heat to medium low if needed (if the rice is cooking too quickly and starting to stick to the bottom of the pan). Once the rice has absorbed about 3/4 of the stock, check and see if the rice is cooked (should take about 20 minutes). If it isn't, add more stock and continue cooking for another few minutes. While the risotto cooks, zest the lemons (the trick is just to zest the yellow layer and not the bitter white layer underneath).
- 04 While the rice finishes cooking, stir through the shredded spinach, lemon juice, lemon zest and chicken. Season with salt and pepper. Then stir through the roast veggies and grated cheese.
- 05 Serve the pumpkin and carrot risotto in a bowl.

Lemon & Dill Baked Salmon with Vegetables

1 SERVING 25 MINUTES



INGREDIENTS

180 grams Salmon Fillet
1 tbsp Extra Virgin Olive Oil
2 tbsps Fresh Dill (chopped)
1 Lemon (juiced, slices for effect)
1/4 tsp Sea Salt (or more to taste)
1 Carrot (chopped)
75 grams Broccoli
1 1/2 tps Dijon Mustard

DIRECTIONS

- 01 Preheat the oven to 450°F (230°C).
- 02 Line a baking sheet with aluminum foil or baking paper and place the salmon in the middle.
- 03 In a small bowl, combine the dill, oil, dijon, olive oil and lemon juice.
- 04 Marinade the salmon then top with lemon slices.
- 05 Bake for 12-15 minutes or until cooked through and flaky.
- 06 Meanwhile, microwave, steam or boil the carrot and broccoli.
- 07 Serve fish with vegetables.

NUTRITION

AMOUNT PER SERVING

Calories	444	Carbs	14g
Fat	25g	Fiber	4g
Saturated	4g	Sugar	5g
Polyunsat...	6g	Protein	39g
Monounsa...	14g		

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!

Brown Rice Noodles & Veggies (low FODMAP)

2 SERVINGS 20 MINUTES



INGREDIENTS

150 grams Brown Rice Fettuccine
2 tbsps Tamari
1 1/2 tps Maple Syrup
1 tbsp Lime Juice
1/4 cup Water
80 grams Red Bell Pepper (chopped)
1/3 cup Frozen Edamame (thawed)
2 tbsps Raw Peanuts (chopped)
1/4 cup Cilantro (chopped, optional)

DIRECTIONS

- 01 Cook the pasta according to the directions on the package. Once the pasta is cooked and strained, run cold water over the pasta to prevent from over-cooking. Add back to the pot.
- 02 While the pasta cooks, in a small pot over medium-low heat add the tamari, maple syrup, lime juice and water. Bring to a low boil. Add the bell pepper and edamame and cook for 3 to 5 minutes, until cooked through.
- 03 Pour the sauce and edamame mixture over the pasta and toss to combine. Serve with chopped peanuts and cilantro on top. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	395	Carbs	67g
Fat	9g	Fiber	6g
Saturated	1g	Sugar	6g
Polyunsat...	2g	Protein	13g
Monounsa...	3g		

Low FODMAP Minestrone Soup

2 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
33 grams Bacon (optional)
1/2 cup Leeks (green parts only, chopped)
1 Carrot (large, chopped)
1/2 stalk Celery (finely chopped)
1 cup Chicken Stock (or vegetable - check no onion or garlic)
1/2 Zucchini (medium, chopped)
75 grams Gluten Free Pasta (1/2 cup, spirals or shells)
1 cup Baby Spinach
1/2 Yellow Potato (small)
1 1/2 tsps Garlic Infused Oil
1 1/3 cups Water (boiling)
1/2 cup Chickpeas (from a can)
1/4 cup Basil Leaves

NUTRITION

AMOUNT PER SERVING

Calories	390	Carbs	55g
Fat	13g	Fiber	6g
Saturated	3g	Sugar	7g
Polyunsat...	1g	Protein	15g
Monounsa...	5g		

