



Low FODMAP Diet for Beginners Cookbook & 30-Day Meal Plan

*110 Gut-Soothing IBS & SIBO Recipes,
Easy Shopping Lists, Nutrition Facts,
Gluten/Dairy-Free Options, Anti-Bloat
Hacks, Relief Strategies*

Grace Holywell

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MORNING SNACKS

Polenta Bowl with Sauteed Zucchini and Chive Yogurt

Ingredients:
 For the polenta: 1 1/2 cups dry polenta, 4 cups water, 1/2 tsp salt, 1/4 cup olive oil, 1/2 cup milk, 1/4 cup chives, 1/4 cup parmesan cheese.
 For the sautéed zucchini: 2 cups zucchini, 1/2 cup olive oil, 1/2 cup onion, 1/2 cup mushrooms, 1/2 cup tomatoes, 1/2 cup chives, 1/4 cup parmesan cheese.
 For the chive yogurt: 1/2 cup plain yogurt, 1/4 cup chives, 1/4 cup parmesan cheese.

Instructions:
 1. Cook polenta in a saucepan...
 2. Sauté zucchini...
 3. Mix yogurt with chives and parmesan...
 4. Assemble bowl with polenta, zucchini, and yogurt.

Nutritional Info (per serving):
 Calories: 312 | Fat: 12 g | Carbohydrates: 44 g | Total Sugar: 4 g
 Protein: 12 g | Saturated Fat: 1 g | Fiber: 1 g | Sodium: 15 mg

Riviet Chia Pudding with Almond Silvers

Ingredients:
 For the pudding: 1/2 cup chia seeds, 1 1/2 cups almond milk, 1/2 cup maple syrup, 1/2 cup almond silvers, 1/2 cup almond butter, 1/2 cup almond flour, 1/2 cup almond meal, 1/2 cup almond oil, 1/2 cup almond extract, 1/2 cup almond powder.

Instructions:
 1. Mix chia seeds with almond milk...
 2. Add almond silvers and almond butter...
 3. Bake in a 350°F oven for 30 minutes...
 4. Top with almond flour and almond meal.

Nutritional Info (per serving):
 Calories: 118 | Fat: 10 g | Carbohydrates: 14 g | Total Sugar: 4 g
 Protein: 2 g | Saturated Fat: 1 g | Fiber: 2 g | Sodium: 65 mg

Sweet Potato and Zucchini Frittata with Fresh Parsley

Ingredients:
 1/2 cup sweet potato, 1/2 cup zucchini, 1/2 cup onion, 1/2 cup mushrooms, 1/2 cup tomatoes, 1/2 cup chives, 1/4 cup parmesan cheese, 1/2 cup milk, 1/2 cup eggs, 1/2 cup flour, 1/2 cup oil.

Instructions:
 1. Sauté sweet potato and zucchini...
 2. Add onion, mushrooms, and tomatoes...
 3. Whisk eggs, milk, and flour...
 4. Pour mixture over vegetables and bake.

Nutritional Info (per serving):
 Calories: 118 | Fat: 10 g | Carbohydrates: 14 g | Total Sugar: 4 g
 Protein: 2 g | Saturated Fat: 1 g | Fiber: 2 g | Sodium: 65 mg

Pumpkin-Oat Pancakes with Blueberry-Orange Topping

Ingredients:
 For the pancakes: 1/2 cup pumpkin puree, 1/2 cup oat flour, 1/2 cup milk, 1/2 cup eggs, 1/2 cup oil, 1/2 cup sugar, 1/2 tsp baking powder, 1/2 tsp salt.
 For the topping: 1/2 cup blueberries, 1/2 cup orange juice, 1/2 cup maple syrup, 1/2 cup almond flour, 1/2 cup almond meal, 1/2 cup almond oil, 1/2 cup almond extract, 1/2 cup almond powder.

Instructions:
 1. Mix pumpkin puree with oat flour...
 2. Add milk, eggs, and oil...
 3. Cook pancakes in a skillet...
 4. Top with blueberry-orange topping.

Nutritional Info (per serving):
 Calories: 118 | Fat: 10 g | Carbohydrates: 14 g | Total Sugar: 4 g
 Protein: 2 g | Saturated Fat: 1 g | Fiber: 2 g | Sodium: 65 mg

Carrot-Quinoa Breakfast Dishes with Yogurt-Mint Dressing

Ingredients:
 For the dishes: 1/2 cup quinoa, 1/2 cup carrot, 1/2 cup onion, 1/2 cup mushrooms, 1/2 cup tomatoes, 1/2 cup chives, 1/4 cup parmesan cheese, 1/2 cup milk, 1/2 cup eggs, 1/2 cup flour, 1/2 cup oil.
 For the dressing: 1/2 cup plain yogurt, 1/4 cup mint leaves, 1/4 cup parmesan cheese, 1/4 cup olive oil.

Instructions:
 1. Cook quinoa...
 2. Sauté carrot and onion...
 3. Whisk yogurt with mint and parmesan...
 4. Assemble dishes with quinoa, vegetables, and dressing.

Nutritional Info (per serving):
 Calories: 118 | Fat: 10 g | Carbohydrates: 14 g | Total Sugar: 4 g
 Protein: 2 g | Saturated Fat: 1 g | Fiber: 2 g | Sodium: 65 mg

Before we dive into the details, take a peek at what this book has in store for you — right here.

Baked Cod with Parsley Polenta and Roasted Carrot Coins

Ingredients:
 For the cod and polenta: 1 cup / 240 ml water, 1/2 cup / 120 g ground turkey (lean), 1/2 tsp / 1 g dried thyme, 1/2 cup / 1 g chopped fresh parsley, 1/2 cup / 1.4 oz / 40 g dry polenta (cornmeal), 1/2 tsp / 0.5 g paprika.
 For the carrots: 3.5 oz / 100 g carrots (diced into thin rounds), 1 tsp / 5 ml olive oil, 1/2 tsp / 0.5 g paprika.

Instructions:
 1. Preheat oven to 375°F (190°C). Toss carrots with olive oil and paprika...
 2. Season cod with thyme and parsley...
 3. While the fish bakes, bring water to boil...
 4. To serve, spoon polenta into bowls... and arrange roasted carrot coins around.

Recommendations:
 • Ensure cod is fresh or thawed from plain frozen fillets (no additives).
 • You can add lemon zest to the polenta for extra flavor.

Nutritional Info (per serving):
 Calories: 420 | Fat: 13 g | Carbohydrates: 44 g | Total Sugar: 4 g
 Protein: 22 g | Saturated Fat: 2.2 g | Fiber: 2.2 g | Sodium: 165 mg

Eggplant-Wrapped Fish with Rice Noodles and Gingered

Ingredients:
 For the fish wrap: 1.5 g / 150 white fish (e.g. cod or halibut), 1.8 oz / 50 g eggplant (sliced lengthwise, 4 slices), 1/2 tsp / 0.5 g dried oregano, 1/2 tsp / 1 ml olive oil.
 For the noodles and greens: 2 oz / 50 g dry rice noodles, 1.4 oz / 40 g baby bok choy, 1/2 tsp / 1 g grated fresh ginger (lengthwise, 4 slices), 1 tsp / 2 ml sesame oil (optional), 1 tsp / 5 ml lemon juice.

Instructions:
 1. Preheat oven to 375°F (190°C). Grill or sear eggplant slices...
 2. Bake wrapped fish for 15 minutes...
 3. Meanwhile, cook rice noodles...
 4. In a nontoxic pan, add noodles and stir to combine...
 5. Serve the eggplant-wrapped fish over a bed of gingered noodles and bok choy.

Recommendations:
 • Use freshly sliced eggplant and fish only.
 • This elegant dish is ideal for lunch or light dinner and easy to digest when served warm. Sauté greens with ginger, sesame oil, and lemon juice until wilted.

Nutritional Info (per serving):
 Calories: 410 | Fat: 12 g | Carbohydrates: 45 g | Total Sugar: 2.8 g
 Protein: 21 g | Saturated Fat: 2.3 g | Fiber: 5 g | Sodium: 120 mg

Stuffed Bell Peppers with Ground Turkey and Buckwheat

Ingredients:
 For the filling and peppers: 1/2 cup / 120 g ground turkey (lean), 2 red bell peppers (tops removed; seeds discarded), 1.4 oz / 40 g dry buckwheat groats, 1.4 oz / 40 g grated machini, 1/2 tsp / 2 g chopped chives (green top), 1/2 tsp / 0.5 g dried basil, 1/2 cup / 120 g ground turkey (lean), 1/2 tsp / 1 g olive oil, 1/2 cup / 50 g lettuce or baby greens, 1/2 tsp / 5 ml olive oil, 1/2 tsp / 1 g flax seeds (optional).

Instructions:
 1. Cook buckwheat in a small pot with 1 1/2 water for 10-15 minutes...
 2. Add sautéed chives, basil, and cooked buckwheat to the turkey...
 3. Stuff the mixture into bell peppers and place in a baking dish...
 4. While baking, toss lettuce with lemon juice and flax seeds...
 5. To serve, place one stuffed pepper on each plate with a side of fresh greens.

Recommendations:
 • Use fresh raw ground turkey and red peppers with no breading.
 • Buckwheat can be swapped with cooked quinoa or rice.

Nutritional Info (per serving):
 Calories: 445 | Fat: 14 g | Carbohydrates: 42 g | Total Sugar: 4.2 g
 Protein: 23 g | Saturated Fat: 2.7 g | Fiber: 5.5 g | Sodium: 185 mg

Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans

Ingredients:
 For the chicken: 1 cup / 240 ml water, 1/2 cup / 120 g ground turkey (lean), 1/2 tsp / 1 g olive oil, 1/2 cup / 50 g lettuce or baby greens, 1/2 tsp / 5 ml olive oil, 1/2 tsp / 1 g flax seeds (optional).
 For the quinoa pilaf: 1 cup / 240 ml water, 1/2 cup / 120 g ground turkey (lean), 1/2 tsp / 1 g olive oil, 1/2 cup / 50 g lettuce or baby greens, 1/2 tsp / 5 ml olive oil, 1/2 tsp / 1 g flax seeds (optional).

Instructions:
 1. Preheat oven to 400°F (200°C). Rub chicken thighs with olive oil, rosemary, and black pepper...
 2. Roast quinoa and combine with water in a small pot...
 3. Steam green beans until tender...
 4. Serve roasted chicken with quinoa pilaf and steamed green beans on the side.

Recommendations:
 • Use skinless chicken and rinse quinoa thoroughly to reduce bitterness and improve digestibility.
 • This balanced meal is ideal for lunch and supports digestive comfort; steam green beans just until crisp-tender to preserve texture and texture.

Nutritional Info (per serving):
 Calories: 390 | Fat: 18 g | Carbohydrates: 20 g | Total Sugar: 3 g
 Protein: 35 g | Saturated Fat: 5 g | Fiber: 5 g | Sodium: 70 mg

Week 2					Week 3				
Day	Breakfast	Morning Snack	Lunch	Dinner	Day	Breakfast	Morning Snack	Lunch	Dinner
1	Protein-Cranberry-Banana Smoothie with Orange Zest	Yogurt & Berry Smoothie with Orange Zest	Roasted Quinoa Bowl with Parsley Polenta and Chive Yogurt	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans	1	Savory Millet and Spinach Smoothie with Lemon Zest	Mini Carrot-Mint Smoothie	Eggplant-Wrapped Fish with Rice Noodles and Gingered	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans
2	Almond-Cranberry-Banana Smoothie with Orange Zest	Yogurt & Berry Smoothie with Orange Zest	Roasted Quinoa Bowl with Parsley Polenta and Chive Yogurt	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans	2	Almond-Cranberry-Banana Smoothie with Orange Zest	Mini Carrot-Mint Smoothie	Eggplant-Wrapped Fish with Rice Noodles and Gingered	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans
3	Almond-Cranberry-Banana Smoothie with Orange Zest	Yogurt & Berry Smoothie with Orange Zest	Roasted Quinoa Bowl with Parsley Polenta and Chive Yogurt	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans	3	Almond-Cranberry-Banana Smoothie with Orange Zest	Mini Carrot-Mint Smoothie	Eggplant-Wrapped Fish with Rice Noodles and Gingered	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans
4	Almond-Cranberry-Banana Smoothie with Orange Zest	Yogurt & Berry Smoothie with Orange Zest	Roasted Quinoa Bowl with Parsley Polenta and Chive Yogurt	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans	4	Almond-Cranberry-Banana Smoothie with Orange Zest	Mini Carrot-Mint Smoothie	Eggplant-Wrapped Fish with Rice Noodles and Gingered	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans
5	Almond-Cranberry-Banana Smoothie with Orange Zest	Yogurt & Berry Smoothie with Orange Zest	Roasted Quinoa Bowl with Parsley Polenta and Chive Yogurt	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans	5	Almond-Cranberry-Banana Smoothie with Orange Zest	Mini Carrot-Mint Smoothie	Eggplant-Wrapped Fish with Rice Noodles and Gingered	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans
6	Almond-Cranberry-Banana Smoothie with Orange Zest	Yogurt & Berry Smoothie with Orange Zest	Roasted Quinoa Bowl with Parsley Polenta and Chive Yogurt	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans	6	Almond-Cranberry-Banana Smoothie with Orange Zest	Mini Carrot-Mint Smoothie	Eggplant-Wrapped Fish with Rice Noodles and Gingered	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans
7	Almond-Cranberry-Banana Smoothie with Orange Zest	Yogurt & Berry Smoothie with Orange Zest	Roasted Quinoa Bowl with Parsley Polenta and Chive Yogurt	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans	7	Almond-Cranberry-Banana Smoothie with Orange Zest	Mini Carrot-Mint Smoothie	Eggplant-Wrapped Fish with Rice Noodles and Gingered	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans

Week 3					Week 4				
Day	Breakfast	Morning Snack	Lunch	Dinner	Day	Breakfast	Morning Snack	Lunch	Dinner
1	Almond-Cranberry-Banana Smoothie with Orange Zest	Yogurt & Berry Smoothie with Orange Zest	Roasted Quinoa Bowl with Parsley Polenta and Chive Yogurt	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans	1	Almond-Cranberry-Banana Smoothie with Orange Zest	Mini Carrot-Mint Smoothie	Eggplant-Wrapped Fish with Rice Noodles and Gingered	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans
2	Almond-Cranberry-Banana Smoothie with Orange Zest	Yogurt & Berry Smoothie with Orange Zest	Roasted Quinoa Bowl with Parsley Polenta and Chive Yogurt	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans	2	Almond-Cranberry-Banana Smoothie with Orange Zest	Mini Carrot-Mint Smoothie	Eggplant-Wrapped Fish with Rice Noodles and Gingered	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans
3	Almond-Cranberry-Banana Smoothie with Orange Zest	Yogurt & Berry Smoothie with Orange Zest	Roasted Quinoa Bowl with Parsley Polenta and Chive Yogurt	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans	3	Almond-Cranberry-Banana Smoothie with Orange Zest	Mini Carrot-Mint Smoothie	Eggplant-Wrapped Fish with Rice Noodles and Gingered	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans
4	Almond-Cranberry-Banana Smoothie with Orange Zest	Yogurt & Berry Smoothie with Orange Zest	Roasted Quinoa Bowl with Parsley Polenta and Chive Yogurt	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans	4	Almond-Cranberry-Banana Smoothie with Orange Zest	Mini Carrot-Mint Smoothie	Eggplant-Wrapped Fish with Rice Noodles and Gingered	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans
5	Almond-Cranberry-Banana Smoothie with Orange Zest	Yogurt & Berry Smoothie with Orange Zest	Roasted Quinoa Bowl with Parsley Polenta and Chive Yogurt	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans	5	Almond-Cranberry-Banana Smoothie with Orange Zest	Mini Carrot-Mint Smoothie	Eggplant-Wrapped Fish with Rice Noodles and Gingered	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans
6	Almond-Cranberry-Banana Smoothie with Orange Zest	Yogurt & Berry Smoothie with Orange Zest	Roasted Quinoa Bowl with Parsley Polenta and Chive Yogurt	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans	6	Almond-Cranberry-Banana Smoothie with Orange Zest	Mini Carrot-Mint Smoothie	Eggplant-Wrapped Fish with Rice Noodles and Gingered	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans
7	Almond-Cranberry-Banana Smoothie with Orange Zest	Yogurt & Berry Smoothie with Orange Zest	Roasted Quinoa Bowl with Parsley Polenta and Chive Yogurt	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans	7	Almond-Cranberry-Banana Smoothie with Orange Zest	Mini Carrot-Mint Smoothie	Eggplant-Wrapped Fish with Rice Noodles and Gingered	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans

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INTRODUCTION

Digestive discomfort can feel like an invisible weight—persistent, confusing, and deeply frustrating. Millions of people with irritable bowel syndrome (IBS) deal with post-meal lethargy, cramps, bloating, and irregular bowel movements daily.

Often, the quest for relief is met with trial and error, and conflicting dietary advice only adds to the stress. This is where the Low FODMAP diet comes in—not as a rigid solution, but as a clear, evidence-based strategy to help you identify food triggers and reclaim digestive peace.

This book was created for beginners—people like you—who are new to this approach but eager to eat well, feel better, and live more comfortably. Whether you've been diagnosed with IBS, small intestinal bacterial overgrowth (SIBO), or unexplained bloating and discomfort, the Low FODMAP diet offers a structured path forward. It's not about deprivation or complex medical rules. It's about empowerment, exploration, and healing.

As the author of this book, I've worked closely with registered dietitians, people living with chronic digestive issues, and researchers studying the gut. This collection of recipes and resources is the result of that collaboration—practical, accessible, and rooted in clinical science.

What Is the Low FODMAP Diet?

The Low **FODMAP** Diet was developed by researchers at Monash University in Australia. It is one of the few dietary protocols **clinically proven** to reduce symptoms in people with IBS and other functional gut disorders.

The term **FODMAP** is an acronym for:

Fermentable

Oligosaccharides (e.g., fructans and galacto-oligosaccharides, or GOS)

Disaccharides (mainly lactose)

Monosaccharides (excess fructose)

And

Polyols (sorbitol, mannitol, xylitol, maltitol)

These are short-chain carbohydrates that are poorly absorbed in the small intestine. When they reach the large intestine, they ferment rapidly, causing gas, bloating, and altering bowel habits. For people with sensitive guts, this can mean days of discomfort from just one meal.

The Low FODMAP Diet works in three distinct phases:

- 1. Elimination Phase** (2-6 weeks): All high-FODMAP foods are removed from the diet to reduce symptoms and calm the gut.
- 2. Reintroduction Phase** (6-8 weeks): Specific FODMAP groups are reintroduced one at a time to identify individual triggers.
- 3. Personalization Phase:** A long-term, tailored diet is created that avoids only the FODMAPs that cause symptoms—nothing more.

It is not meant to be a lifelong restrictive plan. Instead, it's a powerful tool for learning how your body responds to food—so you can eat with confidence, not fear.

Who Is the Low FODMAP Diet For?

The Low FODMAP diet is primarily intended for individuals who suffer from digestive disorders, most commonly **Irritable Bowel Syndrome (IBS)**. It may also be beneficial for those with **functional gastrointestinal symptoms**, such as **bloating, abdominal pain, gas, diarrhea, or constipation, especially when other medical conditions** have been ruled out. In some cases, it can support patients with **inflammatory bowel disease (IBD)** during remission, but always under professional supervision.

It is important to emphasize that the Low FODMAP diet is **not a weight-loss plan** and should **not be followed by individuals without gastrointestinal issues**. This dietary approach is highly restrictive in its initial phase and is **not nutritionally balanced for long-term use without customization**.

Furthermore, the Low FODMAP diet is **not recommended for individuals with a history of eating disorders** unless they are under the active care of a qualified healthcare provider. If not properly controlled, the diet's restricted character might make disordered eating patterns worse.

Why This Diet Matters

For people with IBS or SIBO, digestive symptoms are more than a nuisance—they're debilitating. They affect work, social life, sleep, mood, and self-esteem. By following a Low FODMAP plan, many people experience a dramatic reduction in symptoms within the first few weeks.

Here's why this diet is essential:

- o **Reduces Digestive Symptoms:** Eliminating high-FODMAP foods significantly lessens bloating, gas, diarrhea, constipation, and abdominal pain.
- o **Identifies Personal Triggers:** Through structured reintroduction, the diet helps pinpoint exactly which FODMAPs cause issues, making future eating far less stressful.
- o **Improves Quality of Life:** With fewer symptoms comes better sleep, improved mood, and greater freedom to enjoy social meals and travel.
- o **Supports Gut Healing:** By reducing inflammation and bacterial overgrowth, the diet promotes long-term intestinal balance.

It's not about perfection, it's about progress. Every meal you eat that respects your body's limits is a step toward a more vibrant, confident you.

Core Principles of the Low FODMAP Diet

The Low FODMAP approach is grounded in simplicity and personalization. These are the key habits that make the diet effective and sustainable:

1. Eat Low-FODMAP Foods During the Elimination Phase

Stick to foods that are well-tolerated and low in fermentable carbohydrates.

