



Low FODMAP Low Fiber Diverticulitis Meal Plan

JOE LEECH

MON



BREAKFAST
Poached Egg on Gluten Free Toast



SNACK 1
Rice Cakes with Peanut Butter



LUNCH
Chicken and Salad Wrap



SNACK 2
Green Banana



DINNER
Maple Dijon Chicken, Spinach & Rice

TUE



BREAKFAST
Rice Puffs Cereal & Almond Milk, Papaya



SNACK 1
Protein Shake (low FODMAP)



LUNCH
Maple Turkey Burgers, Mashed Potatoes



SNACK 2
Vanilla Rice Pudding



DINNER
Tofu Vermicelli Bowl (diverticulitis)

WED



BREAKFAST
Poached Egg on Gluten Free Toast



SNACK 1
Rice Cakes with Peanut Butter



LUNCH
Maple Dijon Chicken, Spinach & Rice



SNACK 2
Green Banana



DINNER
Shredded Chicken, Carrot Salad

THU



BREAKFAST
Rice Puffs Cereal & Almond Milk, Papaya



SNACK 1
Protein Shake (low FODMAP)



LUNCH
Tofu Vermicelli Bowl (diverticulitis)



SNACK 2
Vanilla Rice Pudding



DINNER
Salmon, Rice & Arugula

FRI



BREAKFAST
Poached Egg on Gluten Free Toast



SNACK 1
Rice Cakes with Peanut Butter



LUNCH
Shredded Chicken, Carrot Salad



SNACK 2
Green Banana



DINNER
Rice, Beef & Spinach

SAT



BREAKFAST
Rice Puffs Cereal & Almond Milk, Papaya



SNACK 1
Protein Shake (low FODMAP)



LUNCH
Salmon, Rice & Arugula



SNACK 2
Vanilla Rice Pudding



DINNER
Maple Turkey Burgers, Mashed Potatoes

SUN



BREAKFAST
Poached Egg on Gluten Free Toast



SNACK 1
Rice Cakes with Peanut Butter



LUNCH
Rice, Beef & Spinach



SNACK 2
Green Banana



DINNER
Turmeric Chicken with White Rice

MON

FAT 24% **CARBS 48%** **PROTEIN 28%**

Calories 1198 Carbs 146g
Fat 33g Fiber 12g
Saturated 7g Sugar 29g
Polyunsaturated 6g **Protein 84g**
Monounsaturated 12g

TUE

FAT 26% **CARBS 54%** **PROTEIN 20%**

Calories 1363 Carbs 187g
Fat 41g Fiber 16g
Saturated 11g Sugar 45g
Polyunsaturated 11g **Protein 70g**
Monounsaturated 14g

WED

FAT 29% **CARBS 45%** **PROTEIN 26%**

Calories 1100 Carbs 125g
Fat 35g Fiber 9g
Saturated 8g Sugar 32g
Polyunsaturated 6g **Protein 72g**
Monounsaturated 15g

THU

FAT 26% **CARBS 53%** **PROTEIN 21%**

Calories 1328 Carbs 182g
Fat 39g Fiber 13g
Saturated 5g Sugar 38g
Polyunsaturated 12g **Protein 70g**
Monounsaturated 17g

FRI

FAT 34% **CARBS 41%** **PROTEIN 25%**

Calories 1135 Carbs 118g
Fat 43g Fiber 10g
Saturated 11g Sugar 26g
Polyunsaturated 6g **Protein 71g**
Monounsaturated 19g

SAT

FAT 30% **CARBS 47%** **PROTEIN 23%**

Calories 1412 Carbs 169g
Fat 48g Fiber 14g
Saturated 12g Sugar 43g
Polyunsaturated 12g **Protein 83g**
Monounsaturated 19g

SUN

FAT 29% **CARBS 46%** **PROTEIN 25%**

Calories 1346 Carbs 157g
Fat 43g Fiber 9g
Saturated 10g Sugar 20g
Polyunsaturated 6g **Protein 83g**
Monounsaturated 19g

