



Low FODMAP Diet - Alternative 7-Day Plan

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
High Protein Sunbutter Oatmeal with Strawberries (low FODMAP)



SNACK 1
Strawberry Protein Smoothie



LUNCH
Ham Sandwich



SNACK 2
Papaya & Pecans



DINNER
Salmon with Rice & Greens



SNACK 3
Macadamia Nut Clusters

TUE



BREAKFAST
Veggie Scramble with Strawberries, Low FODMAP toast with butter



SNACK 1
Chocolate Strawberry Chia Pudding (low FODMAP)



LUNCH
Salmon with Rice & Greens



SNACK 2
Turkey & Cabbage Rolls



DINNER
Tofu Vermicelli Bowl



SNACK 3
Raspberry Chia Fresca

WED



BREAKFAST
High Protein Peanut Butter Oatmeal (low FODMAP)



SNACK 1
Blueberry Protein Smoothie



LUNCH
Tofu Vermicelli Bowl



SNACK 2
Papaya & Pecans



DINNER
Slow Cooker Chicken & Wild Rice Soup



SNACK 3
Macadamia Nut Clusters

THU



BREAKFAST
Veggie Scramble with Strawberries, Low FODMAP toast with butter



SNACK 1
Chocolate Strawberry Chia Pudding (low FODMAP)



LUNCH
Slow Cooker Chicken & Wild Rice Soup



SNACK 2
Turkey & Cabbage Rolls



DINNER
Broccoli Pesto Pasta (low FODMAP)



SNACK 3
Raspberry Chia Fresca

FRI



BREAKFAST
High Protein Sunbutter Oatmeal with Strawberries (low FODMAP)



SNACK 1
Strawberry Protein Smoothie



LUNCH
Broccoli Pesto Pasta (low FODMAP)



SNACK 2
Edamame



DINNER
Chicken Tacos (no FODMAP)



SNACK 3
Macadamia Nut Clusters

SAT



BREAKFAST
Turkey Bacon Breakfast Bagel



SNACK 1
Chocolate Strawberry Chia Pudding (low FODMAP)



LUNCH
Chicken Tacos (no FODMAP)



SNACK 2
Turkey & Cabbage Rolls



DINNER
One Pan Lemon Chicken (low FODMAP)



SNACK 3
Raspberry Chia Fresca

SUN



BREAKFAST
High Protein Peanut Butter Oatmeal (low FODMAP)



SNACK 1
Blueberry Protein Smoothie



LUNCH
One Pan Lemon Chicken (low FODMAP)



SNACK 2
Edamame



DINNER
Leftover Chicken Salad, Oven Baked Potato Wedges



SNACK 3
Macadamia Nut Clusters

MON

FAT 41% **CARBS 32%** **PROTEIN 27%**

Calories 1522 Carbs 126g
Fat 70g Fiber 21g
Saturated 11g Sugar 31g
Polyunsaturated 18g **Protein 106g**
Monounsaturated 29g

TUE

FAT 37% **CARBS 40%** **PROTEIN 23%**

Calories 1711 Carbs 174g
Fat 71g Fiber 26g
Saturated 17g Sugar 37g
Polyunsaturated 14g **Protein 97g**
Monounsaturated 19g

WED

FAT 38% **CARBS 40%** **PROTEIN 22%**

Calories 1308 Carbs 135g
Fat 58g Fiber 19g
Saturated 10g Sugar 27g
Polyunsaturated 10g **Protein 73g**
Monounsaturated 27g

THU

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

Calories 1594 Carbs 173g
Fat 69g Fiber 31g
Saturated 16g Sugar 35g
Polyunsaturated 9g **Protein 73g**
Monounsaturated 22g

FRI

FAT 35% **CARBS 44%** **PROTEIN 21%**

Calories 1682 Carbs 185g
Fat 66g Fiber 32g
Saturated 12g Sugar 24g
Polyunsaturated 12g **Protein 91g**
Monounsaturated 29g