2. Avoid High-FODMAP Triggers (Temporarily)

This includes onions, garlic, wheat, milk, apples, watermelon, legumes, and sweeteners like sorbitol and xylitol. These foods are not "bad"—they're just temporarily off-limits until you know which ones affect you.

3. Prioritize Natural, Whole Ingredients

Processed foods often contain hidden FODMAPs, especially in sauces, dressings, and snacks. Cooking from scratch gives you full control and confidence.

4. Watch Portion Sizes

Some foods are low-FODMAP in small amounts but become high-FODMAP if consumed in excess. Quantity matters just as much as quality.

5. Eat Mindfully and Regularly

Irregular eating or rushing meals can exacerbate symptoms. Eat slowly, chew thoroughly, and aim for 3 meals + 2 snacks per day. To support steady digestion and prevent symptoms, meals and snacks on the Low FODMAP diet should be spaced every 3-4 hours throughout the day.

Common High-FODMAP Foods to Avoid

During the elimination phase, these foods should be limited or excluded:

Vegetables & Legumes

- o Onion (all types, incl. powder)
- o Garlic (all forms)
- o Cauliflower
- o Broccoli stalks
- o Asparagus
- o Mushrooms (button, portobello)
- o Chickpeas, lentils, kidney beans

Fruits

- o Apples
- o Pears
- o Mangoes
- o Watermelon
- o Cherries
- o Stone fruits (peaches, nectarines, apricots)

Grains

- o Wheat (bread, pasta, couscous)
- o Rye
- o Barley

Dairy (High in lactose)

- o Milk
- o Yogurt
- o Ice cream
- o Soft cheeses (ricotta, cream cheese)

Sweeteners

- o Sorbitol
- o Mannitol
- o Xylitol
- o Honey
- o High-fructose corn syrup

What You CAN Eat (Low-FODMAP Staples)

There are still plenty of delicious options available. This cookbook is full of them! Some everyday examples include:

Proteins

- o Eggs
- o Chicken
- o Turkey
- o Fish
- o Firm tofu
- o Hard cheeses (cheddar, parmesan, Swiss)

Vegetables

- o Carrots
- o Zucchini
- o Spinach
- o Lettuce
- o Pumpkin
- o Potato
- o Eggplant

Fruits (in moderate portions)

- o Unripe bananas
- o Blueberries
- o Strawberries
- o Kiwifruit
- o Cantaloupe
- o Oranges

Grains & Starches

- o White and brown rice
- o Oats
- o Quinoa
- o Polenta
- o Gluten-free bread and pasta (without inulin or high-FODMAP thickeners)

Dairy Alternatives

- o Lactose-free milk and yogurt
- o Almond milk (unsweetened)
- o Rice milk (small amounts)
- o Coconut milk (canned, limited portions)

Fats and Oils

- o Olive oil
- o Avocado oil
- o Butter (small amount, if tolerated)
- o Chia seeds
- o Walnuts, pecans, macadamia nuts (small portions)

Smart Substitutions – Low FODMAP Diet

Instead of	Try this
Onion & garlic	Chives (green tops), garlic-infused oil
Wheat pasta	Rice pasta, quinoa pasta
Milk	Lactose-free or almond milk
Apples & pears	Bananas, oranges, berries
Beans & lentils	Canned lentils (rinsed), firm tofu
Honey & HFCS	Maple syrup, brown sugar (small amounts)

Sample Daily Meal Structure

Eating consistently helps regulate digestion and avoid flare-ups. Here’s a balanced sample day on the elimination phase:

1. Breakfast
2. Morning Snack
3. Lunch
4. Afternoon Snack
5. Dinner

Nutritional Targets Per Meal

Balanced Low FODMAP meals are designed to avoid overwhelming the gut. Here’s the approximate nutritional breakdown:

Nutritional Targets Per Meal (Low FODMAP Diet)

Meal Type	Calories	Protein	Fat	Carbs	Fiber	Natural Sugars	Sodium
Breakfast	300-350	12-15 g	10 g	40 g	5 g	5-6 g	<150 mg
Morning Snack	100-200	5-10 g	5 g	20 g	3 g	4 g	<100 mg
Lunch	400-500	20 g	15 g	50 g	6 g	5 g	<200 mg
Afternoon Snack	150-200	5-10 g	5 g	20 g	3 g	4 g	<100 mg
Dinner	350-450	20 g	10 g	40 g	5 g	4 g	<200 mg

Total daily intake keeps fat ≤ 60 g, added sugar = 0 g, fiber 20-25 g, and sodium ≤ 1500 mg, all while providing sufficient energy and protein.

Helpful Tips for Starting the Diet

- o **Download a reliable Low FODMAP app:** The Monash University FODMAP app is the gold standard for tracking food status and portion sizes.
- o **Work with a dietitian if possible:** A FODMAP-trained professional can guide you through the reintroduction phase.
- o **Plan and prep meals:** Homemade meals make it easier to control ingredients and avoid hidden FODMAPs.
- o **Track symptoms in a journal:** This helps you spot patterns, especially during reintroduction.
- o **Avoid skipping meals or eating large portions:** Consistency and moderation are key.

Common Questions from Beginners

Q: How long should I stay in the elimination phase?

A: 2-6 weeks is typical. Once symptoms improve, begin reintroduction with professional guidance.

Q: Can I eat out while following this diet?

A: Yes, but it requires planning. Ask for plain grilled proteins, rice, or potatoes, and avoid sauces or dressings.

Q: What if I don't feel better after elimination?

A: It may be due to stress, non-FODMAP sensitivities, or another condition. Consult your healthcare provider or GI dietitian.

Q: Is this a weight-loss diet?

A: No, it's designed for symptom management. However, some people may lose weight naturally due to reduced processed food intake.

Starting the Low FODMAP diet may feel intimidating—but you are not alone. This approach is about **listening to your body**, understanding your triggers, and eating in a way that supports your health, energy, and peace of mind. Each recipe in this book was developed not just to soothe your guts but to restore your relationship with food.

There is life beyond bloating. There is joy in eating again.

Let this book guide you through it—meal by meal, day by day, with clarity and care.

BREAKFASTS



Oat-Banana Porridge with Raspberries and Chia Seeds

Ingredients:

For the porridge:

- 1.8 oz / 50 g gluten-free rolled oats
- 2 oz / 60 ml lactose-free milk
- 1 cup / 240 ml water
- 1 unripe or just-ripe banana (3.5 oz / 100 g), mashed

- ¼ tsp / 0.5 g ground cinnamon (optional)

For the topping:

- 0.5 oz / 15 g fresh raspberries
- 1 tsp / 3 g chia seeds

Instructions:

1. In a small saucepan, combine the gluten-free oats, mashed banana, water, and cinnamon (if using). Stir well to evenly distribute the banana throughout the mixture.
2. Place the saucepan over medium heat and bring to a gentle simmer. Stir the porridge frequently to prevent it from sticking to the bottom of the pan. Continue cooking for about 7-8 minutes until the oats are tender and the mixture has thickened to a creamy consistency.
3. Reduce the heat to low and stir in the lactose-free milk. Allow the porridge to simmer for an additional 1-2 minutes, stirring occasionally, until it becomes creamy and smooth.
4. Divide the porridge evenly between two serving bowls. Top each portion with fresh raspberries and sprinkle chia seeds over the top. Before serving, let the porridge sit for one to two minutes so the chia seeds can give texture and soften a little.

Recommendations:

- Use a firm, slightly underripe banana to keep the FODMAP content low.
- The chia seeds add beneficial fiber and a pleasant texture without increasing sugar.

Nutritional Info (per serving):

- Calories: 330
- Fat: 8.5 g
- Carbohydrates: 34 g
- Total Sugar: 5.8 g
- Protein: 13 g
- Saturated Fat: 1.7 g
- Fiber: 4.8 g
- Sodium: 95 mg



Prep Time: 5 min
Cook Time: 10 min
Servings: 2

A creamy and naturally sweetened porridge made with gluten-free oats and banana, topped with fresh raspberries and fiber-rich chia seeds.

Pumpkin-Oat Pancakes with Blueberry-Orange Topping



Prep Time: 10 min
Cook Time: 20 min
Servings: 2

Delicate spiced pancakes made from freshly steamed pumpkin and ground oats, served warm with a gently simmered blueberry-orange compote.

Ingredients:

For the pancakes:

- 2.1 oz / 60 g gluten-free rolled oats
- 2.1 oz / 60 g raw pumpkin
- 1 egg
- 1.7 oz / 50 ml lactose-free milk
- 0.35 oz / 10 g almond meal (ground from raw almonds if not pre-packaged)
- ¼ tsp / 0.5 g ground cinnamon
- ⅛ tsp / 0.25 g turmeric (optional)
- ¼ tsp / 1 g gluten-free, low FODMAP baking powder

- 1 tsp / 5 ml extra virgin olive oil (for greasing)

For the fruit topping:

- 1.4 oz / 40 g fresh blueberries
- 1.4 oz / 40 g fresh orange segments (peeled and chopped manually)
- 1 tsp / 5 ml freshly squeezed orange juice
- ½ tsp / 2.5 ml pure maple syrup (optional)

Instructions:

1. Place the peeled and diced raw pumpkin in a steamer basket over boiling water. Cover and steam for about 8-10 minutes until fork-tender. Let cool slightly, then mash until smooth.
2. In a small saucepan, combine the fresh blueberries, chopped orange segments, orange juice, and maple syrup. Simmer over low heat for 5-7 minutes until the mixture softens and thickens slightly. Stir occasionally, then remove from heat and set aside.
3. In a food processor or blender, grind the rolled oats into flour.
4. Separately, grind the raw almonds into a fine meal. Add the mashed pumpkin, egg, milk, almond meal, cinnamon, turmeric, and baking powder to the oat flour. Blend until the batter is smooth and uniform. Give it five minutes to thicken a little.
5. Heat a non-stick skillet over medium-low and lightly brush it with olive oil. Pour the batter into small rounds (about 3 pancakes per person). Cook each pancake for 2-3 minutes on each side until golden brown and cooked through.
6. Arrange the warm pancakes on plates and generously spoon the blueberry-orange topping over them before serving.

Recommendations:

- All fruit is cooked from fresh and measured in Low FODMAP-appropriate amounts.
- You may swap blueberries for strawberries or pineapple (same weight) to rotate flavors. Avoid canned or store-prepared purées and sweeteners.

Nutritional Info (per serving):

- Calories: 325
- Fat: 9 g
- Carbohydrates: 34 g
- Total Sugar: 5 g
- Protein: 13 g
- Saturated Fat: 1.8 g
- Fiber: 4.5 g
- Sodium: 110 mg

Zucchini-Potato Frittata with Spinach and Parsley Oil



Prep Time: 10 min
Cook Time: 15 min
Servings: 2

A gently cooked vegetable frittata with fresh herbs and a light homemade green drizzle—comforting, colorful, and Low FODMAP.

Ingredients:

For the frittata:

- 2.5 oz / 70 g white potato, peeled and finely grated
- 1 oz / 30 g baby spinach, finely chopped
- 2.5 oz / 70 g zucchini, grated and squeezed to remove moisture
- 2 eggs
- ½ tsp / 1 g finely chopped green-top chives (not bulbs)

- 1 tsp / 5 ml extra virgin olive oil (for cooking)

For the parsley drizzle:

- 0.5 oz / 15 g fresh parsley leaves
- 1 tsp / 5 ml fresh lemon juice
- 1 tsp / 5 ml extra virgin olive oil
- 1 tbsp / 15 ml water (filtered)

Instructions:

1. In a bowl, mix grated potato, zucchini, chopped spinach, eggs, and chives until evenly combined.
2. Heat olive oil in a nonstick skillet over medium heat. Pour in the mixture and spread evenly. Cook uncovered for 5-6 minutes until the bottom sets, then flip carefully or cover and cook another 4-5 minutes until fully set and golden.
3. In a small blender or with a mortar and pestle, blend parsley, lemon juice, water, and olive oil until smooth.
4. Slice the frittata into wedges and drizzle the parsley sauce over the hot frittata before serving.

Recommendations:

- All vegetables are prepared fresh. Avoid store-bought sauces or herb pastes.
- For variety, you may replace parsley with fresh mint or basil (same weight) or add 0.7 oz / 20 g diced red bell pepper (Low FODMAP portion) to the mix.

Nutritional Info (per serving):

- Calories: 310
- Protein: 14 g
- Fat: 9 g
- Saturated Fat: 2.5 g
- Carbohydrates: 29 g
- Fiber: 3.5 g
- Total Sugar: 3 g
- Sodium: 125 mg

Carrot-Quinoa Breakfast Discs with Yogurt-Mint Drizzle

Ingredients:

For the discs:

- 1.1 oz / 30 g dry white quinoa
- 2.5 oz / 70 g finely grated carrot
- 1 egg
- 0.35 oz / 10 g almond meal
- ¼ tsp / 0.5 g ground turmeric (optional)

- ½ tsp / 1 g chopped green-top chives
- 1 tsp / 5 ml olive oil (for greasing)

For the drizzle:

- 1.4 oz / 40 g lactose-free plain yogurt
- 0.07 oz / 2 g finely chopped fresh mint
- 1 tsp / 5 ml lemon juice

Instructions:

1. Using a fine-mesh sieve, thoroughly rinse the dry quinoa under cold water.
2. In a small saucepan, combine quinoa with 2.5 fl oz / 75 ml water. After bringing it to a boil, lower the heat to a simmer, cover, and let the quinoa cook for 12 to 15 minutes, or until it is soft and the water has been absorbed. Using a fork, fluff and allow to cool somewhat.
3. Finely grate the raw carrot using a box grater or food processor. Grated carrot, egg, freshly ground almond meal, minced chives, turmeric, and heated cooked quinoa should all be combined in a mixing dish.
4. Mix well until the mixture is uniform and holds together.
5. Heat a non-stick skillet over medium-low heat and lightly grease with olive oil. Using a spoon or your hands, form small flat discs (about 3-4 per person) and place them on the skillet. Cook for 3-4 minutes per side until golden and firm but still soft inside. Flip gently to keep them intact.
6. In a small bowl, combine lactose-free yogurt with finely chopped mint and lemon juice. Stir until smooth. Plate the warm discs and spoon the yogurt drizzle over each portion just before serving.

Recommendations:

- To vary the flavor, swap mint for fresh parsley or basil.
- Avoid pre-flavored yogurts or frozen vegetable blends. These discs also work well as a mid-morning option on busy days.

Nutritional Info (per serving):

- Calories: 340
- Protein: 13 g
- Fat: 9 g
- Saturated Fat: 2.4 g
- Carbohydrates: 32 g
- Fiber: 4 g
- Total Sugar: 4.5 g
- Sodium: 120 mg



Prep Time: 10 min
Cook Time: 20 min
Servings: 2

Lightly crisped quinoa and carrot discs served with a cool yogurt-mint drizzle—fresh, fiber-balanced, and energizing.

Potato-Carrot Hash with Wilted Spinach and Poached Egg



Prep Time: 10 min
Cook Time: 15 min
Servings: 2

Hearty vegetable hash topped with a soft poached egg—nourishing and balanced.

Ingredients:

For the hash:

- 2.1 oz / 60 g white potato, peeled and diced
- 2.1 oz / 60 g carrot, peeled and diced
- 1 tsp / 5 ml olive oil

- 1 oz / 30 g baby spinach
- ½ tsp / 1 g chopped parsley

For the egg:

- 2 eggs
- 2 tsp vinegar (optional, for poaching)

Instructions:

1. Heat olive oil in a nonstick skillet over medium heat. Add diced potato and carrot. Cook, stirring occasionally, for 7-8 minutes until vegetables are tender and lightly golden.
2. Cook the baby spinach in the skillet until it wilts, about 1 to 2 minutes. After adding the parsley, turn off the heat.
3. Fill a small saucepan with water and bring to a gentle simmer. Add vinegar if using.
4. Each egg should be cracked into a shallow bowl and then carefully lowered into water that is simmering. For three to four minutes, poach eggs until the yolks are still soft, but the whites are set.
5. Using a slotted spoon, remove eggs and drain briefly on a paper towel. Plate the hash and top each serving with a poached egg. Serve immediately.

Recommendations:

- Use fresh parsley for the best flavor.
- Control vegetable portion sizes to maintain Low FODMAP compliance.

Nutritional Info (per serving):

- Calories: 335
- Fat: 9 g
- Carbohydrates: 29 g
- Total Sugar: 3.4 g
- Protein: 13 g
- Saturated Fat: 2.6 g
- Fiber: 4.2 g
- Sodium: 115 mg

Sweet Potato-Zucchini Hash with Poached Egg



Prep Time: 10 min
Cook Time: 15 min
Servings: 2

A colorful, gently sautéed morning hash of sweet potato and zucchini, topped with a soft poached egg and fresh herbs.

Ingredients:

For the hash:

- 2.5 oz / 70 g sweet potato, peeled and diced
- 2.5 oz / 70 g zucchini, diced
- 1 tsp / 5 ml extra virgin olive oil
- ½ tsp / 1 g finely chopped parsley

- 1 pinch ground turmeric (optional)

For the eggs:

- 2 eggs
- 2 tsp / 10 ml vinegar (optional, for poaching)
- Water for poaching

Instructions:

1. Heat olive oil in a nonstick skillet over medium heat. Add diced sweet potato and sauté for 5-6 minutes until starting to soften.
2. Add diced zucchini and continue to cook for another 6-7 minutes, stirring occasionally, until both vegetables are golden and tender. Stir in parsley and turmeric, remove from heat, and keep warm.
3. In the meantime, add water to a saucepan and bring it to a low simmer. If used, add vinegar. After cracking each egg into a small bowl, carefully add it to the water that is simmering. The whites should be firm, but the yolks should still be soft after 3-4 minutes of poaching.
4. Lift poached eggs out with a slotted spoon, briefly drain on a clean towel, and place each egg on a mound of hash before serving.

Recommendations:

- Stick to 70 g sweet potato per portion to stay within Low FODMAP limits.
- You may garnish with chopped green tops of chives for extra flavor. Avoid overcooking the egg to preserve its creamy texture.

Nutritional Info (per serving):

- Calories: 335
- Fat: 9 g
- Carbohydrates: 30 g
- Total Sugar: 3.4 g
- Protein: 13.5 g
- Saturated Fat: 2.6 g
- Fiber: 4.2 g
- Sodium: 115 mg

Toasted Rice Cakes with Avocado and Orange Slices

Ingredients:

For the base:

- 2 plain rice cakes
- 3.5 oz / 100 g ripe avocado, mashed with lemon juice
- ½ tsp / 1 g lemon juice

For the topping:

- 2.1 oz / 60 g fresh orange segments, peeled and sliced
- ¼ tsp / 0.5 g chopped fresh mint (optional)



Instructions:

1. Toast rice cakes in a toaster or dry skillet until lightly crisp and warmed through.
2. Using a fork, mash the avocado and lemon juice in a bowl until the mixture is creamy and smooth.
3. Spread avocado evenly over warm rice cakes.
4. Top with orange slices and sprinkle mint over the top if using. Serve immediately.

Recommendations:

- Use ripe but firm avocado for the best texture. Serve fresh; avoid letting rice cakes get soggy.

Nutritional Info (per serving):

- Calories: 320
- Fat: 14 g
- Carbohydrates: 28 g
- Total Sugar: 5 g
- Protein: 5 g
- Saturated Fat: 2 g
- Fiber: 7 g
- Sodium: 80 mg

Prep Time: 5 min
Cook Time: 5 min
Servings: 2

Light and colorful toasted rice cakes topped with creamy avocado and juicy orange juice, perfect for a fresh start.

Spinach-Oat Breakfast Bake with Chive Oil

Ingredients:

For the bake:

- 1.8 oz / 50 g gluten-free rolled oats
- 1 oz / 30 g baby spinach, chopped
- 1 egg
- 2 oz / 60 ml lactose-free milk
- ¼ tsp / 0.5 g ground turmeric (optional)
- ½ tsp / 1 g chopped green-top chives

For the chive oil:

- 1 tsp / 5 ml extra virgin olive oil
- ½ tsp / 1 g chopped green-top chives



Instructions:

1. Preheat oven to 350°F (180°C). In a mixing bowl, combine oats, spinach, egg, milk, turmeric, and chopped chives. Stir until well blended and thickened.
2. Transfer the mixture to a small parchment-lined baking dish and flatten the surface.
3. Bake for 18-20 minutes until firm and lightly golden on top. Let cool for 2-3 minutes.
4. Meanwhile, gently heat olive oil and remaining chives in a small pan until fragrant. Drizzle over the baked oat mixture before serving.

Recommendations:

- This bake holds well for meal prep.
- Substitute spinach with steamed zucchini or grated carrot (same weight) for variation.

Nutritional Info (per serving):

- Calories: 310
- Fat: 8.5 g
- Carbohydrates: 30 g
- Total Sugar: 2.6 g
- Protein: 13 g
- Saturated Fat: 2.3 g
- Fiber: 4.4 g
- Sodium: 105 mg

Prep Time: 10 min
Cook Time: 20 min
Servings: 2

A soft, savory oven-bake of oats and spinach, lightly finished with a warm drizzle of chive-infused oil.