FRUITS

- 4 Green Banana
- 1/4 Lemon
- 1 1/2 tsps Lemon Juice
- 1 1/2 tsps Lime Juice
- 4 1/2 cups Papaya

BREAKFAST

- 2/3 cup All Natural Peanut Butter
- 1/3 cup Maple Syrup
- 8 Plain Rice Cake
- 2 1/4 cups Rice Puffs Cereal

SEEDS, NUTS & SPICES

- 1/2 tsp Dried Thyme
- 1 tsp Ground Sage
- 1/4 tsp Oregano
- 1/3 tsp Turmeric

VEGETABLES

- 2 cups Arugula
- 3 cups Baby Spinach
- 4 1/2 Carrot
- 1/2 cup Cilantro
- 1/2 Cucumber
- 1/2 cup Iceberg Lettuce
- 1/4 cup Mint Leaves
- 2 Russet Potato
- 1/2 Tomato

BOXED & CANNED

- 1/2 cup Arborio Rice
- 1 3/4 cups Jasmine Rice
- 4 ozs Rice Vermicelli Noodles

BAKING

- 1 1/2 tsps Monk Fruit Sweetener
- 2 tsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 1 1/2 lbs Chicken Breast
- 8 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 4 slices Gluten Free Bread
- 2 1/8 ozs Gluten Free Wrap
- 8 ozs Salmon Fillet
- 8 1/16 ozs Tofu

CONDIMENTS & OILS

- 2 tsps Apple Cider Vinegar
- 1 tsp Avocado Oil
- 1 tbsp Coconut Oil
- 1 tbsp Dijon Mustard
- 1 2/3 tbsps Extra Virgin Olive Oil
- 3/4 tsp Rice Vinegar
- 1 1/2 tbsps Tamari

COLD

- 4 Egg
- 6 cups Unsweetened Almond Milk
- 3 cups Unsweetened Almond Or Rice Milk

OTHER

- 3 scoops Vanilla Protein Powder

Poached Egg on Gluten Free Toast

1 SERVING 5 MINUTES



INGREDIENTS

- 1 Egg
- 1 slice Gluten Free Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	173	Carbs	18g
Fat	7g	Fiber	0g
Saturated	2g	Sugar	2g
Polyunsat...	1g	Protein	8g
Monounsa...	2g		

DIRECTIONS

- 01 Bring a pan of water filled at least 5cm deep to a simmer. Stir the water to create a gentle whirlpool. Slowly tip the egg into the center. Cook for 3-4 minutes or until the white is set.
- 02 Transfer the egg to a plate and serve with toast. Enjoy!

Rice Puffs Cereal & Almond Milk

1 SERVING 1 MINUTE



INGREDIENTS

3/4 cup Rice Puffs Cereal
1 cup Unsweetened Almond Milk

DIRECTIONS

01 Add the cereal to a bowl and pour the milk over top. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	71	Carbs	10g
Fat	3g	Fiber	1g
Saturated	0g	Sugar	0g
Polyunsat...	1g	Protein	2g
Monounsa...	1g		

Papaya

1 SERVING 5 MINUTES



INGREDIENTS

1 1/2 cups Papaya

NUTRITION

AMOUNT PER SERVING

Calories	90	Carbs	23g
Fat	1g	Fiber	4g
Saturated	0g	Sugar	16g
Polyunsat...	0g	Protein	1g
Monounsa...	0g		

DIRECTIONS

01 Peel the papaya and discard the seeds. Slice into cubes and divide into bowls. Enjoy!

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		

Protein Shake (low FODMAP)

1 SERVING 2 MINUTES



INGREDIENTS

1 scoop Vanilla Protein Powder
1 cup Unsweetened Almond Or Rice Milk
1 tbsp All Natural Peanut Butter (smooth)

DIRECTIONS

01 Blend in mixer or shaker bottle. Make sure it's a protein powder that is low FODMAP.

NUTRITION

AMOUNT PER SERVING

Calories	216	Carbs	6g
Fat	11g	Fiber	3g
Saturated	2g	Sugar	2g
Polyunsat...	3g	Protein	25g
Monounsa...	6g		