SAT

FAT 34% **CARBS 46%** **PROTEIN 20%**

Calories 1898 Carbs 221g
Fat 72g Fiber 32g
Saturated 12g Sugar 54g
Polyunsaturated 8g **Protein 95g**
Monounsaturated 21g

SUN

FAT 42% **CARBS 30%** **PROTEIN 28%**

Calories 1568 Carbs 122g
Fat 75g Fiber 24g
Saturated 15g Sugar 21g
Polyunsaturated 9g **Protein 112g**
Monounsaturated 42g

FRUITS

- 1 Lemon
- 45 milliliters Lemon Juice
- 7 milliliters Lime Juice
- 2 cups Papaya
- 585 grams Strawberries

BREAKFAST

- 2 tbsps All Natural Peanut Butter

SEEDS, NUTS & SPICES

- 1/2 Bay Leaf
- 181 milligrams Black Pepper
- 1 tbsp Chia Seeds
- 144 grams Chia Seeds
- 1/4 tsp Cumin
- 2 grams Cumin
- 1 tbsp Hemp Seeds
- 250 milligrams Italian Seasoning
- 50 grams Macadamia Nuts
- 500 milligrams Oregano
- 2 grams Paprika
- 40 grams Pecans
- 2 1/4 tps Pine Nuts
- 4 grams Sea Salt
- 1 1/3 tbsps Sunflower Seeds

FROZEN

- 4 Brown Rice Tortilla
- 1/2 cup Frozen Blueberries
- 155 grams Frozen Edamame
- 105 grams Frozen Raspberries

VEGETABLES

- 5 grams Arugula
- 1/2 cup Basil Leaves
- 150 grams Broccoli
- 2 cups Butter Lettuce
- 3 Carrot
- 8 grams Cilantro
- 1 1/4 Cucumber
- 150 grams Green Beans
- 2 stalks Green Onion
- 5 grams Kale Leaves
- 2 cups Mini Potatoes
- 6 grams Mint Leaves
- 2 cups Mixed Greens
- 134 grams Purple Cabbage
- 160 grams Red Bell Pepper
- 2 leaves Romaine
- 1 tbsp Rosemary
- 1 Russet Potato
- 144 grams Swiss Chard
- 2 1/2 Tomato

BOXED & CANNED

- 93 grams Brown Rice
- 1 1/2 cups Brown Rice Fusilli
- 113 grams Rice Vermicelli Noodles
- 50 grams Wild Rice

BAKING

- 78 grams Dark Chocolate
- 6 grams Monk Fruit Sweetener
- 2 tbsps Nutritional Yeast
- 1 cup Oats

BREAD, FISH, MEAT & CHEESE

- 377 grams Chicken Breast
- 200 grams Extra Lean Ground Chicken
- 113 grams Gluten-Free Bagel
- 4 slices Gluten-Free Bread
- 340 grams Salmon Fillet
- 85 grams Sliced Ham
- 170 grams Sliced Turkey Breast
- 227 grams Tofu
- 2 slices Turkey Bacon

CONDIMENTS & OILS

- 1 1/2 tps Avocado Oil
- 1 tbsp Balsamic Vinegar
- 1/3 cup Extra Virgin Olive Oil
- 4 milliliters Extra Virgin Olive Oil
- 12 grams Mayonnaise
- 10 grams Pickle
- 4 milliliters Rice Vinegar
- 18 grams Tamari
- 3 grams Whole Grain Mustard
- 3 grams Yellow Mustard

COLD

- 2 tbsps Butter
- 5 Egg
- 2 cups Egg Whites
- 360 milliliters Plain Coconut Milk
- 6 cups Unsweetened Almond Or Rice Milk

OTHER

- 36 grams Chocolate Protein Powder
- 1.1 liters Coconut Water
- 1/2 cup Vanilla Or Plain Protein Powder
- 1/2 cup Vanilla Protein Powder
- 1 liter Water