Polenta Breakfast Squares with Strawberry Topping



Prep Time: 5 min
Cook Time: 20 min
Servings: 2

Warm polenta set into soft squares, topped with gently stewed strawberries—naturally sweet and gut-friendly.

Ingredients:

For the polenta:

- 1.4 oz / 40 g fine cornmeal (polenta)
- 1 cup / 240 ml water
- 1 oz / 30 ml lactose-free milk
- ¼ tsp / 0.5 g ground cinnamon (optional)

For the topping:

- 2.1 oz / 60 g fresh strawberries, chopped
- 1 tsp / 5 ml water
- ½ tsp / 2.5 ml pure maple syrup (optional)

Instructions:

1. In a saucepan, bring water to a boil. Slowly whisk in cornmeal, stirring constantly. Cook over low heat for 10 to 12 minutes or until thickened. Add cinnamon and milk and stir.
2. Pour the mixture into a small, lined tray or container and let it set for 5-10 minutes until firm enough to slice.
3. Meanwhile, cook strawberries with water and optional maple syrup in a small pan over low heat until soft (4-5 minutes).
4. Cut the polenta into squares and top with warm strawberry compote before serving.

Recommendations:

- Ensure cornmeal is plain with no added flavorings.
- You may replace strawberries with blueberries or raspberries (≤ 30 g) for a change in flavor.

Nutritional Info (per serving):

- Calories: 320
- Fat: 6.5 g
- Carbohydrates: 36 g
- Total Sugar: 5.5 g
- Protein: 12 g
- Saturated Fat: 1.4 g
- Fiber: 4 g
- Sodium: 95 mg

Banana-Oat Scramble with Toasted Walnuts



Prep Time: 5 min
Cook Time: 10 min
Servings: 2

A unique, warm breakfast mash of oats and banana with a subtle crunch from dry-toasted walnuts.

Ingredients:

For the scramble:

- 1.8 oz / 50 g gluten-free rolled oats
- 3.5 oz / 100 g ripe banana, mashed
- 2 oz / 60 ml lactose-free milk
- 1 egg white
- ¼ tsp / 0.5 g ground cinnamon

For the topping:

- 0.3 oz / 8 g raw walnuts, chopped
- ½ tsp / 2.5 ml maple syrup (optional)

Instructions:

1. Toast the walnuts in a dry pan over low heat for three to four minutes or until aromatic.
2. Remove and set aside.
3. In a bowl, mix mashed banana, oats, egg white, milk, and cinnamon until uniform.
4. Transfer to a nonstick skillet and cook over medium-low heat, stirring often, until the mixture thickens and becomes somewhat scrambled, about 5 to 6 minutes.
5. Spoon the warm scramble into bowls and top with toasted walnuts and a light drizzle of maple syrup if desired.

Recommendations:

- Use firm bananas (not spotted) to keep FODMAPs low.
- You may replace walnuts with pecans or macadamia (same weight).

Nutritional Info (per serving):

- Calories: 345
- Fat: 9.5 g
- Carbohydrates: 35 g
- Total Sugar: 5.5 g
- Protein: 13 g
- Saturated Fat: 2.3 g
- Fiber: 4.6 g
- Sodium: 100 mg

Soft Rice Breakfast Bowl with Pineapple and Mint

Ingredients:

For the base:

- 0.9 oz / 25 g dry white rice
- 2 oz / 60 ml lactose-free milk
- 1 oz / 30 ml water
- ¼ tsp / 0.5 g vanilla extract (optional)

For the topping:

- 2.1 oz / 60 g fresh pineapple, chopped
- ½ tsp / 1 g fresh mint, finely chopped
- ½ tsp / 2.5 ml lemon juice

Instructions:

1. Rinse the dry rice thoroughly under cold water until the water runs clear. In a small saucepan, combine rice with 3 oz / 90 ml water. Bring to a boil, then lower the heat, cover, and simmer until the rice is tender and the water has been absorbed for 10 to 12 minutes. After taking off the heat and leaving it covered for two minutes, lightly fluff it with a fork.
2. Add the lactose-free milk, 1 oz / 30 ml water, and vanilla extract (if using) to the saucepan with the cooked rice. Stir gently and return to low heat. Simmer for 6-8 minutes, stirring occasionally, until the mixture becomes creamy and slightly thickened.
3. While the rice simmers, peel and chop the fresh pineapple. In a bowl, combine pineapple with finely chopped mint and fresh lemon juice. Mix gently to blend flavors.
4. Divide the warm rice mixture between two bowls. Spoon the pineapple-mint topping evenly over each bowl. Serve immediately while warm.

Recommendations:

- Use fresh pineapple to avoid excess sugars or preservatives from canned fruit.

Nutritional Info (per serving):

- Calories: 320
- Fat: 6.5 g
- Carbohydrates: 35 g
- Total Sugar: 5 g
- Protein: 12 g
- Saturated Fat: 1.9 g
- Fiber: 3.8 g
- Sodium: 100 mg



Prep Time: 5 min
Cook Time: 15 min
Servings: 2

A soothing rice bowl with tropical sweetness and fresh mint.

Savory Buckwheat-Oat Crumble with Sautéed Spinach

Ingredients:

For the base:

- 1 oz / 30 g buckwheat groats
- 1 oz / 30 g gluten-free rolled oats
- 1 oz / 30 ml lactose-free milk
- ¼ tsp / 0.5 g dried thyme
- 1 tsp / 5 ml olive oil

For the greens:

- 1 oz / 30 g baby spinach
- ½ tsp / 1 g chopped green tops of chives
- 1 tsp / 5 ml lemon juice

Instructions:

1. Buckwheat groats and rolled oats in a dry nonstick skillet over medium heat for 3-4 minutes until fragrant and lightly browned. Stir frequently to avoid burning.
2. Add lactose-free milk, dried thyme, and olive oil to the skillet. Stir well and reduce heat to low. Cover and simmer for 6-7 minutes, stirring occasionally until grains are tender and mixture thickens slightly.
3. Meanwhile, heat a separate small pan over medium heat. Add baby spinach and sauté for 1-2 minutes until wilted but still bright green. Remove from heat, stir in chopped chives and lemon juice.
4. Spoon the warm buckwheat-oat base into two bowls and top each with sautéed spinach mixture. Serve immediately.

Recommendations:

- Toast grains gently for a nuttier flavor.
- Spinach can be swapped with steamed zucchini or grated carrot.

Nutritional Info (per serving):

- Calories: 340
- Fat: 9 g
- Carbohydrates: 34 g
- Total Sugar: 2.5 g
- Protein: 13.5 g
- Saturated Fat: 2.3 g
- Fiber: 4.6 g
- Sodium: 110 mg



Prep Time: 10 min
Cook Time: 15 min
Servings: 2

A wholesome mix of toasted grains topped with tender spinach and fresh herbs.

Savory Millet and Spinach Pancakes with Lemon Yogurt Drizzle



Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Delicate, savory pancakes crafted from freshly cooked millet and chopped baby spinach, served with a tangy lemon-parsley yogurt drizzle.

Ingredients:

For the pancakes:

- 0.9 oz / 25 g dry millet
- 1 oz / 30 g baby spinach, finely chopped
- 1 egg
- 0.5 oz / 15 g gluten-free oat flour
- ¼ tsp / 0.5 g ground turmeric (optional)
- 1 tsp / 5 ml extra virgin olive oil (for cooking)

For the yogurt drizzle:

- 2 oz / 60 g lactose-free plain yogurt
- ½ tsp / 2.5 ml fresh lemon juice
- ½ tsp / 1 g chopped fresh parsley

Instructions:

1. Rinse the dry millet thoroughly under cold running water. In a small saucepan, combine millet with 3 oz / 90 ml water. After bringing it to a boil, lower the heat to a simmer, cover, and allow the millet to cook for 12 to 15 minutes, or until it is soft and the water has been absorbed. Use a fork to fluff after letting it cool slightly.
2. The heated cooked millet, egg, finely chopped fresh spinach, oat flour (freshly ground if needed), and turmeric should all be combined in a mixing dish. Until a cohesive batter develops, thoroughly mix. To make the mixture somewhat thicker, let it sit for two to three minutes.
3. Heat olive oil in a nonstick skillet over medium heat. Spoon the batter into the skillet, forming 4 small pancakes. Flatten slightly with the back of a spoon and cook for 3-4 minutes per side until golden brown and cooked through.
4. In a small bowl, combine plain lactose-free yogurt with fresh lemon juice and chopped parsley. Stir until smooth. Plate the warm pancakes and drizzle the lemon yogurt sauce on top just before serving.

Recommendations:

- These pancakes are a great way to incorporate fiber and greens early in the day.
- Using turmeric adds anti-inflammatory benefits without overpowering flavor.
- Serve immediately for the best texture.

Nutritional Info (per serving):

- | | | | |
|-----------------|-------------------------|----------------|------------------|
| • Calories: 330 | • Fat: 8 g | • Carbs: 32 g | • Sugar: 3.8 g |
| • Protein: 14 g | • Fats Saturated: 1.8 g | • Fiber: 4.2 g | • Sodium: 110 mg |

Zucchini-Cornmeal Breakfast Rounds with Basil Oil



Prep Time: 10 min

Cook Time: 12 min

Servings: 2

Delicate, soft breakfast rounds made from zucchini and fine cornmeal, served with a fragrant basil-infused oil drizzle.

Ingredients:

For the rounds:

- 2.5 oz / 70 g grated zucchini, thoroughly squeezed to remove excess moisture
- 1.4 oz / 40 g fine cornmeal
- 1 egg
- 1.7 oz / 50 ml lactose-free milk
- ½ tsp / 1 g chopped green tops of chives

- 1 tsp / 5 ml extra virgin olive oil (for cooking)

For the basil oil drizzle:

- 1 tsp / 5 ml extra virgin olive oil
- 0.07 oz / 2 g fresh basil, finely chopped
- ½ tsp / 2.5 ml fresh lemon juice

Instructions:

1. Place the grated zucchini in a clean kitchen towel or cheesecloth and squeeze firmly to remove as much liquid as possible. This step ensures the rounds will be firm and not soggy.
2. In a medium bowl, whisk together the egg and lactose-free milk until smooth. Stir in the cornmeal, squeezed zucchini, and chopped chives, mixing thoroughly to form a thick batter. To allow the cornmeal to absorb the liquid, let the batter rest for five minutes.
3. Heat a nonstick skillet over medium-low heat and brush lightly with olive oil. Using a spoon, shape the batter into four evenly sized rounds, flattening them slightly with the back of the spoon.
4. Cook the rounds for 3-4 minutes on each side or until they are golden brown and cooked through. Be careful not to press down on the rounds while cooking, as this can make them dense.
5. Combine the lemon juice, chopped basil, and olive oil in a small bowl. Drizzle this fragrant basil oil over the warm rounds just before serving.

Recommendations:

- Use fresh zucchini and squeeze out moisture thoroughly for the best texture.
- For variety, you can substitute basil with fresh mint or parsley.

Nutritional Info (per serving):

- Calories: 315
- Protein: 13 g
- Fat: 8.5 g
- Saturated Fat: 2.2 g
- Carbohydrates: 33 g
- Fiber: 4.5 g
- Total Sugar: 2.8 g
- Sodium: 120 mg

Baked Pumpkin Millet Squares with Orange Zest

Ingredients:

For the squares:

- 0.9 oz / 25 g dry millet
- 1.8 oz / 50 g raw pumpkin, peeled and diced
- 1 egg white
- 1.7 oz / 50 ml lactose-free milk

- ½ tsp / 1 g fresh orange zest
- ¼ tsp / 0.5 g ground cinnamon

For finishing:

- ½ tsp / 2.5 ml pure maple syrup (optional)



Instructions:

1. Rinse the dry millet thoroughly in a fine-mesh sieve. Combine 3 oz / 90 ml water in a small saucepan. Bring to a boil, then lower the heat, cover, and simmer until the water is absorbed, 12 to 15 minutes. After two to three minutes of sitting uncovered, fluff with a fork and let cool somewhat.
2. While millet is cooking, steam the diced raw pumpkin over boiling water for 8-10 minutes until fork-tender. Move to a bowl, then mash until it's smooth. Let it cool.
3. Preheat the oven to 350°F (180°C). Line a small baking dish (approx. 5x7 inches / 13x18 cm) with parchment paper. In a mixing bowl, whisk the egg white and lactose-free milk. Add the cooked millet, mashed pumpkin, orange zest, and cinnamon. Mix until well blended and just beginning to thicken.
4. Using a spatula, uniformly distribute the batter after pouring it into the prepared dish. Bake until the top is firm and just beginning to turn brown, 18 to 20 minutes. Take it out of the oven and let it cool in the pan for five minutes.
5. Slice into squares and drizzle with maple syrup just before serving, if desired. Serve warm or at room temperature.

Recommendations:

- Substitute pumpkin with cooked sweet potato (same weight) for variation.
- Avoid canned pumpkins to control additives.

Nutritional Info (per serving):

- Calories: 310
- Protein: 12.5 g
- Fat: 7.8 g
- Saturated Fat: 2.1 g
- Carbohydrates: 33 g
- Fiber: 4 g
- Total Sugar: 4.5 g
- Sodium: 90 mg

Prep Time: 10 min
Cook Time: 20 min
Servings: 2

A tender, subtly sweet breakfast bake with pumpkin and bright citrus aroma.

Warm Quinoa-Rice Bowl with Blueberries and Lemon Chia



Prep Time: 5 min
Cook Time: 15 min
Servings: 2

A creamy, comforting grain bowl made with freshly cooked quinoa and rice, topped with juicy blueberries and a bright lemon-chia blend.

Ingredients:

For the base:

- 0.7 oz / 20 g dry white rice
- 0.6 oz / 17 g dry white quinoa
- 2 oz / 60 ml lactose-free milk
- 1 oz / 30 ml water
- ¼ tsp / 0.5 g vanilla extract (optional)

For the topping:

- 1.4 oz / 40 g fresh blueberries
- ½ tsp / 2.5 ml lemon juice
- 1 tsp / 3 g chia seeds

Instructions:

1. Rinse the dry rice and quinoa thoroughly under cold water in separate fine-mesh strainers. In one small saucepan, cook the rice with 2 oz / 60 ml water: bring to a boil, reduce heat, cover, and simmer for 10-12 minutes until soft and water is absorbed. In another small saucepan, cook the quinoa with 2 oz / 60 ml water: bring to a boil, lower heat, cover, and cook until transparent and frothy, 12 to 15 minutes. Let both grains rest covered for 2 minutes, then fluff with a fork.
2. In a clean saucepan, combine the cooked rice and quinoa. Add the lactose-free milk, 1 oz / 30 ml water, and vanilla extract if using. Stir and warm gently over low heat for 6-8 minutes, stirring frequently, until thickened and creamy.
3. Combine the fresh blueberries and lemon juice in a small bowl. Set aside while the grains cook to allow the flavors to meld.
4. Divide the warm quinoa-rice mixture into two bowls. Spoon the blueberry-lemon mixture on top and sprinkle each bowl with chia seeds. Let sit for 1-2 minutes before serving to allow the chia to slightly gel.

Recommendations:

- Use fresh fruit and avoid canned berries.
- Chia seeds provide fiber and omega-3 fats.

Nutritional Info (per serving):

- Calories: 320
- Fat: 6.5 g
- Carbohydrates: 33 g
- Total Sugar: 5 g
- Protein: 12 g
- Fats Saturated: 1.8 g
- Fiber: 4.5 g
- Sodium: 105 mg

Baked Buckwheat-Pumpkin Porridge with Walnuts and Mint



A mildly sweet and nourishing baked breakfast porridge made from freshly cooked buckwheat and steamed pumpkin, finished with a sprinkle of raw walnuts and fragrant mint.

Ingredients:

For the bake:

- 0.7 oz / 20 g raw buckwheat groats
- 1.8 oz / 50 g raw pumpkin, peeled and diced
- 1 egg white

- 1.7 oz / 50 ml lactose-free milk
- ¼ tsp / 0.5 g cinnamon (optional)

For the topping:

- 0.3 oz / 8 g chopped walnuts
- ½ tsp / 1 g fresh mint, chopped

Instructions:

1. Rinse the raw buckwheat groats thoroughly under cold water. In a small saucepan, combine with 3 oz / 90 ml water. After bringing to a boil, lower the heat, cover, and simmer for ten to twelve minutes or until the food is soft and the water has been absorbed. Using a fork, fluff and allow to cool somewhat.
2. In a steamer basket set over boiling water, place the chopped pumpkin. To make it soft, cover and steam for 8 to 10 minutes. Move to a bowl, then mash until it's smooth. Let it cool a little.

Prep Time: 10 min
Cook Time: 18 min
Servings: 2

- Preheat the oven to 350°F (180°C). Line a small baking dish (about 5x7 inches / 13x18 cm) with parchment paper. In a mixing bowl, combine the cooked buckwheat, mashed pumpkin, egg white, lactose-free milk, and cinnamon. Stir until the mixture is smooth and well combined.
- Pour the mixture into the prepared baking dish and spread evenly. Bake for 15-18 minutes or until the top is set and lightly golden.
- Remove from the oven and let sit for 2-3 minutes. Sprinkle with chopped raw walnuts and fresh mint.

Recommendations:

- Use raw walnuts and fresh mint.
- Avoid pre-packaged spice blends to control additives.

Nutritional Info (per serving):

- Calories: 320
- Fat: 8 g
- Carbohydrates: 32 g
- Total Sugar: 4 g
- Protein: 12 g
- Saturated Fat: 2 g
- Fiber: 4.3 g
- Sodium: 90 mg

Pumpkin and Carrot Oatmeal with Cinnamon and Walnuts

Ingredients:

For the oatmeal:

- 1.8 oz / 50 g gluten-free rolled oats
- 1.8 oz / 50 g raw pumpkin, peeled and diced
- 2.1 oz / 60 g raw carrot, finely grated
- 2 oz / 60 ml lactose-free milk
- 1 cup / 240 ml water
- ¼ tsp / 0.5 g ground cinnamon

For the topping:

- 0.3 oz / 8 g chopped walnuts
- ½ tsp / 2.5 ml pure maple syrup (optional)



Instructions:

- Place the peeled, diced pumpkin in a steamer basket over boiling water. Cover and steam for 8-10 minutes or until fork-tender. Move to a bowl, then mash until it's smooth. Put aside.
- Add the mashed pumpkin, shredded carrot, water, ground cinnamon, and rolled oats to a medium saucepan. Bring to a gentle boil over medium heat, stirring occasionally.
- Lower the heat and simmer for 8 to 10 minutes or until the mixture has thickened and the oats are tender. Stir in the lactose-free milk and cook for 1-2 more minutes until creamy and warmed through.
- Divide the oatmeal between two bowls. Sprinkle each with chopped raw walnuts and drizzle with a touch of maple syrup if desired.

Prep Time: 5 min
Cook Time: 10 min
Servings: 2

A warm and comforting oat-based breakfast, naturally sweetened with grated carrot and steamed pumpkin, spiced with cinnamon, and finished with raw walnuts for crunch.

Recommendations:

- Avoid using canned pumpkin to control additives and sugar.
- Walnuts add healthy fats and texture, swap with pecans if preferred.

Nutritional Info (per serving):

- Calories: 340
- Fat: 9 g
- Carbs: 34 g
- Total Sugar: 5 g
- Protein: 13 g
- Saturated Fat: 2 g
- Fiber: 4.5 g
- Sodium: 95 mg

Polenta Bowl with Sautéed Zucchini and Chive Yogurt



Prep Time: 10 min
Cook Time: 15 min
Servings: 2

A creamy polenta base topped with golden sautéed zucchini and refreshing chive-infused yogurt.

Ingredients:

For the polenta:

- 1.4 oz / 40 g fine cornmeal
- 1 cup / 240 ml water
- 1 oz / 30 ml lactose-free milk

For the topping:

- 2.1 oz / 60 g zucchini, diced
- 1 tsp / 5 ml olive oil
- 2 oz / 60 g lactose-free plain yogurt
- ½ tsp / 1 g chopped green-top chives

Instructions:

1. Bring water to a boil in a saucepan. Gradually whisk in cornmeal, stirring continuously to avoid lumps. Cook over low heat, stirring often, until thick and creamy, 7 to 8 minutes.
2. Stir in lactose-free milk and keep warm.
3. In a skillet, heat the olive oil over medium heat.
4. Add diced zucchini and sauté for 4-5 minutes until softened and lightly browned. Remove from heat.
5. Mix chopped chives into the yogurt.
6. Divide polenta between bowls. Top with sautéed zucchini and a dollop of chive yogurt. Serve immediately.

Recommendations:

- Whisk cornmeal thoroughly to avoid lumps.
- Use fresh zucchini and mild yogurt to keep flavors balanced.