Chicken and Salad Wrap

1 SERVING 10 MINUTES



INGREDIENTS

2 1/8 ozs Gluten Free Wrap (1 wrap)
4 ozs Chicken Breast (shredded)
1/2 cup Iceberg Lettuce (shredded)
1/2 Tomato (sliced)

DIRECTIONS

01 Prepare all ingredients and add onto wrap.

NUTRITION

AMOUNT PER SERVING

Calories	325	Carbs	33g
Fat	6g	Fiber	6g
Saturated	1g	Sugar	3g
Polyunsat...	1g	Protein	38g
Monounsa...	1g		

Maple Turkey Burgers

1 SERVING 30 MINUTES



INGREDIENTS

4 ozs Extra Lean Ground Turkey
1 1/2 tsps Maple Syrup
1/4 tsp Dried Thyme
1/2 tsp Ground Sage
1/4 tsp Sea Salt
1 1/2 tsps Coconut Oil

DIRECTIONS

- 01 In a mixing bowl, combine the ground turkey, maple syrup, thyme, sage and salt.
- 02 Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 15 minutes.
- 03 Heat the coconut oil in a large pan over medium heat. Fry each burger patty until cooked through, about 4 to 6 minutes per side.
- 04 Set aside to cool slightly. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	258	Carbs	7g
Fat	16g	Fiber	0g
Saturated	8g	Sugar	6g
Polyunsat...	3g	Protein	21g
Monounsa...	4g		

Mashed Potatoes

1 SERVING 20 MINUTES



INGREDIENTS

1/3 tsp Sea Salt (divided)
1 Russet Potato (medium, peeled and chopped)

NUTRITION

AMOUNT PER SERVING

Calories	164	Carbs	37g
Fat	0g	Fiber	4g
Saturated	0g	Sugar	2g
Polyunsat...	0g	Protein	5g
Monounsa...	0g		

DIRECTIONS

- 01 Bring a large pot of water to a boil. Stir in 2/3 of the salt.
- 02 Add the potatoes to the pot and boil for 15 minutes or until soft.
- 03 Drain the water and mash with a potato masher until creamy. Season with the remaining salt to your preference.
- 04 Divide onto plates with another protein or side(s). Enjoy!

Green Banana

1 SERVING 1 MINUTE



INGREDIENTS

1 Green Banana (green only for low FODMAP)

DIRECTIONS

01 Peel and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	105	Carbs	27g
Fat	0g	Fiber	3g
Saturated	0g	Sugar	14g
Polyunsat...	0g	Protein	1g
Monounsa...	0g		

Vanilla Rice Pudding

3 SERVINGS 45 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 In a large pot combine the almond milk, maple syrup, vanilla and sea salt and stir together. Over medium heat, bring the almond milk mixture to a gentle boil. Stir in the rice and reduce heat to low.
- 02 Allow the rice to gently simmer and stir often. Every 3 to 5 minutes is best to prevent sticking and to help the pudding thicken. Continue for 20 to 25 minutes or until the rice is tender, the liquid has absorbed and the pudding has thickened.
- 03 Remove from the heat and let the rice pudding cool in the pot for 10 minutes. It will continue to thicken as it cools. Divide the warm pudding evenly between bowls. Enjoy!

Maple Dijon Chicken

2 SERVINGS 50 MINUTES



INGREDIENTS

- 1 tbsp Dijon Mustard
- 1 tbsp Maple Syrup
- 1 1/2 tsps Lemon Juice
- 1/4 tsp Oregano (dried)
- 1/8 tsp Sea Salt
- 8 ozs Chicken Breast

NUTRITION

AMOUNT PER SERVING

Calories	170	Carbs	7g
Fat	3g	Fiber	0g
Saturated	1g	Sugar	6g
Polyunsat...	0g	Protein	25g
Monounsa...	1g		

DIRECTIONS

- 01 In a shallow bowl or zipper-lock bag combine the Dijon mustard, maple syrup, lemon juice, oregano, and salt. Reserve a quarter of the marinade for later. Add the chicken to the remaining marinade and let it marinate for at least 20 minutes.
- 02 Preheat the oven to 375°F (190°C).
- 03 Transfer the chicken and the marinade to a baking dish and bake for 25 to 30 minutes or until the chicken is cooked through. Brush the chicken generously with the reserved marinade. Serve and enjoy!