High Protein Sunbutter Oatmeal with Strawberries (low FODMAP)

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Oats (quick or rolled)
1/4 cup Water
1/2 cup Egg Whites
2 tsps Sunflower Seeds
1 1/2 tsps Hemp Seeds
65 grams Strawberries (5 strawberries,
chopped)

DIRECTIONS

- 01 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 02 Transfer to a bowl and top with sunflower seeds, hemp seeds and strawberries. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	219	Carbs	21g
Fat	7g	Fiber	4g
Saturated	1g	Sugar	4g
Polyunsat...	4g	Protein	19g
Monounsa...	1g		

Veggie Scramble with Strawberries

1 SERVING 15 MINUTES



INGREDIENTS

- 2 Egg
- 1/8 tsp Sea Salt (divided)
- 1 tsp Extra Virgin Olive Oil
- 40 grams Red Bell Pepper (finely chopped)
- 1/2 Tomato (medium, diced)
- 1 stalk Green Onion (green tips only, chopped)
- 65 grams Strawberries (chopped)

DIRECTIONS

- 01 Whisk the eggs in a bowl and season with half of the salt. Set aside.
- 02 Heat the oil in a pan over medium heat. Cook the peppers for about five minutes or until tender and just browned. Add the tomato and green onion and cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt.
- 03 Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through. Serve with strawberries and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	229	Carbs	9g
Fat	14g	Fiber	2g
Saturated	4g	Sugar	4g
Polyunsat...	3g	Protein	14g
Monounsa...	7g		

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		

High Protein Peanut Butter Oatmeal (low FODMAP)

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Oats (quick or rolled)
1/4 cup Water
1/2 cup Egg Whites
1 tbsp All Natural Peanut Butter
1 1/2 tsps Chia Seeds

DIRECTIONS

- 01 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 02 Transfer to a bowl and top with peanut butter and chia seeds. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	266	Carbs	21g
Fat	12g	Fiber	4g
Saturated	2g	Sugar	3g
Polyunsat...	2g	Protein	20g
Monounsa...	5g		

Turkey Bacon Breakfast Bagel

1 SERVING 15 MINUTES



INGREDIENTS

2 slices Turkey Bacon
1 Egg
3 grams Whole Grain Mustard
10 grams Pickle (chopped)
5 grams Arugula
113 grams Gluten-Free Bagel (sliced in half, toasted)

DIRECTIONS

- 01 Heat a skillet over medium heat. Cook the turkey bacon for five minutes each side or until cooked to your desired crispiness. Transfer to a towel-lined plate to absorb any excess oil.
- 02 In the same pan, crack the egg and cook until the whites are set and the yolk is cooked to your liking.
- 03 Spread mustard on the bottom bagel slice and top with the pickle, arugula, bacon, and egg. Close the bagel and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	468	Carbs	68g
Fat	15g	Fiber	1g
Saturated	3g	Sugar	14g
Polyunsat...	2g	Protein	14g
Monounsa...	3g		

Strawberry Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

65 grams Strawberries (5 strawberries)
1/4 cup Vanilla Or Plain Protein Powder
1 1/2 cups Unsweetened Almond Or Rice Milk

DIRECTIONS

01 Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	149	Carbs	8g
Fat	4g	Fiber	3g
Saturated	0g	Sugar	3g
Polyunsat...	1g	Protein	21g
Monounsa...	2g		

Chocolate Strawberry Chia Pudding (low FODMAP)

3 SERVINGS 30 MINUTES



INGREDIENTS

72 grams Chia Seeds
360 milliliters Plain Coconut Milk
(unsweetened, from the carton)
36 grams Chocolate Protein Powder
195 grams Strawberries (halved)

DIRECTIONS

- 01 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Top the chia pudding with the strawberries and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	223	Carbs	19g
Fat	11g	Fiber	8g
Saturated	2g	Sugar	7g
Polyunsat...	0g	Protein	14g
Monounsa...	0g		