Nutritional Info (per serving):

- Calories: 325
- Fat: 7.5 g
- Carbohydrates: 36 g
- Total Sugar: 4.5 g
- Protein: 11.5 g
- Fats Saturated: 1.8 g
- Fiber: 3.5 g
- Sodium: 85 mg

Sweet Potato and Zucchini Frittata with Fresh Parsley



Prep Time: 10 min
Cook Time: 15 min
Servings: 2

Light and fluffy frittata with sweet potato and zucchini, brightened with fresh parsley.

Ingredients:

- 2.5 oz / 70 g sweet potato, peeled and diced
- 2.5 oz / 70 g zucchini, diced
- 3 eggs
- 1 tsp / 5 ml extra virgin olive oil
- ½ tsp / 1 g chopped fresh parsley

Instructions:

1. Preheat oven to 350°F (180°C). Grease an oven-safe skillet with olive oil.
2. For five minutes, sauté the sweet potato in a pan over medium heat. Cook the zucchini for an additional five minutes until it becomes soft.
3. Whisk eggs and parsley in a bowl. Pour over vegetables and cook undisturbed for 2 minutes.
4. Transfer skillet to oven and bake 8-10 minutes until set and lightly golden. Serve warm.

Recommendations:

- Ensure vegetables are diced evenly for even cooking.
- Fresh parsley adds a bright flavor contrast to the rich frittata.

Nutritional Info (per serving):

- Calories: 360
- Fat: 10 g
- Carbs: 30 g
- Total Sugar: 4 g
- Protein: 15 g
- Saturated Fat: 2.5 g
- Fiber: 4 g
- Sodium: 110 mg

MORNING SNACKS



Kiwi-Chia Pudding with Almond Slivers

Ingredients:

For the pudding:

- 4.2 oz / 120 ml lactose-free milk
- 1.4 oz / 40 g peeled ripe kiwi, finely chopped
- 0.6 oz / 18 g chia seeds
- ¼ tsp / 1 g vanilla extract (optional)

For the topping:

- 0.2 oz / 6 g raw almond slivers (untoasted)

Instructions:

1. In a small bowl, combine the lactose-free milk, chopped kiwi, chia seeds, and vanilla extract. Stir well and let rest for 10 minutes.
2. To avoid clumping, stir one more before covering and letting the pudding set in the refrigerator for at least an hour.
3. Before serving, divide into two glasses and sprinkle each with almond slivers. Serve chilled.

Recommendations:

- Ensure kiwi is ripe and not overly acidic. Use green (not golden) variety.
- Almonds should be raw and unroasted to avoid added salt/oils.

Nutritional Info (per serving):

- | | | | |
|-----------------|----------------------|---------------|--------------------|
| • Calories: 180 | • Fat: 9 g | • Carbs: 19 g | • Total Sugar: 5 g |
| • Protein: 6 g | • Saturated Fat: 1 g | • Fiber: 5 g | • Sodium: 60 mg |



Prep Time: 10 min
Chill Time: 1 hr
Servings: 2

A light and refreshing chia-based pudding infused with fresh kiwi and topped with crunchy almonds—fiber-rich, mildly sweet, and Low FODMAP.

Blueberry & Almond Chia Pudding with Kiwi Slices



Prep Time: 5 min
Chill Time: 2 hrs
Servings: 2

A creamy, fiber-rich chia pudding topped with refreshing kiwi and blueberries.

Ingredients:

- 3 tbsp / 30 g chia seeds
- 5.1 oz / 150 ml unsweetened almond milk
- 1 tbsp / 10 g ground almonds
- 1 tsp / 5 ml pure maple syrup
- 3.5 oz / 100 g fresh kiwi, peeled and sliced
- 1.4 oz / 40 g fresh blueberries

Instructions:

1. Mix chia seeds, almond milk, ground almonds, and maple syrup in a bowl.
2. Let the mixture rest for 5 minutes, stir again to prevent clumping.
3. Refrigerate for 2 hours or overnight until thick.
4. Divide into bowls and top with kiwi and blueberries.

Recommendations:

- To reduce carbs, use fewer blueberries or replace kiwi with strawberries.

Nutritional Info (per serving):

- Calories: 198
- Fat: 9 g
- Carbs: 20 g
- Total Sugar: 0 g
- Protein: 5 g
- Saturated Fat: 0 g
- Fiber: 7 g
- Sodium: 48 mg

Spinach & Feta Egg Muffins with Tomato and Cucumber



Prep Time: 10 min
Cook Time: 15 min
Servings: 2

Soft egg muffins paired with a crisp salad, perfect for a refreshing and balanced meal.

Ingredients:

- 4 eggs
- 2.5 oz / 70 g fresh baby spinach, chopped
- 1.4 oz / 40 g hard feta cheese, crumbled
- 1 tbsp / 15 ml lactose-free milk
- ¼ tsp / 0.5 g black pepper
- ¼ tsp / 0.5 g dried oregano
- 3.5 oz / 100 g cherry tomatoes, halved
- 3.5 oz / 100 g cucumber, diced
- 1 tsp / 5 ml extra virgin olive oil
- 0.5 tsp / 2.5 ml apple cider vinegar
- 1 tbsp / 5 g fresh parsley, chopped

Instructions:

1. Preheat oven to 350°F (180°C). Grease a muffin tin.
2. Whisk eggs with milk, pepper, and oregano. Stir in spinach and feta.
3. Pour into muffin cups and bake for 12-15 minutes.
4. Toss tomato, cucumber, olive oil, vinegar, and parsley for the salad. Serve together.

Recommendations:

- Can be made ahead and enjoyed cold. Substitute feta with lactose-free cheddar, if desired.

Nutritional Info (per serving):

- Calories: 198
- Fat: 15 g
- Carbs: 6 g
- Total Sugar: 0 g
- Protein: 13 g
- Saturated Fat: 0 g
- Fiber: 2 g
- Sodium: 100 mg

Rice Cakes with Bell Peppers and Parsley Drizzle

Ingredients:

- 2.1 oz / 60 g uncooked white rice
- 2.5 oz / 70 g red and yellow bell peppers, finely diced
- 1 egg
- 1 tbsp / 15 g cornmeal
- ½ tsp / 1 g turmeric powder

For the drizzle:

- 1 tsp / 5 ml avocado oil (for cooking)
- 1 tbsp / 5 g chopped fresh parsley
- 1 tsp / 5 ml fresh lemon juice



Prep Time: 10 min
Cook Time: 15 min
Servings: 2

Golden, lightly pan-fried rice cakes with sweet bell peppers and a vibrant lemon-parsley drizzle.

Instructions:

1. Cook white rice in water until tender, then cool slightly.
2. In a bowl, mix cooked rice with bell peppers, egg, cornmeal, and turmeric until a thick batter forms.
3. Heat avocado oil in a pan over medium heat. Spoon the mixture into small cakes and fry for 3-4 minutes per side until golden.
4. Serve warm, drizzled with lemon juice, and sprinkled with chopped parsley.

Recommendations:

- These cakes are best served fresh and warm.
- For a softer texture, cover and steam after pan-frying for 1 minute.

Nutritional Info (per serving):

- Calories: 178
- Fat: 6 g
- Carbs: 23 g
- Total Sugar: 0 g
- Protein: 6 g
- Saturated Fat: 0 g
- Fiber: 2 g
- Sodium: 55 mg

Oat & Banana Energy Balls with Pumpkin Seeds

Ingredients:

For the balls:

- 2.1 oz / 60 g gluten-free rolled oats
- 1 ripe banana, mashed
- 0.7 oz / 20 g pumpkin seeds, roughly chopped
- 1 tbsp / 15 ml pure maple syrup
- ¼ tsp / 0.5 g ground cinnamon



Prep Time: 10 min
Cook Time: 0 min
Servings: 2

Chewy, no-bake energy bites packed with fiber, healthy fats, and natural sweetness.

Instructions:

1. In a medium bowl, mash the banana with a fork until smooth and lump-free.
2. Add the oats, chopped pumpkin seeds, maple syrup, and cinnamon. Mix with a spoon or hands until you get a sticky, uniform dough.
3. To keep your hands from sticking, lightly moisten them. Then, roll the dough into 8-10 little balls.
4. Place the balls on a plate or in a container. Refrigerate for at least 15 minutes before serving so they firm up.

Recommendations:

- You can coat the balls in crushed seeds or coconut for variety.
- Keep in the refrigerator for up to three days in an airtight container.

Nutritional Info (per serving):

- Calories: 180
- Fat: 6 g
- Carbs: 25 g
- Total Sugar: 0 g
- Protein: 4 g
- Saturated Fat: 0 g
- Fiber: 4 g
- Sodium: 3 mg

Mini Carrot-Quinoa Bites with Lemon-Mint Yogurt



Prep Time: 15 min
Cook Time: 20 min
Servings: 2

Tender oven-baked vegetable patties paired with a cool, herbal yogurt sauce.

Ingredients:

For the patties:

- 2.5 oz / 70 g raw carrot, peeled and chopped
- 0.6 oz / 18 g dry white quinoa
- 1 egg
- 1 tbsp / 7.5 g gluten-free oat flour
- ½ tsp / 1 g ground cumin

- ¼ tsp / 0.5 g ground turmeric
- 1 tsp / 5 ml avocado oil (for baking tray)

For the yogurt:

- 2.0 oz / 60 g lactose-free yogurt
- 1 tbsp / 5 g fresh mint, finely chopped
- 1 tsp / 5 ml lemon juice

Instructions:

1. Cook the quinoa in boiling water for 12-15 minutes, then drain and let it cool.
2. Steam or boil the chopped carrot until soft. Mash it with a fork.
3. In a bowl, combine mashed carrot, quinoa, egg, oat flour, cumin, and turmeric. Mix well.
4. Preheat the oven to 375°F (190°C). Grease a baking tray with avocado oil.
5. Shape the mixture into small patties and place them on the tray. Bake for 15-20 minutes, flipping halfway.
6. Mix yogurt, mint, and lemon juice in a small bowl.
7. Serve the warm patties with the yogurt sauce on the side.

Recommendations:

- Chill the mixture for 10 minutes before forming patties.
- For a crispier finish, broil the patties for 2 minutes after baking.

Nutritional Info (per serving):

- | | | | |
|-----------------|----------------------|---------------|--------------------|
| • Calories: 165 | • Fat: 7 g | • Carbs: 18 g | • Total Sugar: 0 g |
| • Protein: 6 g | • Saturated Fat: 0 g | • Fiber: 3 g | • Sodium: 65 mg |

Buckwheat & Spinach Pancakes with Strawberry-Lemon Compote



Prep Time: 10 min
Cook Time: 10 min
Servings: 2

Vibrant green pancakes made from buckwheat and spinach, topped with a sweet-tart fruit sauce.

Ingredients:

For the pancakes:

- 1.2 oz / 35 g raw buckwheat groats
- 2 eggs
- 2.1 oz / 60 g fresh baby spinach, finely chopped
- 2 tbsp / 15 g gluten-free oat flour
- ¼ tsp / 0.5 g baking powder (low FODMAP)

- 1 tsp / 5 ml extra virgin olive oil (for cooking)

For the compote:

- 2.5 oz / 70 g fresh strawberries, chopped
- 1 tbsp / 15 ml freshly squeezed lemon juice
- ½ tsp / 2.5 ml pure maple syrup

Instructions:

1. Rinse raw buckwheat groats under cold running water. In a small saucepan, combine with 3 oz / 90 ml water. Bring to a boil, reduce heat, cover, and simmer for 10-12 minutes until the grains are tender and water is absorbed. Let cool slightly.
2. In a bowl, combine cooked buckwheat, eggs, finely chopped spinach, oat flour, and baking powder. Use a hand blender or countertop blender to process until smooth and uniform. Let the batter rest for 5 minutes to thicken and hydrate.
3. Heat a non-stick skillet over medium heat and lightly brush with olive oil. Spoon about 2 tablespoons of batter per pancake into the pan and flatten gently. Cook each side for 2-3 minutes or until golden and set. Repeat until all batter is used (yields 6-8 small pancakes).

- While the pancakes are cooked, place the chopped strawberries, lemon juice, and maple syrup in a small saucepan. Simmer over low heat for 4-5 minutes, stirring occasionally, until the strawberries soften and the mixture becomes slightly syrupy.
- Stack the pancakes on serving plates and spoon the warm compote generously over the top. Serve immediately.

Recommendations:

- If you prefer a sweeter result, double the compote or add a few drops of maple syrup directly to the batter.
- For fluffier pancakes, avoid over-blending and allow the batter to sit.

Nutritional Info (per serving):

- Calories: 200
- Protein: 9 g
- Fat: 10 g
- Saturated Fat: 0 g
- Carbs: 18 g
- Fiber: 3 g
- Total Sugar: 0 g
- Sodium: 90 mg

Avocado-Cucumber Boats with Strawberry-Basil Relish

Ingredients:

For the boats:

- 3.17 oz / 90 g cucumber (halved lengthwise, lightly hollowed)
- 1.8 oz / 50 g ripe avocado, diced

For the topping:

- 1 tsp / 5 ml lemon juice

- 1.8 oz / 50 g fresh strawberries, finely chopped
- 0.05 oz / 1.5 g fresh basil, thinly sliced
- ½ tsp / 2.5 ml extra virgin olive oil
- Pinch of ground black pepper (optional)



Instructions:

- Rinse the cucumber under cold water and pat dry with a clean towel. Cut in half lengthwise. Using a small spoon or teaspoon, gently scoop out some of the seeds and inner flesh to create a shallow «boat» in each half. Be careful not to break the outer edges.
- Halve the avocado, remove the pit, and use a spoon to scoop out the flesh. Place the flesh on a cutting board and dice it into small, bite-sized cubes (about ½ inch / 1 cm). Set aside.
- Rinse the strawberries under cold water, remove the stems, and finely chop them into small pieces.
- After rinsing and patting dry, cut the basil leaves into thin ribbons (a process known as chiffonade).
- Add the sliced basil, cut strawberries, and diced avocado to a small mixing dish.
- Add lemon juice and olive oil. Mix everything gently with a spoon or rubber spatula to avoid mashing the avocado.
- If preferred, add a sprinkle of freshly ground black pepper.
- Place the cucumber halves on a serving plate.
- Use a spoon to evenly fill the hollowed centers with the avocado-strawberry mixture. Press lightly so the filling stays in place, but don't overpack.
- Serve immediately while the cucumbers are crisp and the avocado is fresh. This snack is best enjoyed chilled.

Prep Time: 8 min
Cook Time: 0 min
Servings: 2

Cooling cucumber boats filled with creamy avocado and a fresh strawberry-basil topping—light, refreshing, and low in carbs.

Recommendations:

- Choose firm cucumbers to make scooping and filling easier.
- To add protein, serve with a spoonful of lactose-free Greek yogurt on the side.
- Do not prepare this snack too far in advance—avocado may brown if left exposed for long.

Nutritional Info (per serving):

- Calories: 185
- Protein: 2.1 g
- Fat: 14.2 g
- Saturated Fat: 2.1 g
- Carbs: 12.4 g
- Fiber: 5 g
- Total Sugar: 3.3 g
- Sodium: 40 mg

Mandarin-Strawberry Parfait with Walnut Crunch



Prep Time: 7 min
Cook Time: 3 min
Servings: 2

A layered morning snack featuring juicy mandarins, fresh strawberries, and a creamy yogurt base topped with crunchy walnuts.

Ingredients:

For the parfait:

- 2.8 oz / 80 g peeled mandarin slices
- 2.1 oz / 60 g fresh strawberries, chopped
- 4.2 oz / 120 g lactose-free plain yogurt
- ½ tsp / 1 g lemon zest (optional)

For the topping:

- 0.35 oz / 10 g raw walnuts, chopped and lightly toasted
- ½ tsp / 2 g ground flaxseed (optional)

Instructions:

1. In a dry skillet, toast the walnuts, roughly chopped, over low heat for 2 to 3 minutes or until they are fragrant and lightly brown. Take off the heat and let it cool.
2. In a small bowl, stir the yogurt with lemon zest if using.
3. In two small serving cups or glasses, layer half the yogurt at the bottom. Top with half of the chopped strawberries and mandarin slices.
4. Add the remaining yogurt to the fruit.
5. Finish with toasted walnuts and a sprinkle of flaxseed before serving.

Recommendations:

- Stick to one mandarin and 60 g of strawberries per serving to stay within low FODMAP limits.
- Swap walnuts with macadamias for a softer texture or leave out nuts entirely for a lighter version.

Nutritional Info (per serving):

- Calories: 130
- Fat: 6 g
- Carbs: 14 g
- Total Sugar: 0 g
- Protein: 5 g
- Saturated Fat: 0 g
- Fiber: 3 g
- Sodium: 30 mg

Savory Oat & Parsnip Bars with Parsley Yogurt Dip



Prep Time: 15 min
Cook Time: 20 min
Servings: 2

Soft, filling bars made from shredded root vegetables, perfect with a creamy herb dip.

Ingredients:

For the bars:

- 3.5 oz / 100 g raw parsnip, finely grated
- 2.5 oz / 70 g gluten-free rolled oats
- 1 egg
- ¼ cup / 30 g lactose-free grated cheddar cheese
- 1 tbsp / 10 g ground flaxseed
- ¼ tsp / 0.5 g ground black pepper

- ½ tsp / 1 g dried thyme
- 1 tsp / 5 ml extra virgin olive oil (for greasing)

For the dip:

- 3.5 oz / 100 g lactose-free plain yogurt
- 1 tbsp / 5 g fresh parsley, finely chopped
- 1 tsp / 5 ml lemon juice

Instructions:

1. Preheat oven to 375°F (190°C) and grease a small baking dish with olive oil.
2. In a mixing bowl, combine grated parsnip, oats, egg, cheddar, flaxseed, pepper, and thyme. Stir thoroughly until all ingredients are well incorporated.
3. Using a spoon or spatula, transfer the mixture to the baking dish and push it down evenly.
4. Bake for 20 minutes until the top is set and lightly golden. Let it cool before cutting into bars.
5. Meanwhile, mix yogurt, parsley, and lemon juice in a small bowl.
6. Slice the baked mixture into bars and serve with the dip on the side.

Recommendations:

- Let bars cool fully before cutting to prevent crumbling.
- For more flavor, sprinkle extra herbs or smoked paprika before baking.

Nutritional Info (per serving):

- Calories: 210
- Fat: 10 g
- Carbs: 19 g
- Total Sugar: 0 g
- Protein: 8 g
- Saturated Fat: 0 g
- Fiber: 5 g
- Sodium: 90 mg

LUNCHES



Pumpkin-Rice Patties with Steamed Spinach and Lemon Drizzle

Ingredients:

For the patties:

- 2.1 oz / 60 g white rice (raw)
- 2.8 oz / 80 g fresh pumpkin, peeled and cubed
- 1 egg
- 1 tsp / 5 ml rice milk
- ¼ tsp / 0.5 g turmeric

- ¼ tsp / 1 g ground chives (green part)
- 1 tsp / 5 ml olive oil (for pan-frying)

For the greens and drizzle:

- 2.1 oz / 60 g fresh baby spinach
- 1 tsp / 5 ml lemon juice
- ½ tsp / 2 ml extra virgin olive oil

Instructions:

1. In a small pot, cook rice in water (1:2 ratio) for 12 minutes until tender. In a separate pot, steam pumpkin cubes for 10-12 minutes until soft.
2. Mash the pumpkin and combine it with cooked rice, beaten egg, rice milk, turmeric, and chives. Let the mixture cool slightly and shape into 4 small patties.
3. Heat a nonstick skillet with 1 tsp olive oil. Fry patties for 2-3 minutes per side until golden and cooked through.
4. In the last 5 minutes, lightly steam spinach until just wilted. Drizzle lemon juice and olive oil.
5. To serve, arrange spinach on plates and top with warm pumpkin patties.

Recommendations:

- Use fresh pumpkin and spinach only.
- This dish can be served warm or cooled slightly for lunchboxes.
- Avoid canned or pre-cooked rice.

Nutritional Info (per serving):

- Calories: 405
- Fat: 11 g
- Carbohydrates: 50 g
- Total Sugar: 3.5 g
- Protein: 14 g
- Saturated Fat: 2.5 g
- Fiber: 5 g
- Sodium: 130 mg



Prep Time: 12 min
Cook Time: 18 min
Servings: 2

Golden savory patties with a creamy center, served over lightly steamed spinach with a hint of citrus.

Baked Cod with Parsley Polenta and Roasted Carrot Coins



Prep Time: 15 min
Cook Time: 20 min
Servings: 2

Soft white fish over creamy parsley-infused polenta, paired with sweet roasted carrots.

Ingredients:

For the cod and polenta:

- 5.3 oz / 150 g cod fillet (skinless, boneless)
- ½ tsp / 1 g dried thyme
- ½ tsp / 1 g chopped fresh parsley
- ⅓ cup / 1.4 oz / 40 g dry polenta (cornmeal)

- 1 cup / 240 ml water
- ¼ tsp / 1 g salt-free herb seasoning

For the carrots:

- 3.5 oz / 100 g carrots (sliced into thin rounds)
- 1 tsp / 5 ml olive oil
- ¼ tsp / 0.5 g paprika

Instructions:

1. Preheat oven to 375°F (190°C). Toss carrots with olive oil and paprika, spread on a baking tray, and roast for 20 minutes, flipping halfway.
2. Season cod with thyme and parsley. Bake in a separate dish for 15 minutes until flaky.
3. While the fish bake, bring water to boil in a saucepan. Slowly add polenta, stirring constantly. Simmer for 8-10 minutes until thick. Stir in herb seasoning and chopped parsley.
4. To serve, spoon polenta into bowls, top with baked cod, and arrange roasted carrot coins around.