DIRECTIONS

- 01 Dice the potato and carrot, finely slice the celery, finely chop the green leek tips, and remove the rind and cut the bacon into small pieces. Place a large saucepan over medium heat. Add the garlic infused oil, carrot, bacon, potato, celery and green leek tips. Saute gently for 15 to 20 minutes until the ingredients start to soften. Add a drizzle of olive oil and turn down the heat if needed (you want the vegetables soft but not too brown).
- 02 While the veggies soften, dice the zucchinis, and thinly slice the spinach leaves. Make the low FODMAP stock if needed. Drain and rinse the chickpeas, before draining again.
- 03 Then add low FODMAP stock, hot water, diced zucchinis, spinach leaves, and chickpeas. Bring to the boil and allow to simmer on medium-low heat for 10 minutes.
- 04 Add the pasta and basil to the soup. Cook the pasta in the soup according to packet directions, or until the pasta is cooked (if you are using the soup for lunches, under cook the pasta by 1 to 2 minutes to stop it going mushy). If the soup is too thick, add a little bit of water.
- 05 Season with salt and pepper. Garnish with baby basil leaves and add a drizzle of garlic infused oil and a sprinkle of parmesan cheese (if desired). Enjoy!

Shrimp Tacos (low FODMAP)

1 SERVING 25 MINUTES



INGREDIENTS

114 grams Shrimp (large, peeled)
1 1/2 tsps Extra Virgin Olive Oil (optional:
garlic infused)
1/4 tsp Chili Powder (optional)
1/8 tsp Sea Salt (divided)
75 grams Green Cabbage (shredded)
2 Corn Tortilla

NUTRITION

AMOUNT PER SERVING

Calories	317	Carbs	33g
Fat	9g	Fiber	4g
Saturated	1g	Sugar	2g
Polyunsat...	1g	Protein	26g
Monounsa...	5g		

DIRECTIONS

- 01 In a large bowl combine the shrimp, olive oil, chili powder and half of the salt. Let shrimp marinate for 10 to 15 minutes.
- 02 Meanwhile, in a second bowl combine the cabbage with remaining salt and toss well. Set aside.
- 03 Heat a large nonstick pan over medium-high heat. Cook the shrimp until no longer opaque, about 1 to 2 minutes per side.
- 04 Meanwhile, warm the tortillas in a skillet over medium-low heat turning occasionally until soft.
- 05 To assemble the tacos, layer the cabbage and shrimp on top of a warm tortilla. Enjoy!

Pan Fried Chicken and Vegetables

1 SERVING 35 MINUTES



INGREDIENTS

100 grams Chicken Tenderloin
1 Carrot (medium, sliced)
40 grams Red Bell Pepper (chopped)
1/4 cup Green Beans (10-15 beans)
2 tsps Extra Virgin Olive Oil
1 tbsp Maple Syrup
1 tsp Paprika
2 tsps Basil Leaves (fresh, chopped)
1 3/4 tsps Balsamic Vinegar

DIRECTIONS

- 01 Heat oil in a non-stick fry pan over medium-high heat.
- 02 Add chicken and season with paprika (or other herbs of choice). Cook chicken through until it is no longer pink in the center, about 3-5 minutes.
- 03 Meanwhile, microwave, steam or boil green beans, bell pepper and carrot until just cooked, about 3-4 minutes or cook in a separate fry pan.
- 04 Once the chicken is cooked, stir through the basil, maple syrup and balsamic vinegar into the chicken and cook for 1 more minute.
- 05 Serve the chicken with vegetables.

NUTRITION

AMOUNT PER SERVING

Calories	300	Carbs	29g
Fat	10g	Fiber	3g
Saturated	1g	Sugar	20g
Polyunsat...	1g	Protein	21g
Monounsa...	7g		

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!

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		

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		

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		

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		

Coconut Chia Pudding

1 SERVING 1 HOUR



INGREDIENTS

91 milliliters Canned Coconut Milk
89 milliliters Water
24 grams Chia Seeds
2 milliliters Vanilla Extract

DIRECTIONS

- 01 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 02 Stir well and divide into cups or containers if on-the-go. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	285	Carbs	13g
Fat	24g	Fiber	6g
Saturated	15g	Sugar	1g
Polyunsat...	0g	Protein	5g
Monounsa...	0g		