Blueberry Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Frozen Blueberries
1/4 cup Vanilla Protein Powder
1 1/2 cups Unsweetened Almond Or Rice Milk

DIRECTIONS

01 Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	148	Carbs	8g
Fat	4g	Fiber	3g
Saturated	0g	Sugar	3g
Polyunsat...	1g	Protein	21g
Monounsa...	2g		

Ham Sandwich

1 SERVING 5 MINUTES



INGREDIENTS

5 grams Mayonnaise
3 grams Yellow Mustard
2 slices Gluten-Free Bread
2 leaves Romaine
1/2 Tomato (medium, thinly sliced)
85 grams Sliced Ham

DIRECTIONS

01 Spread the mayonnaise and yellow mustard on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	318	Carbs	29g
Fat	13g	Fiber	4g
Saturated	1g	Sugar	6g
Polyunsat...	4g	Protein	22g
Monounsa...	4g		

Papaya & Pecans

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Papaya (peeled, seeds removed, chopped)

20 grams Pecans (10 pecan halves)

DIRECTIONS

01 Serve the papaya with the pecans. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	198	Carbs	18g
Fat	15g	Fiber	4g
Saturated	1g	Sugar	12g
Polyunsat...	4g	Protein	2g
Monounsa...	8g		

Turkey & Cabbage Rolls

3 SERVINGS 10 MINUTES



INGREDIENTS

134 grams Purple Cabbage (leaves pulled apart)
170 grams Sliced Turkey Breast
3/4 Cucumber (medium, sliced)
7 grams Mayonnaise

DIRECTIONS

01 Layer the cabbage, sliced turkey, and cucumber on top of each other. Spread some of the mayo on top and wrap tightly into a roll. Repeat until all ingredients are used up. Use a toothpick to help secure the rolls if needed. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	101	Carbs	7g
Fat	4g	Fiber	1g
Saturated	1g	Sugar	3g
Polyunsat...	2g	Protein	10g
Monounsa...	1g		

Edamame

1 SERVING 5 MINUTES



INGREDIENTS

78 grams Frozen Edamame (shelled, thawed)

DIRECTIONS

01 Enjoy as a snack or add as a side to a main dish, salad or soup.

NUTRITION

AMOUNT PER SERVING

Calories	94	Carbs	7g
Fat	4g	Fiber	4g
Saturated	0g	Sugar	2g
Polyunsat...	2g	Protein	9g
Monounsa...	1g		

Salmon with Rice & Greens

2 SERVINGS 30 MINUTES



INGREDIENTS

93 grams Brown Rice (uncooked)
2 grams Paprika
2 grams Cumin
500 milligrams Oregano (dried)
2 grams Sea Salt
340 grams Salmon Fillet
30 milliliters Water
144 grams Swiss Chard (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	432	Carbs	39g
Fat	13g	Fiber	3g
Saturated	2g	Sugar	1g
Polyunsat...	5g	Protein	39g
Monounsa...	4g		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Cook the rice according to package directions.
- 03 In a small bowl combine the paprika, cumin, oregano, and salt. Generously coat all sides of the salmon with the spice blend. Place the salmon on the prepared baking sheet and bake for 16 to 18 minutes or until the salmon is cooked through.
- 04 Meanwhile, heat a pan over medium heat. Add the water and Swiss chard and cook for three to five minutes, or until the chard is wilted and tender.
- 05 To serve, divide the rice, salmon and greens between plates or meal prep containers. Enjoy!