Recommendations:

- Ensure cod is fresh or thawed from plain frozen filets (no additives).
- You can add lemon zest to the polenta for extra flavor.

Nutritional Info (per serving):

- Calories: 420
- Fat: 13 g
- Carbohydrates: 44 g
- Total Sugar: 4 g
- Protein: 22 g
- Saturated Fat: 2.2 g
- Fiber: 5.2 g
- Sodium: 165 mg

Stuffed Bell Peppers with Ground Turkey and Buckwheat



Prep Time: 15 min
Cook Time: 25 min
Servings: 2

Hearty red bell peppers filled with a fragrant buckwheat-turkey mix, baked until tender.

Ingredients:

For the filling and peppers:

- 4.2 oz / 120 g ground turkey (lean)
- 2 red bell peppers (tops removed, seeds discarded)
- 1.4 oz / 40 g dry buckwheat groats
- 1.4 oz / 40 g grated zucchini
- 1 tsp / 2 g chopped chives (green top)

- ¼ tsp / 0.5 g dried basil
- ½ tsp / 2 ml olive oil

For serving:

- 1.7 oz / 50 g lettuce or baby greens
- 1 tsp / 5 ml lemon juice
- ¼ tsp / 1 g flax seeds (optional)

Instructions:

1. Cook buckwheat in a small pot with 1:2 water for 10-12 minutes. Heat the olive oil in a different pan and cook the ground turkey for 6 to 7 minutes, or until it is no longer pink.
2. Add zucchini, chives, basil, and cooked buckwheat to the turkey. Stir and cook for 2 more minutes.
3. Stuff the mixture into bell peppers and place in a baking dish. Cover the dish with foil after adding 2 tablespoons of water. Bake for 20 minutes at 375°F (190°C).
4. While baking, toss lettuce with lemon juice and flax seeds.
5. To serve, place one stuffed pepper on each plate with a side of fresh greens.

Recommendations:

- Use fresh raw ground turkey and red peppers with no bruising.
- Buckwheat can be swapped with cooked quinoa or rice.

Nutritional Info (per serving):

- Calories: 445
- Fat: 14 g
- Carbohydrates: 42 g
- Total Sugar: 4.2 g
- Protein: 23 g
- Saturated Fat: 2.7 g
- Fiber: 5.5 g
- Sodium: 135 mg

Eggplant-Wrapped Fish with Rice Noodles and Gingered

Ingredients:

For the fish wraps:

- 5.3 oz / 150 g white fish (e.g., cod or haddock)
- 1.8 oz / 50 g eggplant (sliced lengthwise, 4 slices)
- ¼ tsp / 0.5 g dried oregano
- 1 tsp / 5 ml olive oil

For the noodles and greens:

- 2 oz / 55 g dry rice noodles
- 1.4 oz / 40 g baby bok choy
- ½ tsp / 1 g grated fresh ginger
- ½ tsp / 2 ml sesame oil (optional)
- 1 tsp / 5 ml lemon juice



Prep Time: 15 min
Cook Time: 20 min
Servings: 2

*Greens*Aromatic fish fillets wrapped in grilled eggplant slices, paired with tender rice noodles and sautéed greens.

Instructions:

1. Preheat oven to 375°F (190°C). Grill or sear eggplant slices for 2 minutes per side until pliable. Season fish with oregano. Wrap each fillet in two eggplant slices.
2. Bake wrapped fish for 15 minutes on a lightly greased tray.
3. Meanwhile, cook rice noodles per package instructions (about 5-6 minutes), drain, and set aside.
4. In a nonstick pan, add noodles and stir to combine.
5. Serve the eggplant-wrapped fish over a bed of gingered noodles and bok choy.

Recommendations:

- Use freshly sliced eggplant and fish only.
- This elegant dish is ideal for lunch or light dinner and easy to digest when served warm. Sauté greens with ginger, sesame oil, and lemon juice until wilted.

Nutritional Info (per serving):

- Calories: 410
- Fat: 12 g
- Carbohydrates: 45 g
- Total Sugar: 2.8 g
- Protein: 21 g
- Saturated Fat: 2.3 g
- Fiber: 5 g
- Sodium: 120 mg

Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans

Ingredients:

For the chicken:

- 6 oz / 170 g skin-on, boneless chicken thigh
- 1 tsp / 5 ml olive oil
- ½ tsp / 1 g dried rosemary
- ¼ tsp / 0.5 g ground black pepper

For the quinoa pilaf:

- 2.1 oz / 60 g white quinoa

- 1 cup / 240 ml water
- 1 tsp / 5 ml olive oil
- ½ tsp / 1 g chopped fresh parsley

For the green beans:

- 3.5 oz / 100 g green beans, steamed
- 1 tsp / 5 ml lemon juice
- Pinch of salt (optional)



Prep Time: 10 min
Cook Time: 30 min
Servings: 2

A hearty Low FODMAP lunch with tender roasted chicken thigh, fluffy quinoa pilaf, and crisp steamed green beans—balanced, flavorful.

Instructions:

1. Preheat oven to 400°F (200°C). Rub chicken thighs with olive oil, rosemary, and black pepper. Put on a baking sheet and roast for 25 to 30 minutes, or until the skin is crispy and the meat is cooked through.
2. Rinse quinoa and combine with water in a small pot. Bring to a boil, lower the heat, cover, and simmer until the water is absorbed, about 15 minutes. Using a fork, fluff and mix in the parsley and olive oil. Steam green beans until tender-crisp, about 5 minutes. If preferred, toss with lemon juice and a dash of salt.
3. Serve roasted chicken with quinoa pilaf and steamed green beans on the side.

Recommendations:

- Use skinless chicken and rinse quinoa thoroughly to reduce bitterness and improve digestibility.
- This balanced meal is ideal for lunch and supports digestive comfort; steam green beans just until crisp-tender to preserve nutrients and texture.

Nutritional Info (per serving):

- Calories: 390
- Fat: 18 g
- Carbohydrates: 20 g
- Total Sugar: 3 g
- Protein: 35 g
- Saturated Fat: 5 g
- Fiber: 5 g
- Sodium: 70 mg

Baked Tofu Cubes with Roasted Eggplant and Parsley-Orange Sauce



Prep Time: 12 min
Cook Time: 45 min
Servings: 2

Firm tofu bites paired with caramelized eggplant slices and a fresh, low-acid citrus-herb sauce.

Ingredients:

For tofu, eggplant, and rice:

- 4.2 oz / 120 g firm tofu (pressed and cubed)
- 3.5 oz / 100 g eggplant (sliced)
- 1 tsp / 5 ml olive oil
- ¼ tsp / 0.5 g dried oregano
- 1 oz / 30 g dry white rice

For the sauce and serving:

- 1.5 tsp / 7 ml orange juice
- 1 tsp / 2 g chopped fresh parsley
- ½ tsp / 2 ml lemon juice
- ½ tsp / 2 ml olive oil

Instructions:

1. Preheat the oven to 390°F (200°C). Toss the cubed tofu, sliced eggplant, and dry rice with olive oil, dried oregano, and a pinch of salt. Add 4 oz (120 ml) water and transfer everything to a small baking dish. Cover tightly with foil and bake for 25 minutes.
2. After 25 minutes, remove the foil and gently stir. Continue baking uncovered for another 10-15 minutes until the rice is tender and the tofu and eggplant are golden.
3. In a small bowl, make the sauce by combining the orange juice, lemon juice, chopped parsley, and olive oil while the cake bakes.
4. Once cooked, let the dish sit for a few minutes. Plate the baked mixture and spoon the parsley-orange sauce over just before serving.

Recommendations:

- Only firm, unflavored tofu is suitable.
- Eggplant should be fresh and baked without pre-marination.

Nutritional Info (per serving):

- Calories: 410
- Fat: 13.5 g
- Carbohydrates: 42 g
- Total Sugar: 4.8 g
- Protein: 20 g
- Saturated Fat: 2.3 g
- Fiber: 5 g
- Sodium: 125 mg

Spinach-Cheddar Rice Cakes with Carrot Ribbons and Yogurt Mint Dip



Prep Time: 12 min
Cook Time: 30 min
Servings: 2

Savory golden rice cakes made with spinach and hard cheese, served with raw carrot ribbons and a creamy herb dip.

Ingredients:

For the rice cakes:

- 1 oz / 30 g dry white rice
- 1.1 oz / 30 g grated aged cheddar (lactose-free)
- 1.1 oz / 30 g fresh baby spinach (chopped)
- 1 egg

- 1 tsp / 5 ml olive oil (for frying)

For the side and dip:

- 2.1 oz / 60 g raw carrot (peeled into ribbons)
- 1.1 oz / 30 g lactose-free yogurt
- ½ tsp / 1 g chopped fresh mint
- ½ tsp / 1 g lemon juice

Instructions:

1. Rinse white rice and place it in a small pot with 2 oz (60 ml) of water. Cover and simmer on low for 12-15 minutes until the rice is tender and the water is absorbed. Let cool slightly.
2. In a bowl, combine the cooked rice with finely chopped fresh spinach, grated aged cheddar (lactose-free), and a beaten egg until well mixed. Shape the mixture into 4 small patties.
3. In a pan with heated olive oil, cook the patties for 3-4 minutes on each side, or until they are firm and golden brown.
4. For the dip, mix lactose-free yogurt with chopped fresh mint and lemon juice in a small bowl.
5. Serve two rice cakes per plate alongside fresh carrot ribbons and a spoonful of the mint yogurt dip.

Recommendations:

- Use hard lactose-free cheese only.
- Yogurt must be lactose-free and plain.
- Carrots provide fresh crunch and color.

Nutritional Info (per serving):

- Calories: 395
- Fat: 14 g
- Carbohydrates: 37 g
- Total Sugar: 3 g
- Protein: 20 g
- Saturated Fat: 3.7 g
- Fiber: 4.5 g
- Sodium: 135 mg

Steamed Trout with Lemon-Herb Drizzle and Fresh Cucumber

Ingredients:

For the trout:

- 5.3 oz / 150 g trout fillet (skinless)
- 1 tbsp / 15 ml fresh lemon juice
- ¼ tsp / 0.5 g ground black pepper
- Pinch of salt (optional)

For the lemon-herb drizzle and garnish:

- ½ tsp / 1 g fresh mint, finely chopped
- ½ tsp / 1 g fresh parsley, finely chopped
- 2.1 oz / 60 g cucumber, thinly sliced

Instructions:

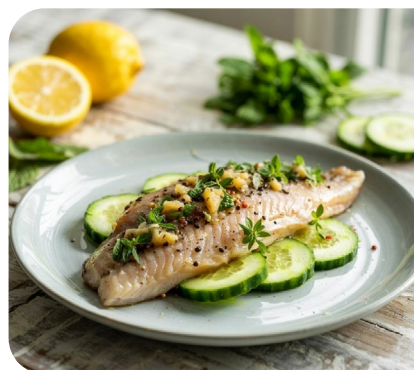
1. Marinate the trout fillets in lemon juice, salt, and black pepper for 5 minutes.
2. Prepare a steamer or set a heatproof plate in a pot with boiling water. Steam the trout fillets covered for 10-12 minutes until the fish is opaque and flakes easily with a fork.
3. While the trout steams, mix fresh mint and parsley with a teaspoon of lemon juice to make the herb drizzle.
4. Arrange the thin cucumber slices on serving plates.
5. Place the steamed trout on top of the cucumber slices and drizzle with the lemon-herb sauce.
6. Serve immediately, enjoying a fresh, light, and healthy meal without frying.

Recommendations:

- Steaming keeps the dish light and nutritious while preserving the trout's exquisite flavor and texture.
- Fresh herbs add brightness and complexity without adding fat or sodium.
- Crisp cucumber provides refreshing crunches and balances the richness of the fish.

Nutritional Info (per serving):

- Calories: 375
- Fat: 13 g
- Carbohydrates: 5 g
- Total Sugar: 2 g
- Protein: 23 g
- Saturated Fat: 2.9 g
- Fiber: 1.5 g
- Sodium: 110 mg



Prep Time: 10 min
Cook Time: 15 min
Servings: 2

Tender trout fillet gently steamed and served with a bright lemon and fresh herb drizzle, accompanied by crisp cucumber slices—light, flavorful, and Low FODMAP friendly.

Zucchini-Buckwheat Fritters with Steamed Green Beans and Lemon Yogurt

Ingredients:

For the fritters:

- 1.8 oz / 50 g grated zucchini (moisture squeezed)
- 1.4 oz / 40 g buckwheat flour
- 1 egg
- ½ tsp / 1 g chopped chives (green tops only)

- 1 tsp / 5 ml olive oil

For the side:

- 3.5 oz / 100 g green beans (trimmed)
- 1.1 oz / 30 g lactose-free yogurt
- ½ tsp / 2 ml lemon juice
- Pinch of black pepper

Instructions:

1. In a bowl, combine the grated zucchini (well squeezed to remove excess moisture), buckwheat flour, egg, and chopped chives. Mix thoroughly until a batter forms. Shape the mixture into 4 evenly sized fritters.
2. In a skillet, heat the olive oil over medium heat. Fry the fritters for 3-4 minutes on each side or until golden brown and fully set. Remove from the pan and keep warm.
3. Trimmed green beans should be crisp but still bright green after 5 to 6 minutes of steaming in a steamer basket over boiling water.
4. To prepare a light sauce, combine lactose-free yogurt, lemon juice, and a pinch of black pepper in a small bowl.
5. Serve two fritters per plate alongside steamed green beans, with a spoonful of the lemon yogurt sauce.

Recommendations:

- Zucchini must be grated fresh and squeezed well.
- Buckwheat flour can be made by grinding raw groats if needed.

Nutritional Info (per serving):

- Calories: 400
- Fat: 13.5 g
- Carbohydrates: 41 g
- Total Sugar: 3.4 g
- Protein: 19 g
- Fats Saturated: 3.2 g
- Fiber: 5 g
- Sodium: 145 mg



Prep Time: 12 min
Cook Time: 18 min
Servings: 2

Crispy fritters made from grated zucchini and earthy buckwheat, paired with crisp-tender beans and a light lemony yogurt.

Baked Salmon with Sautéed Zucchini and Buckwheat Pilaf



Prep Time: 15 min
Cook Time: 25 min
Servings: 2

A flavorful dish featuring tender baked salmon paired with lightly sautéed zucchini and a nutty buckwheat pilaf—perfect for a nourishing Low FODMAP lunch.

Ingredients:

For the zucchini:

- 3.5 oz / 100 g zucchini, sliced
- 1 tsp / 5 ml olive oil
- ½ tsp / 1 g fresh parsley, chopped

For the pilaf:

- 1.4 oz / 40 g buckwheat groats

- 1 cup / 240 ml water

For the salmon:

- 5.3 oz / 150 g salmon fillet
- 1 tsp / 5 ml olive oil
- ¼ tsp / 0.5 g dried dill
- ¼ tsp / 0.5 g ground black pepper

Instructions:

1. Preheat oven to 375°F (190°C). Place salmon on a baking tray, drizzle with olive oil, sprinkle dill and pepper. Bake for 18-20 minutes until cooked through and flaky.
2. While salmon is baked, rinse buckwheat groats. In a small pot, bring water to a boil, add buckwheat and a pinch of salt. Cover, lower the heat to low, and simmer for 15 minutes, or until the food is soft and the water has been absorbed. Use a fork to fluff.
3. In a skillet, heat the olive oil over medium heat.
4. Add zucchini slices and sauté for 5-7 minutes until tender but still slightly crisp. Stir in chopped parsley before removing from heat.
5. Serve baked salmon alongside sautéed zucchini and warm buckwheat pilaf.

Recommendations:

- This meal provides heart-healthy omega-3s from salmon with low-FODMAP fiber-rich sides.
- Buckwheat adds complex carbs and a nutty flavor, while fresh parsley enhances digestion.

Nutritional Info (per serving):

- Calories: 410
- Fat: 18 g
- Carbohydrates: 22 g
- Total Sugar: 4 g
- Protein: 38 g
- Saturated Fat: 3 g
- Fiber: 4 g
- Sodium: 75 mg

Turkey and Spinach Lettuce Wraps with Roasted Pumpkin



Prep Time: 15 min
Cook Time: 20 min
Servings: 2

Light and satisfying lettuce wraps filled with savory turkey and spinach, served with sweet roasted pumpkin cubes—a balanced Low FODMAP lunch option.

Ingredients:

For the turkey filling:

- 5.3 oz / 150 g ground turkey
- 2.5 oz / 70 g fresh baby spinach, chopped
- 1 tsp / 5 ml olive oil
- ½ tsp / 1 g dried oregano
- ¼ tsp / 0.5 g ground black pepper

For the lettuce wraps:

- 4 butter lettuce leaves

For the side:

- 3.5 oz / 100 g roasted pumpkin cubes
- 1 tsp / 5 ml olive oil
- Pinch of cinnamon (optional)

Instructions:

1. Preheat oven to 400°F (200°C). Toss pumpkin cubes with olive oil and cinnamon (if using). Roast until soft and caramelized, about 20 minutes.
2. In a skillet, heat the olive oil over medium heat. Add ground turkey, oregano, and black pepper. Cook, breaking meat apart, until browned and fully cooked for about 8 minutes.
3. Add chopped spinach to the skillet and cook for 2 more minutes until wilted. Remove from heat.
4. Spoon turkey-spinach mixture into butter lettuce leaves to form wraps. Serve with roasted pumpkin on the side.

Recommendations:

- These wraps offer lean protein with nutrient-packed greens, while roasted pumpkin adds gentle sweetness and fiber.
- Lettuce leaves keep the meal light and refreshing.

Nutritional Info (per serving):

- Calories: 360
- Fat: 12 g
- Carbohydrates: 15 g
- Total Sugar: 4 g
- Protein: 38 g
- Saturated Fat: 2 g
- Fiber: 5 g
- Sodium: 85 mg

Grilled Tofu with Sesame-Scented Rice and Steamed Green Beans

Ingredients:

For the tofu:

- 2.3 oz / 120 g firm tofu, sliced
- 1 tsp / 5 ml sesame oil
- ½ tsp / 1 g ground ginger

For the rice:

- 1 oz / 30 g dry white rice

- 1 tsp / 5 ml tamari (gluten-free soy sauce)

For the green beans:

- 3.5 oz / 100 g green beans, steamed
- 1 tsp / 5 ml olive oil
- Pinch of black pepper



Prep Time: 15 min
Cook Time: 30 min
Servings: 2

A plant-based Low FODMAP lunch featuring savory grilled tofu, fragrant sesame rice, and crisp steamed green beans for a balanced and tasty meal.

Instructions:

1. Rinse white rice and place it in a small pot with 4 oz (120 ml) of water. Cover and simmer on low for 12-15 minutes until the rice is tender and water is absorbed. Once cooked, stir in tamari and keep warm.
2. Preheat a grill pan over medium heat. Brush tofu slices with sesame oil and sprinkle with ground ginger. Grill for 4-5 minutes per side until golden and heated through.
3. Steam green beans until tender-crisp, about 5 minutes.
4. Season the green beans with black pepper and drizzle them with olive oil.
5. Plate grilled tofu with sesame rice and steamed green beans. Serve immediately.

Recommendations:

- A balanced vegetarian option rich in plant protein and fiber, with flavors enhanced by sesame and tamari while staying Low FODMAP.

Nutritional Info (per serving):

- Calories: 350
- Fat: 14 g
- Carbohydrates: 25 g
- Total Sugar: 3 g
- Protein: 22 g
- Saturated Fat: 2 g
- Fiber: 5 g
- Sodium: 90 mg

Steamed Cod with Lemon-Infused Polenta and Steamed Spinach

Ingredients:

For the polenta:

- 1.4 oz / 40 g dry polenta
- 1 cup / 240 ml water
- 1 tsp / 5 ml fresh lemon juice

For the cod:

- 5.3 oz / 150 g cod fillet

- ¼ tsp / 0.5 g dried basil
- ¼ tsp / 0.5 g ground black pepper
- Pinch of salt (optional)

For the spinach:

- 2.5 oz / 70 g fresh baby spinach
- Pinch of ground nutmeg (optional)

Instructions:

1. Season the cod fillets evenly with dried basil, black pepper, and salt if using. The fish should be opaque and flake readily with a fork after 8 to 10 minutes of steaming in a steamer basket over boiling water.
2. While the cod steams, bring water to a boil in a small saucepan. Reduce the heat to low, whisk in the polenta gradually, and simmer for 10 to 12 minutes, stirring often, until thick and creamy.
3. Stir in the lemon juice at the end and remove from heat.
4. Steam the baby spinach for 2-3 minutes until just wilted but still bright green. Alternatively, blanch in boiling water for 1 minute and drain well.
5. Serve the steamed cod alongside the lemon polenta and steamed spinach. Sprinkle a pinch of nutmeg over the spinach if desired to add warmth without FODMAP concerns.