Spinach & Rice

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1/2 cup Jasmine Rice
- 1 cup Baby Spinach (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	164	Carbs	39g
Fat	0g	Fiber	1g
Saturated	0g	Sugar	0g
Polyunsat...	0g	Protein	3g
Monounsa...	0g		

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 When the rice is cooked, stir in the chopped spinach and cover with the lid for two to three minutes or until the spinach is tender and wilted. Serve and enjoy!

Tofu Vermicelli Bowl (diverticulitis)

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Water (hot)
1 1/2 tsps Lime Juice
1 tbsp Tamari
3/4 tsp Rice Vinegar
1 1/2 tsps Monk Fruit Sweetener
8 1/16 ozs Tofu (extra firm, patted dry, cubed)
4 ozs Rice Vermicelli Noodles
1/2 Carrot (shredded)
1/2 Cucumber (peeled, thinly sliced)
1/2 cup Cilantro
1/4 cup 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		

Shredded Chicken

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tsp Sea Salt
- 8 ozs Chicken Breast (skinless, boneless)

NUTRITION

AMOUNT PER SERVING

Calories	136	Carbs	0g
Fat	3g	Fiber	0g
Saturated	1g	Sugar	0g
Polyunsat...	0g	Protein	25g
Monounsa...	1g		

DIRECTIONS

- 01 Bring a pot of water to a boil with the salt. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15-20 minutes.
- 02 Remove chicken and shred into pieces using two forks.

Carrot Salad

2 SERVINGS 5 MINUTES



INGREDIENTS

4 Carrot (medium, shredded)
2 tsps Extra Virgin Olive Oil
2 tsps Apple Cider Vinegar
Sea Salt & Black Pepper (to taste)

DIRECTIONS

01 Add all of the ingredients to a bowl. Toss to combine. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	91	Carbs	12g
Fat	5g	Fiber	3g
Saturated	1g	Sugar	6g
Polyunsat...	1g	Protein	1g
Monounsa...	3g		

Salmon, Rice & Arugula

2 SERVINGS 25 MINUTES



INGREDIENTS

8 ozs Salmon Fillet
1/4 tsp Sea Salt
1/2 cup Jasmine Rice (dry, uncooked)
1 tbsp Extra Virgin Olive Oil
1/4 Lemon (juiced)
2 cups Arugula

NUTRITION

AMOUNT PER SERVING

Calories	387	Carbs	39g
Fat	14g	Fiber	1g
Saturated	2g	Sugar	1g
Polyunsat...	4g	Protein	26g
Monounsa...	7g		

DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 03 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 04 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 05 Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

Rice, Beef & Spinach

2 SERVINGS 20 MINUTES



INGREDIENTS

1/2 cup Jasmine Rice
8 ozs Extra Lean Ground Beef
2 cups Baby Spinach (packed)
1 1/2 tsps Tamari

NUTRITION

AMOUNT PER SERVING

Calories	369	Carbs	39g
Fat	11g	Fiber	2g
Saturated	4g	Sugar	0g
Polyunsat...	0g	Protein	27g
Monounsa...	5g		

DIRECTIONS

- 01 Cook the rice according to the directions on the package.
- 02 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 03 Add the spinach to the beef and stir until the spinach has wilted. Add in the tamari and stir to combine.
- 04 Divide the rice between plates and top with the beef mixture. Enjoy!

Turmeric Chicken with White Rice

1 SERVING 30 MINUTES



INGREDIENTS

1/3 cup Jasmine Rice (dry, uncooked)
5 1/3 ozs Chicken Breast (skinless and boneless)
1 tsp Avocado Oil
1/3 tsp Turmeric
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	438	Carbs	51g
Fat	8g	Fiber	2g
Saturated	1g	Sugar	0g
Polyunsat...	1g	Protein	38g
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 the directions on the package.
- 03 While the rice cooks, toss each chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until cooked through.
- 04 Once the chicken and rice are cooked, divide between plates and enjoy!