Tofu Vermicelli Bowl

2 SERVINGS 15 MINUTES



INGREDIENTS

30 milliliters Water (hot)
7 milliliters Lime Juice
18 grams Tamari
4 milliliters Rice Vinegar
6 grams Monk Fruit Sweetener
227 grams Tofu (extra firm, patted dry, cubed)
113 grams Rice Vermicelli Noodles
1/2 Carrot (shredded)
1/2 Cucumber (thinly sliced)
8 grams Cilantro
6 grams Mint Leaves (stems removed)

DIRECTIONS

- 01 In a large bowl, whisk together the water, lime juice, tamari, rice vinegar, and monk fruit sweetener until dissolved. Adjust as needed. Add the tofu and toss until well coated. Let it marinate in the fridge.
- 02 Meanwhile, cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 03 Divide the vermicelli, carrot, cucumber, cilantro, mint, and marinated tofu into bowls. Drizzle your desired amount of leftover marinade over top and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	338	Carbs	57g
Fat	7g	Fiber	3g
Saturated	1g	Sugar	3g
Polyunsat...	3g	Protein	13g
Monounsa...	2g		

Slow Cooker Chicken & Wild Rice Soup

2 SERVINGS 4 HOURS



INGREDIENTS

92 grams Chicken Breast
593 milliliters Water
1/2 Carrot (medium, chopped)
50 grams Wild Rice (rinsed)
2 grams Sea Salt
1/2 Bay Leaf (optional)
5 grams Kale Leaves (stems removed, chopped)

DIRECTIONS

- 01 Add the chicken, water, carrot, rice, salt, and bay leaves, if using, into the slow cooker. Cook on high for at least 4 hours or on low for approximately 6 hours.
- 02 Stir in the kale just before serving and adjust seasoning as needed. Remove bay leaves. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	152	Carbs	20g
Fat	2g	Fiber	2g
Saturated	0g	Sugar	1g
Polyunsat...	0g	Protein	14g
Monounsa...	0g		

Broccoli Pesto Pasta (low FODMAP)

2 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 cups Brown Rice Fusilli (uncooked)
1/2 cup Basil Leaves
2 1/4 tsps Pine Nuts
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1/4 tsp Sea Salt (divided, to taste)
2 tbsps Nutritional Yeast (plus more for garnish)
1 tbsp Water
150 grams Broccoli (chopped into florets)
80 grams Red Bell Pepper (medium, sliced)

DIRECTIONS

- 01 Cook the brown rice fusilli according to the directions on the package. Drain and rinse with cold water until completely cooled.
- 02 Meanwhile, add the basil, pine nuts, 2/3 of the oil, and half the salt in a food processor. Blend until smooth, then stir in the nutritional yeast and water until your desired consistency is reached.
- 03 In a skillet, heat the remaining 1/3 of the oil over medium-high heat. Cook the broccoli and bell pepper until tender, about five to eight minutes.
- 04 Add the pasta and pesto to the skillet and stir until well combined. Divide into bowls, garnish with more nutritional yeast (optional) and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	501	Carbs	75g
Fat	16g	Fiber	9g
Saturated	2g	Sugar	1g
Polyunsat...	3g	Protein	14g
Monounsa...	9g		

Chicken Tacos (no FODMAP)

2 SERVINGS 25 MINUTES



INGREDIENTS

4 Brown Rice Tortilla
1 1/2 tps Avocado Oil
200 grams Extra Lean Ground Chicken
1/4 tsp Sea Salt
2 cups Butter Lettuce (shredded)
1/4 tsp Cumin
2 Carrot (grated)
1 Tomato (medium, diced)

DIRECTIONS

- 01 Prepare tortillas according to instructions on the package.
- 02 Heat a large skillet over medium heat. Add the avocado oil and the chicken, stirring to break it up as it cooks. Add the salt and cumin to the pan. Once the chicken is cooked through, remove from heat.
- 03 Add the ground chicken, lettuce, carrot and tomato to the center of each tortilla. Fold in half and enjoy immediately.