Recommendations:

- Steaming cod preserves moisture and delicate texture while avoiding added fats.
- Lemon juice enhances polenta flavor naturally, without adding FODMAPs.
- Steamed spinach provides vitamins and fiber gently, with nutmeg for subtle aromatic warmth.

Nutritional Info (per serving):

- Calories: 370
- Fat: 4 g
- Carbohydrates: 28 g
- Total Sugar: 2 g
- Protein: 38 g
- Saturated Fat: 0.7 g
- Fiber: 5 g
- Sodium: 80 mg



Prep Time: 15 min
Cook Time: 25 min
Servings: 2

Tender cod fillet steamed to perfection, paired with creamy lemon-flavored polenta and gently steamed baby spinach—a light, nourishing, and fully Low FODMAP lunch.

Herbed Quinoa Bowl with Grilled Zucchini and Citrus-Marinated Chicken



Prep Time: 15 min
Cook Time: 15 min
Servings: 2

A nourishing, fiber-balanced lunch featuring zesty grilled chicken, herb-infused quinoa, and tender zucchini slices. All components are made from scratch and carefully portioned for digestive ease.

Ingredients:

For the main dish:

- 5.3 oz / 150 g skinless chicken breast (cut into strips)
- 1 tsp / 5 ml freshly squeezed lemon juice
- ½ tsp / 1 g chopped fresh parsley
- ½ tsp / 1 g chopped fresh chives (green tops only)
- ⅛ tsp / 0.25 g turmeric
- 1 tsp / 5 ml extra virgin olive oil (for grilling)

- ¼ tsp / 0.5 g ground ginger

For the quinoa and vegetables:

- 2.1 oz / 60 g dry white quinoa
- 4.2 oz / 120 ml water
- 1.8 oz / 50 g zucchini (thinly sliced lengthwise)
- 0.5 oz / 15 g baby spinach leaves
- 1 tsp / 1 g chopped fresh basil
- ½ tsp / 2 ml extra virgin olive oil (for sautéing)

Instructions:

1. In a bowl, mix chicken strips with lemon juice, parsley, chives, turmeric, and ginger. Let marinate at room temperature while other ingredients are prepped.
2. Rinse quinoa under running water. Put the quinoa and water in a small pot, bring to a boil, lower the heat, cover, and simmer for 12 minutes, or until the quinoa is fluffy.
3. Remove from heat, fluff with a fork, and stir in basil.
4. While quinoa cooks, brush zucchini slices with a bit of olive oil. Heat a grill pan over medium-high and grill zucchini 2-3 minutes per side until soft and char-marked. Set aside.
5. Add 1 tsp olive oil to the same pan. Grill chicken strips for 2-3 minutes per side until golden and fully cooked. In the final minute, add spinach to the pan and sauté gently until it wilted.
6. The quinoa should be served in two bowls. Top with grilled zucchini, sautéed spinach, and warm chicken strips. Spoon any pan juices over the top before serving.

Recommendations:

- All components are cooked from raw ingredients. This meal balances protein, fiber, and complex carbohydrates using strictly low FODMAP-friendly produce and grains.
- Quinoa may be swapped with rice or polenta if needed. Chicken can be replaced with turkey breast strips using the same weight and method.

Nutritional Info (per serving):

- Calories: 395
- Fat: 13 g
- Carbohydrates: 37 g
- Total Sugar: 2.5 g
- Protein: 21 g
- Saturated Fat: 2.2 g
- Fiber: 4.8 g
- Sodium: 145 mg

Seared Salmon with Quinoa and Steamed Vegetables



Prep Time: 12 min
Cook Time: 15 green min
Servings: 2

A balanced Low FODMAP dish featuring flaky seared salmon, nutty quinoa, and gently steamed vegetables—light, digestible.

Ingredients:

For the salmon:

- 4.2 oz / 120 g salmon fillet (skinless)
- ¼ tsp / 0.5 g ground black pepper
- ½ tsp / 2.5 ml olive oil

For the quinoa:

- 1.8 oz / 50 g dry white quinoa

For the vegetables:

- 2.8 oz / 80 g green beans (trimmed)
- 2.5 oz / 70 g zucchini (sliced)
- ½ tsp / 2.5 ml olive oil
- ½ tsp / 2 ml lemon juice
- 1 pinch ground turmeric (optional)

Instructions:

1. Rinse the quinoa thoroughly. Place it in a saucepan with twice the volume of water. Bring to a boil, cover, and simmer for 12-15 minutes until water is absorbed. Set aside.

- Heat ½ tsp olive oil in a non-stick skillet over medium heat. Season salmon with black pepper and sear for 3-4 minutes per side until golden and cooked through.
- Steam the green beans and zucchini for 4-6 minutes until tender. Toss gently with ½ tsp olive oil, lemon juice, and a pinch of turmeric if using.
- Serve the quinoa on plates with steamed vegetables. Place salmon on top and spoon any pan juices over. Serve immediately.

Recommendations:

- Choose fresh or properly thawed salmon fillet, preferably wild-caught, for the best flavor and nutrient density. If using frozen fish, thaw it slowly in the fridge overnight to maintain texture.
- Before cooking, give the quinoa a good rinse to get rid of saponins, which can make it bitter and upset your stomach.
- Steam vegetables lightly to preserve their natural color and nutrients. To keep it slightly crunchy and avoid becoming mushy, don't overcook.

Nutritional Info (per serving):

- Calories: 398
- Protein: 20 g
- Fat: 12.5 g
- Saturated Fat: 2.2 g
- Carbohydrates: 40 g
- Fiber: 5 g
- Total Sugar: 2 g
- Sodium: 145 mg

Tempeh-Vegetable Stir-Fry with Brown Rice and Pineapple Salsa

Ingredients:

For stir-fry:

- 3.5 oz / 100 g plain firm tempeh (cubed)
- 2.1 oz / 60 g zucchini (sliced)
- 1.4 oz / 40 g red bell pepper (thin strips)
- 1 tsp / 5 ml sesame oil (or olive oil)

- ¼ tsp / 0.5 g ground ginger
- ¼ tsp / 0.5 g turmeric

For rice and salsa:

- 2.1 oz / 60 g dry brown rice
- 1.4 oz / 40 g pineapple (diced)
- 1 tsp / 2 g chopped fresh parsley
- 1 tsp / 5 ml lemon juice



Instructions:

- Rinse the dry brown rice thoroughly under cold water. In a small pot, combine the rice with 2.5 times its volume in water. After bringing it to a boil, lower the heat to a simmer, cover, and cook for 20 to 25 minutes, or until the rice is soft and the water has been absorbed. Take off the heat and leave it covered.
- While the rice cooks, heat the sesame or olive oil in a large skillet or wok over medium heat. Add the cubed tempeh and cook for 5-6 minutes, turning occasionally, until the pieces are golden brown on all sides.
- Add the sliced zucchini, red bell pepper strips, ground ginger, and turmeric to the pan with tempeh. Stir-fry the mixture for another 5 minutes, stirring frequently, until the vegetables are just tender but still crisp.
- In a small bowl, combine the diced pineapple, chopped fresh parsley, and lemon juice to prepare the salsa.
- To serve, divide the cooked brown rice between plates, top with the tempeh and vegetable stir-fry, and spoon the pineapple salsa over each portion. Serve immediately.

Prep Time: 12 min
Cook Time: 20 min
Servings: 2

A light but satisfying plant-based lunch with stir-fried tempeh and pineapple's sweet balance.

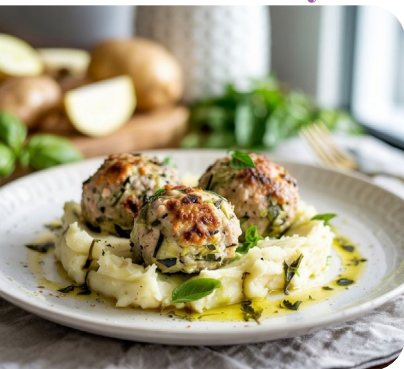
Recommendations:

- Use firm plain tempeh only, not marinated versions.
- Small pineapple portions (under 45 g) are Low FODMAP-safe.

Nutritional Info (per serving):

- Calories: 450
- Protein: 20 g
- Fat: 14 g
- Fats Saturated: 2.8 g
- Carbohydrates: 48 g
- Fiber: 5.5 g
- Total Sugar: 6 g
- Sodium: 135 mg

Turkey and Zucchini Meatballs with Mashed Potatoes and Basil Oil



Prep Time: 15 min

Cook Time: 20 min

Servings: 2

Oven-baked meatballs paired with soft potato mash and a fragrant basil oil drizzle.

Ingredients:

For the meatballs:

- 5.3 oz / 150 g lean ground turkey
- 1.4 oz / 40 g grated zucchini (moisture squeezed out)
- 1 egg white
- 1 tsp / 2 g chopped fresh parsley
- ¼ tsp / 0.5 g ground cumin (optional)

For the mash and topping:

- 5.3 oz / 150 g white potatoes (peeled, cubed)
- 1.7 oz / 50 ml lactose-free milk
- 1 tsp / 5 ml olive oil
- 1 tsp / 2 g finely chopped fresh basil

Instructions:

1. Preheat your oven to 375°F (190°C). In a mixing bowl, combine the lean ground turkey, grated zucchini (well squeezed to remove excess moisture), egg white, chopped fresh parsley, and optional ground cumin. Mix well until all the ingredients are mixed.
2. Form the mixture into six evenly sized meatballs. Place them on a baking sheet lined with parchment paper. The meatballs should be cooked through and brown after about 20 minutes of baking in a preheated oven, with one turn made halfway through.
3. While the meatballs are baked, bring a pot of water to boil. Add peeled and cubed white potatoes and cook for 10-12 minutes or until tender when pierced with a fork. After draining, mash the potatoes until they are smooth and creamy, adding warm lactose-free milk and olive oil.
4. To make a fragrant basil oil drizzle, blend warm olive oil and finely chopped fresh basil in a small bowl.
5. Serve three meatballs per person over a bed of mashed potatoes, drizzling the basil oil over the top just before serving.

Recommendations:

- Zucchini adds moisture without FODMAP risk.
- All components are made from fresh—no pre-cooked mash or stored meatballs.

Nutritional Info (per serving):

- Calories: 430
- Fat: 14 g
- Carbohydrates: 43 g
- Total Sugar: 2.2 g
- Protein: 23 g
- Saturated Fat: 3.3 g
- Fiber: 5.1 g
- Sodium: 150 mg

Polenta Squares with Sautéed Bell Peppers and Poached Egg



Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Creamy polenta chilled, sliced, and crisped in a pan, served with vibrant peppers and a runny poached egg.

Ingredients:

For the polenta base:

- 1.4 oz / 40 g dry polenta
- 1 cup / 240 ml water
- ¼ tsp / 0.5 g dried basil
- ¼ tsp / 1 g olive oil (for frying)

For the topping:

- 2.1 oz / 60 g bell pepper (mixed colors, sliced)
- 2 eggs
- ½ tsp / 2 ml white vinegar (for poaching)
- 1 tsp / 2 ml olive oil

Instructions:

1. Heat water in a medium pot until it boils. Stir continuously to prevent lumps as you add the dried polenta and dried basil. Lower the heat to low and simmer for 8 to 10 minutes, stirring often, until the polenta thickens and gets creamy.
2. Pour the cooked polenta into a shallow flat dish and spread evenly. Allow it to cool and set for about 10 minutes until firm.
3. Once set, cut the polenta into squares. In a nonstick skillet, heat the olive oil over medium heat.
4. Fry the polenta squares for 3-4 minutes on each side until golden and crisp.

- In a separate saucepan, bring water to a gentle simmer and add the white vinegar. One by one, crack the eggs into a small bowl, then carefully slip each into the water that is simmering.
- Poach the eggs for 3-4 minutes until the whites are set but yolks remain runny. Remove eggs with a slotted spoon.
- To serve, plate two polenta squares per person topped with sautéed bell peppers and a freshly poached egg. Serve immediately.

Recommendations:

- Keep polenta slices thin for the best texture. Eggs should be freshly poached, not hard-boiled.

Nutritional Info (per serving):

- Calories: 390
- Protein: 20 g
- Fat: 13.5 g
- Saturated Fat: 3.6 g
- Carbohydrates: 40 g
- Fiber: 4.8 g
- Total Sugar: 3 g
- Sodium: 120 mg

Lemon-Herb Grilled Chicken with Roasted Carrots and Quinoa

Ingredients:

For the chicken:

- 5.3 oz / 150 g skinless chicken breast
- 1 tbsp / 15 ml lemon juice
- 1 tsp / 2 g fresh thyme, chopped
- 1 tsp / 5 ml olive oil
- ¼ tsp / 0.5 g ground black pepper

For the roasted carrots:

- 3.5 oz / 100 g carrots, peeled and sliced

- 1 tsp / 5 ml olive oil
- Pinch of salt (optional, Low FODMAP-friendly)

For the quinoa:

- 1.1 oz / 30 g dry white quinoa
- 2/3 cup / 160 ml filtered water
- 1.7 oz / 50 g baby spinach
- 1 tsp / 5 ml lemon juice
- ½ tsp / 2 ml olive oil



Instructions:

- Preheat the oven to 400°F (200°C). Toss sliced carrots with 1 tsp olive oil and a pinch of salt (optional). Spread on a baking sheet and roast for 20 minutes until tender and slightly caramelized.
- While the carrots roast, rinse the dry quinoa thoroughly under cold running water. Place it in a saucepan with 2/3 cup (160 ml) water. After bringing to a boil, lower the heat, cover, and simmer for fifteen minutes. Take off the heat and leave it covered for five minutes. Use a fork to fluff.
- While the quinoa simmers, marinate the chicken breast in lemon juice, chopped thyme, olive oil, and black pepper for at least 10 minutes at room temperature.
- A non-stick skillet or grill pan should be heated to medium-high heat. After taking the chicken out of the marinade, grill it for 6 to 7 minutes on each side, or until it is cooked through and attractively browned.
- Let the chicken rest for 5 minutes before slicing thinly.
- In a bowl, gently combine the warm quinoa with baby spinach and stir until the spinach begins to wilt. Add the roasted carrots, drizzle with ½ tsp olive oil and 1 tsp lemon juice, and toss gently to mix.
- To serve, divide the quinoa and vegetable mixture between two plates and top with the sliced grilled chicken. Spoon any remaining pan juices over the chicken.

Recommendations:

- Use freshly squeezed lemon juice for the marinade to enhance flavor without adding FODMAPs.
- For an earthier variation, try replacing thyme with rosemary.
- The quinoa-spinach base is gentle on digestion and adds fiber without heaviness.

Nutritional Info (per serving):

- Calories: 385
- Protein: 35 g
- Fat: 12 g
- Saturated Fat: 2 g
- Carbohydrates: 28 g
- Fiber: 5 g
- Total Sugar: 6 g
- Sodium: 90 mg

Prep Time: 15 min
Cook Time: 25 min
Servings: 2

A bright, protein-rich meal featuring grilled lemon-thyme chicken paired with warm quinoa and oven-roasted carrots—a light.

Grilled Chicken with Warm Pumpkin-Lettuce Salad and Citrus Vinaigrette



Ingredients:

For the chicken and salad:

- 5.3 oz / 150 g chicken breast (sliced into strips)
- 4.2 oz / 120 g fresh pumpkin (cubed)
- 1.4 oz / 40 g romaine or green lettuce (torn)
- 1 tsp / 2 g chopped fresh parsley
- 1 tsp / 5 ml olive oil (for grilling)

For the vinaigrette:

- 1.5 tsp / 7 ml orange juice (freshly squeezed)
- 1 tsp / 5 ml lemon juice
- ½ tsp / 2 ml maple syrup
- ½ tsp / 2 ml extra virgin olive oil
- Pinch of black pepper

Prep Time: 12 min

Cook Time: 18 min

Servings: 2

Tender grilled chicken served atop a warm roasted pumpkin salad with crisp lettuce and a light citrus vinaigrette.

Instructions:

1. Preheat the oven to 375°F (190°C). Place the pumpkin cubes on a parchment-lined baking tray and drizzle with ½ teaspoon of olive oil. Roast for 15-18 minutes until soft and golden.
2. Meanwhile, heat a grill pan. Cook the chicken strips in the remaining olive oil for 3-4 minutes per side until fully cooked through.
3. Combine the orange juice, lemon juice, olive oil, maple syrup, and a pinch of black pepper in a small bowl and whisk until thoroughly blended.
4. In a large salad bowl, toss the torn lettuce, warm roasted pumpkin, grilled chicken, and citrus vinaigrette. Sprinkle with chopped fresh parsley before serving.

Recommendations:

- All dressing ingredients should be freshly squeezed or measured. Avoid pre-packaged salad greens with dressing or additives.

Nutritional Info (per serving):

- | | | | |
|-----------------|------------------------|-----------------------|----------------------|
| • Calories: 430 | • Fat: 14 g | • Carbohydrates: 43 g | • Total Sugar: 5.2 g |
| • Protein: 24 g | • Saturated Fat: 2.5 g | • Fiber: 5.3 g | • Sodium: 140 mg |

AFTERNOON SNACKS



Yogurt-Mint Dip with Parsnip Sticks

Ingredients:

- 3.5 oz / 100 g parsnip, peeled and chopped
- 1 egg
- 1.4 oz / 40 g gluten-free oat flour
- ½ tsp / 1 g ground turmeric
- ¼ tsp / 0.5 g ground black pepper
- 1 tsp / 5 ml avocado oil (for greasing)
- 2.1 oz / 60 g lactose-free yogurt
- 1 tbsp / 5 g fresh mint, finely chopped
- 1 tsp / 5 ml freshly squeezed lemon juice

Instructions:

1. Preheat oven to 375°F (190°C) and grease a baking tray with avocado oil.
2. Boil or steam chopped parsnip for 5-6 minutes until slightly tender. Let cool.
3. In a bowl, mash lightly and mix with egg, oat flour, turmeric, and pepper. Shape into sticks or nuggets.
4. Place on the tray and bake for 15-20 minutes until golden, flipping halfway.
5. Meanwhile, mix yogurt with mint and lemon juice. Chill until serving.
6. Serve parsnip bites warm with mint dip.

Recommendations:

- You can prepare the dip up to a day in advance.
- For a firmer texture, chill mixture before baking.

Nutritional Info (per serving):

- Calories: 160
- Fat: 7 g
- Carbs: 16 g
- Total Sugar: 0 g
- Protein: 6 g
- Saturated Fat: 2 g
- Fiber: 3 g
- Sodium: 65 mg



Prep Time: 10 min
Cook Time: 20 min
Servings: 2

Tender baked parsnip sticks served with a creamy, refreshing mint yogurt dip.

Hard-Boiled Eggs with Carrot & Cucumber Sticks

Ingredients:

- 4 eggs
- 3.5 oz / 100 g carrot sticks
- 3.5 oz / 100 g cucumber sticks
- 1 tsp / 5 ml extra virgin olive oil
- Freshly ground black pepper (to taste)

Instructions:

1. Over medium-high heat, put the eggs in a saucepan, cover with water, and bring to a boil.
2. Once boiling, reduce to a gentle simmer and cook for 10 minutes. Then, transfer eggs to cold water to stop cooking.
3. While eggs cool, rinse and cut the carrot and cucumber into sticks.
4. Peel the eggs and slice them in halves or quarters. Drizzle the vegetables with olive oil and a sprinkle of pepper.
5. Serve the eggs alongside the vegetable sticks for a refreshing and balanced snack.

Recommendations:

- Use soft-boiled eggs for a creamier texture if preferred.
- You can also prepare the vegetables in advance and keep them chilled for quick use.

Nutritional Info (per serving):

- Calories: 190
- Fat: 11 g
- Carbs: 8 g
- Total Sugar: 0 g
- Protein: 12 g
- Saturated Fat: 3 g
- Fiber: 3 g
- Sodium: 95 mg



Prep Time: 8 min
Cook Time: 10 min
Servings: 2

A classic savory snack rich in protein and fiber, served with fresh, crunchy vegetables and a touch of olive oil.

Roasted Eggplant & Bell Pepper Bites with Lemon-Chive Drizzle



Prep Time: 10 min
Cook Time: 20 min
Servings: 2

A warm, savory vegetable snack with subtle sweetness and a bright herbal drizzle.

Ingredients:

- 2.5 oz / 70 g red and yellow bell peppers, thinly sliced
- 3.5 oz / 100 g eggplant, cut into small cubes
- 1 tsp / 5 ml avocado oil
- ¼ tsp / 0.5 g ground turmeric
- ¼ tsp / 0.5 g ground black pepper
- 1 tbsp / 15 ml freshly squeezed lemon juice
- 1 tbsp / 5 g chopped chives (green tops only)

Instructions:

1. Preheat oven to 400°F (200°C).
2. In a bowl, toss eggplant and bell pepper with avocado oil, turmeric, and black pepper.
3. Spread on a baking tray lined with parchment paper. Roast for 20 minutes, stirring once halfway through.
4. Mix lemon juice and chopped chives in a small bowl for drizzle.
5. Serve the roasted vegetables warm, topped with lemon-chive drizzle.

Recommendations:

- Let roasted vegetables cool slightly before adding drizzle for best flavor.
- Chives can be replaced with parsley or dill if preferred.

Nutritional Info (per serving):

- Calories: 120
- Fat: 6 g
- Carbs: 14 g
- Total Sugar: 0 g
- Protein: 2 g
- Saturated Fat: 1 g
- Fiber: 4 g
- Sodium: 40 mg

Carrot Bites with Turmeric Yogurt Dip



Prep Time: 10 min
Cook Time: 20 min
Servings: 2

Soft and flavorful vegetable bites served with a spiced yogurt dip.

Ingredients:

- 2.5 oz / 70 g grated carrot
- 1 egg
- 1.4 oz / 40 g gluten-free oat flour
- ¼ tsp / 0.5 g ground turmeric
- ¼ tsp / 0.5 g ground black pepper
- 2.1 oz / 60 g lactose-free yogurt
- ¼ tsp / 0.5 g ground turmeric
- 1 tsp / 5 ml lemon juice

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a bowl, combine mashed, grated carrot, egg, oat flour, turmeric, and pepper.
3. Form into small bite-sized rounds and place on a lined baking tray.
4. Bake for 15-20 minutes until set and golden, flipping once.
5. Meanwhile, mix yogurt, turmeric, and lemon juice in a small bowl for the dip.
6. Serve the warm bites with turmeric yogurt dip.

Recommendations:

- Let bites cool slightly before serving.
- Add more turmeric to the dip if you prefer a stronger flavor.
- You can also pan-fry the bites, if desired, using minimal oil.

Nutritional Info (per serving):

- Calories: 195
- Fat: 7 g
- Carbs: 22 g
- Total Sugar: 0 g
- Protein: 6 g
- Saturated Fat: 2 g
- Fiber: 4 g
- Sodium: 80 mg

Roasted Pumpkin & Tempeh Skewers with Balsamic Glaze

Ingredients:

- 3.5 oz / 100 g firm tempeh, cubed
- 3.5 oz / 100 g peeled pumpkin, cubed
- 1 tsp / 5 ml extra virgin olive oil
- ¼ tsp / 0.5 g smoked paprika
- ¼ tsp / 0.5 g black pepper
- 1 tbsp / 15 ml balsamic vinegar
- 1 tsp / 5 ml maple syrup

Instructions:

1. Preheat oven to 400°F (200°C). If using wooden skewers, soak them in water for 10 minutes.
2. In a bowl, toss pumpkin and tempeh with olive oil, smoked paprika, and pepper.
3. Thread onto skewers and place on a lined baking sheet.
4. Roast for 18-20 minutes, flipping once halfway through.
5. Whisk balsamic vinegar and maple syrup in a small bowl. Drizzle over the skewers before serving.

Recommendations:

- Tempeh can be steamed before roasting for a softer texture.
- To intensify flavor, marinate in balsamic glaze for 10 minutes before roasting.

Nutritional Info (per serving):

- Calories: 190
- Fat: 8 g
- Carbs: 18 g
- Total Sugar: 0 g
- Protein: 9 g
- Saturated Fat: 2 g
- Fiber: 4 g
- Sodium: 75 mg



Prep Time: 10 min
Cook Time: 20 min
Servings: 2

Protein-rich tempeh paired with sweet roasted pumpkin and a tangy glaze.

Warm Strawberry-Carrot Medley with Balsamic Mint Yogurt

Ingredients:

For the medley:

- 2.1 oz / 60 g fresh strawberries, halved
- 2.5 oz / 70 g raw carrot, peeled and julienned
- 1 tsp / 5 ml extra virgin olive oil
- ½ tsp / 2 ml balsamic vinegar (FODMAP-safe)

- ¼ tsp / 0.5 g ground cinnamon (optional)

For the drizzle:

- 2.1 oz / 60 g lactose-free plain yogurt
- 1 tsp / 5 ml freshly squeezed lemon juice
- 1 tbsp / 5 g fresh mint, finely chopped

Instructions:

1. In a non-stick skillet, heat the olive oil over medium heat.
2. Add julienned carrot and sauté for 3-4 minutes until it softens slightly.
3. Add halved strawberries and balsamic vinegar. Continue cooking for 2-3 minutes until the strawberries are warm and start to soften slightly without breaking apart. Optionally sprinkle cinnamon and remove from heat.
4. In a small bowl, mix yogurt, lemon juice, and finely chopped mint.
5. Serve the warm strawberry-carrot medley in shallow bowls, topped with a spoonful of the yogurt-mint drizzle.

Recommendations:

- You may substitute strawberries with orange segments or firm kiwi for variation.
- If tolerated, a pinch of grated ginger can be added while cooking for extra warmth.

Nutritional Info (per serving):

- Calories: 170
- Fat: 8 g
- Carbs: 19 g
- Total Sugar: 0 g
- Protein: 4 g
- Saturated Fat: 2 g
- Fiber: 4 g
- Sodium: 45 mg



Prep Time: 10 min
Cook Time: 10 min
Servings: 2

A lightly sautéed combination of sweet strawberries and tender carrot ribbons, topped with a bright and cooling yogurt-mint drizzle.

Quinoa & Spinach Patties with Parsley-Lemon Dressing



Prep Time: 10 min
Cook Time: 15 min
Servings: 2

Hearty, rich protein patties served with a zesty herb dressing.

Ingredients:

For patties:

- 2.1 oz / 60 g dry white quinoa
- 2.5 oz / 70 g fresh baby spinach, finely chopped
- 1 egg
- 1.4 oz / 40 g gluten-free oat flour
- ½ tsp / 1 g ground cumin
- ¼ tsp / 0.5 g ground black pepper
- 1 tsp / 5 ml extra virgin olive oil (for frying)

For dressing:

- 1 tbsp / 15 ml freshly squeezed lemon juice
- 1 tbsp / 5 g fresh parsley, finely chopped
- 1 tsp / 5 ml extra virgin olive oil

Instructions:

1. Rinse the quinoa thoroughly under cold water. In a small saucepan, bring ½ cup (120 ml) of water to a boil. Add the quinoa, lower the heat to low, cover, and simmer for 12 to 14 minutes, or until it is frothy. Allow to cool a little.
2. While quinoa cooks, rinse and finely chop the baby spinach. In a large bowl, combine cooked quinoa, spinach, egg, oat flour, cumin, and black pepper. Mix well until the mixture holds together.
3. Form into small patties and let rest for 5 minutes.
4. In a skillet, heat the olive oil. Cook the patties for 3-4 minutes on each side, or until they are firm and brown.
5. In a small bowl, whisk lemon juice, chopped parsley, and olive oil for the dressing.
6. Serve patties warm with a spoonful of parsley-lemon dressing.

Recommendations:

- You can use leftover cooked quinoa. Allow the patties to cool slightly before serving.
- For extra crispness, finish patties in the oven for 5 minutes.

Nutritional Info (per serving):

- | | | | |
|-----------------|----------------------|---------------|--------------------|
| • Calories: 180 | • Fat: 8 g | • Carbs: 18 g | • Total Sugar: 0 g |
| • Protein: 7 g | • Saturated Fat: 2 g | • Fiber: 3 g | • Sodium: 70 mg |

Cucumber & Avocado Rice Paper Rolls with Sesame Dipping Sauce



Prep Time: 12 min
Cook Time: 5 min
Servings: 2

Cool and hydrating rolls filled with crisp vegetables and served with a nutty sesame-soy dip.

Ingredients:

- 4 rice paper sheets (approx. 22 cm diameter)
- 3.5 oz / 100 g cucumber, julienned
- 2.5 oz / 70 g ripe avocado, sliced
- 0.7 oz / 20 g dry rice noodles
- 1 tbsp / 5 g fresh mint leaves
- 1 tbsp / 5 g fresh basil leaves

For the dipping sauce:

- 1 tbsp / 15 ml tamari (gluten-free soy sauce)
- 1 tsp / 5 ml toasted sesame oil
- 1 tsp / 5 ml rice vinegar
- ¼ tsp / 0.5 g grated fresh ginger

Instructions:

1. Heat some water in a small pot until it boils. Add the dry rice noodles and cook according to package instructions (typically 3-4 minutes). Drain, rinse under cold water, and set aside.

2. Add warm water to a shallow pan or basin. To make one rice paper sheet soft but not sticky, dip it into the water for 10 to 15 seconds. Place it flat on a sanitized plate or chopping board.
3. Arrange a few strips of cucumber, avocado slices, a small number of cooked noodles, and a few leaves of mint and basil in the center of the softened sheet. To enclose, fold in the sides, fold the bottom edge over the contents, and roll up securely.
4. Repeat with remaining sheets and filling ingredients.
5. Combine the tamari, rice vinegar, sesame oil, and freshly grated ginger in a small bowl and whisk until thoroughly blended.
6. Arrange the rice paper rolls on a damp plate or lettuce leaves to prevent sticking. Serve right away, accompanied with the dipping sauce.

Recommendations:

- Replace noodles with shredded lettuce to lower carbs.
- To prevent sticking, serve rolls on a lettuce leaf or damp plate.

Nutritional Info (per serving):

- Calories: 185
- Protein: 4 g
- Fat: 7 g
- Saturated Fat: 1 g
- Carbs: 23 g
- Fiber: 5 g
- Total Sugar: 0 g
- Sodium: 95 mg

Buckwheat & Carrot Muffins with Lemon Chia Drizzle

Ingredients:

For muffins:

- 1.2 oz / 35 g raw buckwheat groats
- 3.5 oz / 100 g grated carrot
- 1 egg
- 2.1 oz / 60 g gluten-free oat flour
- ¼ tsp / 0.5 g baking powder (low FODMAP)

- ⅛ tsp / 0.25 g ground cinnamon

For drizzle:

- 1 tbsp / 15 ml freshly squeezed lemon juice
- 1 tbsp / 15 ml water
- 1 tsp / 5 g chia seeds



Prep Time: 10 min
Cook Time: 20 min
Servings: 2

Hearty muffins made with carrot and buckwheat, finished with a bright lemon-chia topping.

Instructions:

1. Rinse raw buckwheat groats under cold running water. Combine 3 oz / 90 ml water in a small saucepan. Bring to a boil, then reduce heat, cover, and simmer for 10-12 minutes until the water is absorbed. Let sit covered for 2 minutes, then fluff and cool slightly.
2. Preheat oven to 375°F (190°C). Lightly grease or line 4 muffin cups.
3. Put the cooked buckwheat, egg, oat flour, baking powder, cinnamon, and chopped carrot in a mixing bowl.
4. Stir until the mixture is evenly incorporated and slightly thickened.
5. Spoon the batter evenly into 4 prepared muffin cups. Bake for 18-20 minutes or until golden brown and firm to the touch. Combine the water, chia seeds, and fresh lemon juice in a small bowl. The liquid should thicken into a spoonable gel after 10 minutes of sitting, with occasional stirring.
6. Once the muffins are slightly cooled, spoon the lemon chia drizzle over each. Serve warm or at room temperature.

Recommendations:

- Store muffins in the fridge for up to 3 days. Reheat gently before serving.
- Adjust sweetness by adding a few drops of maple syrup to the drizzle if desired.

Nutritional Info (per serving):

- Calories: 190
- Protein: 6 g
- Fat: 6 g
- Saturated Fat: 1 g
- Carbs: 24 g
- Fiber: 4 g
- Total Sugar: 0 g
- Sodium: 70 mg

Baked Salmon & Spinach Bites with Lemon-Dill Yogurt Drizzle



Ingredients:

For bites:

- 5.3 oz / 150 g fresh salmon fillet, finely chopped
- 2.5 oz / 70 g fresh baby spinach, finely chopped
- 1 egg
- 2 tbsp / 15 g gluten-free oat flour
- ¼tsp / 0.5 g freshly ground black pepper

- ¼ tsp / 0.5 g ground turmeric
- 1 tsp / 5 ml extra virgin olive oil (for greasing)

For drizzle:

- 2.1 oz / 60 g lactose-free plain yogurt
- 1 tsp / 5 ml freshly squeezed lemon juice
- 1 tbsp / 5 g fresh dill, finely chopped

Prep Time: 12 min

Cook Time: 15 min

Servings: 2

Savory, protein-packed bites baked to perfection and topped with a cool dill yogurt sauce.

Instructions:

1. Preheat oven to 375°F (190°C) and grease a baking tray with olive oil.
2. In a bowl, mix salmon, spinach, egg, oat flour, turmeric, and black pepper until evenly combined.
3. Shape into small patties or nuggets and place on the tray.
4. Bake for 12-15 minutes until firm and cooked through.
5. Mix yogurt, lemon juice, and dill for the drizzle. Serve warm bites with sauce.

Recommendations:

- For a crispier texture, finish under the broiler for 2 minutes.
- You can replace dill with parsley if preferred.

Nutritional Info (per serving):

- | | | | |
|-----------------|----------------------|--------------|--------------------|
| • Calories: 200 | • Fat: 10 g | • Carbs: 9 g | • Total Sugar: 0 g |
| • Protein: 14 g | • Saturated Fat: 2 g | • Fiber: 2 g | • Sodium: 95 mg |

DINNERS



Poached Chicken Breast with Warm Blueberry-Celery Salsa

Ingredients:

For the salsa:

- 1.4 oz / 40 g fresh blueberries
- 1.1 oz / 30 g celery (thinly sliced)
- ½ tsp / 2.5 ml pure maple syrup (optional)

- 1 tsp / 5 ml lemon juice

For the chicken:

- 5.3 oz / 150 g skinless chicken breast
- 1 cup / 240 ml water (for poaching)

Instructions:

1. Place the chicken breast in a small saucepan and cover with cold water. Bring just to a slow simmer over medium heat. The chicken should be cooked through and have an internal temperature of 165°F (74°C) after 12 to 15 minutes of poaching uncovered over low heat. Remove from the water and allow to rest for 5 minutes before slicing.
2. In a separate small skillet, combine the blueberries, celery, lemon juice, and maple syrup. The celery should get slightly tender, and the blueberries should soften and release their juice after 4 to 5 minutes of gentle heating over low heat, stirring regularly.
3. Place the chicken breast on serving dishes after slicing it into thin strips.
4. Spoon the warm blueberry-celery salsa over the chicken and serve immediately.

Recommendations:

- Use fresh, firm celery and ripe blueberries only.
- This dish pairs well with a side of steamed leafy greens or quinoa if extra bulk is needed.

Nutritional Info (per serving):

- Calories: 390
- Fat: 9 g
- Carbohydrates: 37 g
- Total Sugar: 4.5 g
- Protein: 20 g
- Saturated Fat: 1.7 g
- Fiber: 5 g
- Sodium: 120 mg



Prep Time: 10 min

Cook Time: 15 min

Servings: 2

A lean, protein-rich dinner of poached chicken breast served with a lightly sweet and tangy warm salsa of blueberries and celery.

Tofu-Cabbage Rolls with Rice and Chive Drizzle

Ingredients:

For the rolls:

- 4.2 oz / 120 g firm tofu (pressed, crumbled)
- 1.4 oz / 40 g drywhite rice
- 1.4 oz / 40 g grated carrot
- 1.1 oz / 30 g finely chopped zucchini
- 4 green cabbage leaves

- ¼ tsp / 0.5 g turmeric
- ½ tsp / 2 ml olive oil

For the drizzle:

- 1 tsp / 2 g chopped chives (green tops only)
- ½ tsp / 2 ml lemon juice
- ½ tsp / 2 ml olive oil

Instructions:

1. Bring a small pot of water to a boil, rinse rice, add it with 2.8 oz (80 ml) water, then cover and simmer on low for 12-15 minutes until tender and water is absorbed; meanwhile, in another pot, blanch cabbage leaves for 1-2 minutes until soft, drain, and set aside.
2. In a nonstick pan, heat olive oil. Sauté crumbled tofu for 4-5 minutes until lightly browned. Add grated carrot, chopped zucchini, turmeric, and cooked rice; stir well and heat through.
3. Lay a cabbage leaf flat, place a few spoonfuls of the warm filling in the center, fold in the sides, and roll tightly. Repeat with the remaining leaves.
4. Combine the olive oil, lemon juice, and chopped chives in a small bowl and drizzle lightly. Serve the rolls warm with chive drizzle spooned over just before serving.

Recommendations:

- Make sure tofu is plain and firm, not silken or marinated.
- Chive drizzle adds aroma without salt—ideal for low-sodium needs.

Nutritional Info (per serving):

- Calories: 400
- Fat: 9.5 g
- Carbohydrates: 39 g
- Total Sugar: 3.1 g
- Protein: 20 g
- Saturated Fat: 2.2 g
- Fiber: 5 g
- Sodium: 140 mg



Prep Time: 15 min

Cook Time: 30 min

Servings: 2

Soft steamed cabbage leaves rolled around a warm tofu and rice filling, served with a fresh chive-infused oil drizzle.

Lemon-Herb Chicken Skewers with Steamed Zucchini Ribbons



Prep Time: 12 min

Cook Time: 15 min

Servings: 2

Juicy marinated chicken pieces grilled on skewers and served with delicate zucchini ribbons and a splash of lemon.

Ingredients:

For the skewers:

- 5.3 oz / 150 g skinless chicken breast (cut into cubes)
- 1 tsp / 5 ml lemon juice
- ½ tsp / 1 g chopped parsley
- ½ tsp / 1 g chopped chives (green tops only)
- ½ tsp / 2 ml olive oil

- ⅛ tsp / 0.25 g turmeric
- Bamboo or metal skewers

For the zucchini ribbons:

- 3.5 oz / 100 g zucchini (peeled into ribbons)
- ½ tsp / 2 ml lemon juice
- ¼ tsp / 1 g poppy seeds (optional)

Instructions:

1. Combine the lemon juice, ground turmeric, chopped parsley, chopped chives, and olive oil in a medium-sized bowl. Add the chicken cubes and mix thoroughly to ensure each piece is evenly coated. Let marinate at room temperature for 10-15 minutes while you prepare the other components.
2. If you use wooden skewers, soak them in warm water for 10 minutes. Thread the marinated chicken pieces onto the skewers, leaving a little space between each piece to allow even cooking. Set the skewers aside on a clean plate.
3. Slice the zucchini lengthwise into thin ribbons using a vegetable peeler. Bring a small pot of water to a simmer and place a steamer basket on top. When the zucchini ribbons are barely delicate but still vibrant in color, add them, cover, and steam for 3-4 minutes. Remove from heat, drizzle lemon juice, and sprinkle lightly with poppy seeds if using.
4. Heat a nonstick skillet or grill pan to a medium temperature. Once hot, place the chicken skewers in the pan and cook for 10-12 minutes, turning every few minutes, until golden brown on all sides and fully cooked through (internal temperature should reach 165°F / 74°C). If needed, brush the pan with a little more olive oil during cooking to prevent sticking.
5. To serve, arrange the warm zucchini ribbons on plates to form a bed. Place the grilled chicken skewers on top and spoon over any juices left in the pan. Serve immediately.

Recommendations:

- Always use fresh, raw chicken.
- Zucchini ribbons should be lightly steamed to preserve texture and digestibility.

Nutritional Info (per serving):

- Calories: 410
- Fat: 10 g
- Carbohydrates: 39 g
- Total Sugar: 2.5 g
- Protein: 21 g
- Fats Saturated: 1.8 g
- Fiber: 5 g
- Sodium: 135 mg

Baked Trout with Pumpkin Mash and Wilted Spinach



Prep Time: 10 min

Cook Time: 20 min

Servings: 2

A light yet satisfying dinner featuring flaky trout fillet, sweet pumpkin purée, and a bed of sautéed spinach.

Ingredients:

For fish and mash:

- 5.3 oz / 150 g trout fillet (skinless)
- 5.3 oz / 150 g fresh pumpkin (peeled and cubed)
- ½ tsp / 2 ml olive oil
- ⅛ tsp / 0.25 g nutmeg (optional)

For the spinach:

- 2.1 oz / 60 g baby spinach
- ½ tsp / 2 ml lemon juice
- ¼ tsp / 0.5 g dried basil

Instructions:

1. Turn the oven on to 375°F, or 190°C. Use parchment paper to line a small baking tray. After placing the trout fillets on the tray, drizzle half of the olive oil over their tops and, if you'd like, sprinkle them with a pinch of dried herbs or freshly ground pepper. Bake for 12-15 minutes or until the fish is opaque and flakes easily with a fork.

2. While the fish is baking, fill a saucepan with 1 inch of water and place a steamer basket inside. After adding the cubed pumpkin, place a lid on it and steam it for 10 to 12 minutes over medium heat or until the chunks are extremely tender when probed with a fork.
3. Place the steamed pumpkin in a bowl and use a potato masher or fork to mash it well until it's smooth. If desired, stir in a pinch of ground nutmeg for extra flavor. Keep warm while preparing the greens.
4. Heat the remaining olive oil in a nonstick skillet over low heat. Add the baby spinach and sauté gently for 1-2 minutes, stirring frequently, just until the leaves wilt and turn a deep green. Take off the heat and add some fresh lemon juice to make it more flavorful.
5. To assemble the plate, spoon a mound of warm pumpkin mash onto each serving plate. Top with the baked trout fillet and serve with a portion of wilted spinach on the side. Serve immediately.