NUTRITION

AMOUNT PER SERVING

Calories	513	Carbs	63g
Fat	17g	Fiber	9g
Saturated	3g	Sugar	9g
Polyunsat...	2g	Protein	25g
Monounsa...	6g		

One Pan Lemon Chicken (low FODMAP)

2 SERVINGS 35 MINUTES



INGREDIENTS

200 grams Chicken Breast (skinless and boneless)
2 cups Mini Potatoes (halved)
150 grams Green Beans (washed and trimmed)
2 tbsps Extra Virgin Olive Oil
1 Lemon (juiced and zested)
1 tbsp Rosemary (fresh, chopped)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and green beans on the pan.
- 02 In a small bowl, mix together the extra virgin olive oil, lemon juice, lemon zest, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes and beans.
- 03 Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	384	Carbs	33g
Fat	17g	Fiber	5g
Saturated	3g	Sugar	4g
Polyunsat...	2g	Protein	27g
Monounsa...	11g		

Leftover Chicken Salad

1 SERVING 30 MINUTES



INGREDIENTS

85 grams Chicken Breast
2 cups Mixed Greens (or 2 cups of arugula)
1 tbsp Balsamic Vinegar (optional)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 If you don't have a leftover chicken breast from yesterday, cook one in the oven or in a pan.
- 02 Shred or slice your chicken breast and place in bowl. Then add mixed greens.
- 03 In a separate small bowl, combine vinegar and olive oil. Stir well.
- 04 Add dressing to the bowl with chicken and toss well to coat. Season with salt and pepper. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	275	Carbs	5g
Fat	16g	Fiber	1g
Saturated	3g	Sugar	2g
Polyunsat...	2g	Protein	27g
Monounsa...	11g		

Oven Baked Potato Wedges

1 SERVING 40 MINUTES



INGREDIENTS

- 1 Russet Potato (medium, cut into wedges)
- 4 milliliters Extra Virgin Olive Oil
- 250 milligrams Italian Seasoning
- 375 milligrams Sea Salt
- 181 milligrams Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	195	Carbs	37g
Fat	4g	Fiber	4g
Saturated	1g	Sugar	2g
Polyunsat...	0g	Protein	5g
Monounsa...	2g		

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a large baking sheet with parchment paper.
- 02 Add the potato wedges to a mixing bowl and season with oil, Italian seasoning, salt and pepper.
- 03 Arrange the seasoned potato wedges on the prepared baking sheet in a single layer. Bake for 20 to 25 minutes until the bottom side is crisp and golden brown then flip each potato wedge over and continue to bake for an additional 10 to 15 minutes.
- 04 Serve immediately and enjoy!

Macadamia Nut Clusters

4 SERVINGS 30 MINUTES



INGREDIENTS

78 grams Dark Chocolate (chopped)
50 grams Macadamia Nuts
750 milligrams Sea Salt (coarse)

NUTRITION

AMOUNT PER SERVING

Calories	206	Carbs	11g
Fat	18g	Fiber	3g
Saturated	6g	Sugar	5g
Polyunsat...	0g	Protein	3g
Monounsa...	10g		

DIRECTIONS

- 01 Place the dark chocolate in a microwave-safe bowl. Microwave for one minute, then stir. Return to the microwave for 30 seconds at a time, stirring each time, until all the chocolate has melted.
- 02 Line a baking sheet with parchment paper. Arrange the macadamia nuts into groups of five or six nuts. Scoop the melted chocolate over top until each macadamia cluster is covered. Sprinkle with salt.
- 03 Refrigerate for at least 20 minutes or until the chocolate has hardened. Enjoy!

Raspberry Chia Fresca

1 SERVING 15 MINUTES



INGREDIENTS

119 milliliters Water
24 grams Chia Seeds
362 milliliters Coconut Water
35 grams Frozen Raspberries
15 milliliters Lemon Juice (optional)

DIRECTIONS

- 01 Stir the water and chia seeds together. Let thicken for 10 minutes.
- 02 Add the coconut water, raspberries, lemon juice, and chia mixture into a blender. Blend until well incorporated. Pour into glasses and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	209	Carbs	31g
Fat	8g	Fiber	8g
Saturated	0g	Sugar	17g
Polyunsat...	0g	Protein	5g
Monounsa...	0g		