Recommendations:

- Trout can be replaced with cod.
- Pumpkin must be steamed from fresh, not canned or pureed in advance.

Nutritional Info (per serving):

- Calories: 420
- Protein: 22 g
- Fat: 10 g
- Saturated Fat: 2.4 g
- Carbohydrates: 37 g
- Fiber: 5 g
- Total Sugar: 4.1 g
- Sodium: 140 mg

Stuffed Eggplant Boats with Quinoa-Veggie Filling

Ingredients:

For the eggplant base:

- 7 oz / 200 g eggplant (halved lengthwise)
- ½ tsp / 2 ml olive oil
- ¼ tsp / 0.5 g dried oregano

For the stuffing:

- 1.8 oz / 50 g dry white quinoa
- 1.4 oz / 40 g red bell pepper (diced)
- 1.1 oz / 30 g zucchini (diced)
- ½ tsp / 1 g chopped fresh parsley
- ½ tsp / 1 g lemon zest



Prep Time: 15 min
Cook Time: 25 min
Servings: 2

Roasted eggplant halves filled with a hearty, herbaceous quinoa and vegetable blend.

Instructions:

1. Turn the oven on to 375°F, or 190°C. Cut the eggplant in half lengthwise, then carefully scoop out a portion of the flesh with a spoon or small knife to form shallow «boats.» Place the halves cut-side up on a parchment-lined baking tray. Brush each with olive oil and sprinkle with dried oregano. Roast until tender and just beginning to turn golden, about 20 minutes.
2. Rinse the quinoa well under running water while the eggplant roasts. Add the quinoa and twice as much water (100 ml) to a small saucepan and bring to a boil. Lower the heat, cover, and simmer for 12 to 15 minutes or until the grains are soft and all the water has been absorbed. Take off the heat and allow it to rest for a few minutes before using a fork to fluff it up.
3. Meanwhile, dice the red bell pepper and zucchini into small cubes. Lightly steam or sauté the vegetables for 3-4 minutes until just softened but still colorful. Combine the cooked quinoa with the vegetables, chopped parsley, and lemon zest in a bowl. Mix gently until everything is well incorporated.
4. After taking the eggplant halves out of the oven, use the back of a spoon to gently push the warm quinoa mixture into each half. Return the stuffed eggplants to the oven and bake for another 5 minutes to allow the flavors to meld.
5. To serve, place one stuffed eggplant half on each plate. Optionally, sprinkle with fresh chives or a few drops of lemon juice just before serving.

Recommendations:

- Ensure eggplant is fresh and firm.
- You can add spinach to the stuffing or swap quinoa for buckwheat.

Nutritional Info (per serving):

- Calories: 435
- Protein: 20 g
- Fat: 9.5 g
- Saturated Fat: 2.3 g
- Carbohydrates: 40 g
- Fiber: 5 g
- Total Sugar: 3.7 g
- Sodium: 125 mg

Steamed Cod with Cucumber-Radish Medley and Basil Drizzle



Prep Time: 10 min
Cook Time: 10 min
Servings: 2

A light, digestion-friendly fish dish featuring tender steamed cod served with a crisp cucumber and radish medley, finished with fresh basil-infused oil.

Ingredients:

For the cod:

- 5.3 oz / 150 g cod fillet (skinless, boneless)
- ¼ tsp / 1 ml olive oil (for brushing steamer rack)
- ¼ tsp / 0.5 g ground white pepper
- Pinch of salt (optional)

For the cucumber-radish medley and basil drizzle:

- 2.5 oz / 70 g cucumber, thinly sliced
- 1.1 oz / 30 g fresh radish, thinly sliced
- ½ tsp / 2 ml fresh lemon juice
- 1 tsp / 2 g fresh basil, finely chopped
- ½ tsp / 2 ml extra virgin olive oil

Instructions:

1. Lightly brush the steamer rack with olive oil to prevent sticking. Place the cod fillets on the rack, sprinkle with ground white pepper and an optional pinch of salt. The fish should flake readily with a fork after 8 to 10 minutes of steaming over simmering water.
2. While the cod steams, prepare the salad. Combine thinly sliced cucumber and radish in a bowl. Drizzle with lemon juice and toss gently. Let sit for a few minutes and lightly marinate.
3. To create a new drizzle, combine the chopped basil and olive oil in a small bowl. Let it infuse at room temperature.
4. To serve, divide the cucumber-radish medley between two plates.
5. Place the steamed cod fillet on top or alongside. Spoon the basil oil over the cod and vegetables just before serving.

Recommendations:

- Ensure the steamer lid is tightly sealed to maintain even cooking.
- Cod can be substituted with another Low FODMAP white fishlike haddock or tilapia.
- For a touch of sweetness, add a few shavings of raw fennel bulb to the salad.

Nutritional Info (per serving):

- | | | | |
|-----------------|------------------------|-----------------------|----------------------|
| • Calories: 375 | • Fat: 10 g | • Carbohydrates: 35 g | • Total Sugar: 2.6 g |
| • Protein: 21 g | • Saturated Fat: 2.1 g | • Fiber: 5 g | • Sodium: 115 mg |

Zucchini Noodle Stir-Fry with Tempeh and Ginger-Sesame Sauce



Prep Time: 12 min
Cook Time: 15 min
Servings: 2

A low-carb stir-fry made from spiralized zucchini and sautéed tempeh with a zingy ginger dressing.

Ingredients:

- 3.5 oz / 100 g firm plain tempeh (cubed)
- 3.5 oz / 100 g zucchini (spiralized)
- ½ tsp / 1 g fresh grated ginger
- ½ tsp / 2 ml sesame oil
- 1 tsp / 2 g chopped fresh chives
- ½ tsp / 2 ml lemon juice

Instructions:

1. Rinse the tempeh under cool water, then pat it dry with a clean towel. Cut into evenly sized cubes, about ½ inch thick. Heat sesame oil in a nonstick skillet or wok over medium heat. Once hot, add the tempeh cubes in a single layer. Cook until golden brown and lightly crisped on all sides, flipping occasionally, 5 to 6 minutes. Remove from the heat and set aside briefly.
2. While the temper cooks, prepare the zucchini. Wash and dry the zucchini, then use a spiralizer or julienne peeler to create long, even noodles. Set aside paper towels to absorb excess moisture.

3. Grate the fresh ginger and chop the chives. Put the cooked tempeh, lemon juice, grated ginger, and zucchini noodles back in the pan over medium-low heat. Toss gently and stir-fry for 3-4 minutes, just until the zucchini is warmed through and slightly tender but still firm to the bite.
4. Add the chopped chives and stir gently to combine. Taste and adjust with an extra dash of lemon juice if needed. Serve immediately, dividing the stir-fry evenly between two plates. Drizzle with any pan sauce and serve while warm.

Recommendations:

- Spiralize zucchini fresh for the best texture.
- Tempeh should be plain and unseasoned to remain FODMAP-safe.

Nutritional Info (per serving):

- Calories: 390
- Fat: 10 g
- Carbohydrates: 35 g
- Total Sugar: 3 g
- Protein: 20 g
- Saturated Fat: 2.2 g
- Fiber: 5 g
- Sodium: 130 mg

Sweet Potato-Carrot Patties with Steamed Green Beans

Ingredients:

For the patties:

- 2.8 oz / 80 g sweet potato (peeled and cubed)
- 2.1 oz / 60 g carrot (peeled and cubed)
- 1 egg
- 1.1 oz / 30 g rice flour (for binding)
- ¼ tsp / 0.5 g turmeric
- ¼ tsp / 0.5 g ground chives (green tops only)
- 1 tsp / 5 ml olive oil (for pan-frying)

For the side:

- 3.5 oz / 100 g green beans (trimmed)



Instructions:

1. Place the cubed sweet potato and carrot into a steamer basket set over simmering water. Both vegetables should be tender and easily punctured with a fork after 10 to 12 minutes of steaming under a lid. Remove from the heat and transfer to a medium bowl.
2. Mash the vegetables thoroughly with a fork or the potato masher until smooth but still textured. Let the sauce cool somewhat before adding the rice flour, crushed chives, turmeric, and beaten egg.
3. Mix well until the mixture is thick and holds together when shaped.
4. With damp hands, form the mixture into 4 evenly sized patties. In a nonstick skillet, heat the olive oil over medium heat. Once heated, add the patties and cook until firm and golden brown, 3 to 4 minutes per side. Transfer to a plate and keep warm.
5. While the patties are cooking, steam the green beans for 5-6 minutes in a clean steamer basket until tender but still vibrant green. Drain and serve immediately alongside the patties.

Prep Time: 12 min
Cook Time: 20 min
Servings: 2

Golden vegetable patties made from gently steamed sweet potato and carrot, pan-seared to perfection, and served with lightly steamed green beans for a fiber-rich, warming dinner.

Recommendations:

- Ensure sweet potato portion does not exceed 75 g per serving to remain Low FODMAP-compliant.
- Rice flour can be substituted with buckwheat flour in the same amount for variation.
- For extra protein, add a tablespoon of crushed firm tofu into the mixture.

Nutritional Info (per serving):

- Calories: 410
- Fat: 10 g
- Carbohydrates: 40 g
- Total Sugar: 4.3 g
- Protein: 20 g
- Saturated Fat: 2.2 g
- Fiber: 5 g
- Sodium: 130 mg

Quinoa-Vegetable Pilaf with Grilled Turkey Strips



Prep Time: 15 min
Cook Time: 20 min
Servings: 2

A fragrant quinoa and sautéed vegetable pilaf paired with lean grilled turkey strips for a balanced and satisfying dinner.

Ingredients:

For the pilaf:

- 1.8 oz / 50 g dry white quinoa
- 1.1 oz / 30 g zucchini (finely diced)
- 1.1 oz / 30 g red bell pepper (diced)
- ½ tsp / 1 g chopped parsley
- ¼ tsp / 0.5 g dried basil
- ½ tsp / 2 ml olive oil

For the turkey:

- 5.3 oz / 150 g turkey breast (cut into strips)
- 1 tsp / 5 ml lemon juice
- ½ tsp / 2 ml olive oil

Instructions:

1. Rinse quinoa thoroughly, then combine double the volume of water in a small saucepan. Bring to a boil, lower the heat, and simmer until frothy, 12 to 15 minutes.
2. Heat olive oil in a skillet. Add diced zucchini and red bell pepper. Sauté for 4-5 minutes until just tender. Add cooked quinoa, parsley, and basil. Stir and heat through.
3. Cook the turkey strips in a grill pan with lemon juice and olive oil over medium heat for 3-4 minutes on each side or until brown and cooked through.
4. Serve quinoa pilaf on plates and top with grilled turkey strips. Drizzle with pan juices.

Recommendations:

- Turkey breast can be substituted with skinless chicken using the same method.
- Add a squeeze of fresh lemon before serving for brightness.

Nutritional Info (per serving):

- Calories: 440
- Fat: 10 g
- Carbohydrates: 40 g
- Total Sugar: 2.6 g
- Protein: 20 g
- Saturated Fat: 2.3 g
- Fiber: 5 g
- Sodium: 135 mg

Grilled Tuna over Wilted Greens with Kiwi-Lemon Relish



Prep Time: 12 min
Cook Time: 12 min
Servings: 2

Lightly grilled tuna steak served over sautéed spinach and topped with a refreshing kiwi-lemon relish.

Ingredients:

For the tuna and greens:

- 5.3 oz / 150 g tuna steak (fresh or thawed)
- 2.1 oz / 60 g baby spinach
- 1 tsp / 5 ml olive oil
- ¼ tsp / 0.5 g ground white pepper

For the relish:

- 1.4 oz / 40 g green kiwi (firm, diced)
- ½ tsp / 2 ml lemon juice
- ½ tsp / 1 g chopped parsley

Instructions:

1. Rub tuna lightly with olive oil and season with white pepper. Grill in a hot nonstick pan for 2-3 minutes per side for medium-rare or longer for desired doneness. Let rest briefly.
2. In a skillet, heat ½ tsp olive oil. Add spinach and sauté 1-2 minutes until just wilted. Remove from heat and keep warm.
3. In a bowl, mix diced kiwi, lemon juice, and parsley to make the relish.
4. Plate spinach as a bed, top with grilled tuna, and spoon the kiwi relish over the center just before serving.

Recommendations:

- Use kiwi that's ripe but still firm; overripe fruit may increase FODMAPs.
- Tuna can be served rare or fully cooked, depending on preference.

Nutritional Info (per serving):

- Calories: 430
- Fat: 10 g
- Carbohydrates: 38 g
- Total Sugar: 4.7 g
- Protein: 20 g
- Saturated Fat: 2.6 g
- Fiber: 5 g
- Sodium: 130 mg

Warm Millet Bowl with Baked Pumpkin and Crisped Pecans

Ingredients:

For the bowl:

- 2.1 oz / 60 g dry millet
- 4.2 oz / 120 g fresh pumpkin (peeled and cubed)
- 1/8 tsp / 0.25 g ground cinnamon (optional)

- 1/2 tsp / 2 ml olive oil

For the topping:

- 0.2 oz / 5 g raw pecans (roughly chopped)
- 1/2 tsp / 2 ml maple syrup (optional)

Instructions:

1. Rinse the millet thoroughly, then add to a small saucepan with 2x water. Bring to a boil, reduce heat, and simmer, covered, for 15 to 18 minutes, or until soft and fluffy.
2. Preheat the oven to 375°F (190°C) in the meanwhile. Add cinnamon and olive oil to the cubes of pumpkin. Arrange on a baking tray and bake for 20 to 22 minutes or until it is soft and golden.
3. Toast the chopped pecans in a dry skillet over low heat for two to three minutes, stirring frequently, until they are aromatic and just beginning to turn brown. Optionally, drizzle with maple syrup and toss to coat.
4. Fluff the millet with a fork and divide it between bowls. Top with roasted pumpkin and toasted pecans.

Recommendations:

- Do not exceed 5 g pecans per portion to remain Low FODMAP-safe.
- Millet can be substituted with cooked quinoa if desired.

Nutritional Info (per serving):

- Calories: 430
- Fat: 10 g
- Carbohydrates: 40 g
- Total Sugar: 4.5 g
- Protein: 20 g
- Saturated Fat: 2.2 g
- Fiber: 5 g
- Sodium: 110 mg



Prep Time: 10 min
Cook Time: 25 min
Servings: 2

A naturally sweet and savory bowl featuring fluffy millet, roasted pumpkin cubes, and lightly toasted pecans—simple, nourishing, and gentle on digestion.

Buckwheat Flatbread with Roasted Bell Peppers and Baby Spinach

Ingredients:

For the flatbread:

- 1.8 oz / 50 g buckwheat flour
- 1.7 oz / 50 ml water
- 1/4 tsp / 0.5 g dried basil
- 1 tsp / 5 ml olive oil (for pan-frying)

For the topping:

- 2.1 oz / 60 g red and yellow bell peppers (sliced)
- 1.4 oz / 40 g baby spinach
- 1/2 tsp / 2 ml lemon juice
- 1/2 tsp / 2 ml olive oil

Instructions:

1. Make a smooth batter in a small bowl by whisking together the buckwheat flour, water, and dried basil. Let sit for 5-10 minutes.
2. Heat a nonstick skillet with 1/2 tsp olive oil. Spread the batter into a thin circle after pouring it in.
3. Cook for 2-3 minutes per side until browned and firm. Repeat with the remaining batter.
4. In another pan, sauté bell peppers in olive oil for 6-7 minutes until soft and caramelized. Add spinach and lemon juice in the final minute and stir until wilted.
5. Top each flatbread with the warm pepper-spinach mixture and serve immediately.

Recommendations:

- Buckwheat is naturally gluten-free but ensure the packaging states 100% pure.
- You can add a spoon of lactose-free yogurt on top if desired.

Nutritional Info (per serving):

- Calories: 420
- Fat: 10 g
- Carbohydrates: 39 g
- Total Sugar: 4 g
- Protein: 20 g
- Saturated Fat: 2.5 g
- Fiber: 5 g
- Sodium: 125 mg



Prep Time: 10 min
Cook Time: 20 min
Servings: 2

Savory gluten-free flatbread made from buckwheat flour, topped with caramelized bell peppers and lightly sautéed spinach.

Steamed Fish Parcels with Carrot-Noodle Slaw



Prep Time: 15 min

Cook Time: 20 min

Servings: 2

Delicate white fish steamed in parchment with herbs, served alongside a refreshing slaw of julienned carrots and rice noodles.

Ingredients:

For the fish:

- 5.3 oz / 150 g cod or pollock fillet (cut into 2 portions)
- 1 tsp / 2 g chopped fresh parsley
- ½ tsp / 2 ml olive oil
- Parchment paper

For the slaw:

- 2.1 oz / 60 g carrot (julienned)
- 0.9 oz / 25 g dry rice noodles
- 1 tsp / 2 ml lemon juice
- ½ tsp / 2 ml chopped chives

Instructions:

1. Preheat oven to 375°F (190°C). Place fish on parchment squares, sprinkle with parsley, and drizzle with olive oil. Fold into sealed parcels and bake for 15 minutes until flaky and aromatic.
2. While the fish bakes, cook 0.9 oz (25 g) of dry rice noodles in boiling water according to package directions, about 4-5 minutes. Drain and rinse in cold water.
3. Toss the noodles with julienned carrot, lemon juice, and chopped chives. To mix flavors, let it sit for five minutes.
4. Open fish parcels just before serving. Plate the fish with a portion of carrot-noodle slaw on the side.

Recommendations:

- Use fresh, skinless white fish fillets with no additives.
- For a more intense flavor, add a thin lemon slice inside the fish parcel.

Nutritional Info (per serving):

- Calories: 410
- Fat: 9.5 g
- Carbohydrates: 40 g
- Total Sugar: 3.1 g
- Protein: 20 g
- Saturated Fat: 2.3 g
- Fiber: 5 g
- Sodium: 120 mg

Polenta with Sautéed Zucchini and Tempeh Cubes



Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Creamy polenta served with golden seared tempeh and lightly sautéed zucchini for a warm, high-fiber evening meal.

Ingredients:

For the polenta:

- 1.8 oz / 50 g dry polenta (fine cornmeal)
- 1 cup / 240 ml water
- ¼ tsp / 1 g dried oregano

For the topping:

- 3.5 oz / 100 g firm tempeh (cubed)
- 2.1 oz / 60 g zucchini (diced)
- 1 tsp / 5 ml olive oil

Instructions:

1. Bring water to a boil in a small saucepan. Pour in the polenta slowly, stirring all the time.
2. Reduce heat and cook for 10-12 minutes, stirring often, until smooth and thickened. Stir in oregano.
3. While the polenta cooks, heat olive oil in a skillet. Add tempeh cubes and sauté for 5-6 minutes until crisp on the outside.
4. Add zucchini to the same pan and cook for another 3-4 minutes until just tender.
5. Spoon polenta into bowls and top with tempeh-zucchini mixture. Serve hot.

Recommendations:

- Always use plain, unseasoned tempeh.
- Polenta can be cooked ahead and reheated with a splash of water.

Nutritional Info (per serving):

- Calories: 435
- Fat: 10 g
- Carbohydrates: 40 g
- Total Sugar: 3.2 g
- Protein: 20 g
- Saturated Fat: 2.5 g
- Fiber: 5 g
- Sodium: 130 mg

Herbed Turkey Mini Patties with Parsnip Mash

Ingredients:

For the patties:

- 5.3 oz / 150 g ground turkey (lean)
- 1 egg white
- 1 tsp / 2 g chopped parsley
- ½ tsp / 1 g dried thyme
- 1 tsp / 5 ml olive oil (for frying)

For the mash:

- 4.2 oz / 120 g parsnip (peeled and cubed)
- 1.7 oz / 50 ml lactose-free milk
- ¼ tsp / 0.5 g nutmeg (optional)



Instructions:

1. Ground turkey, egg white, minced parsley, and thyme should all be combined in a mixing basin. Mix well and form into 6-8 small patties.
2. In a nonstick skillet, heat the olive oil over medium heat. The patties should be cooked through and browned after 4 to 5 minutes on each side.
3. While the patties cook, steam parsnip cubes for 12-14 minutes until soft. Mash with warm milk and nutmeg until smooth.
4. Serve patties alongside parsnip mash. Spoon over any remaining pan juices if available.

Recommendations:

- Ensure turkey is unseasoned and fresh.
- Parsnip can be blended with steamed carrot for color variation.

Nutritional Info (per serving):

- Calories: 445
- Fat: 10 g
- Carbohydrates: 39 g
- Total Sugar: 3.8 g
- Protein: 20 g
- Saturated Fat: 2.4 g
- Fiber: 5 g
- Sodium: 135 mg

Prep Time: 15 min
Cook Time: 20 min
Servings: 2

Tender turkey patties with fresh herbs, paired with a smooth, slightly sweet parsnip mash—comforting and gentle for evening digestion.

Quinoa-Stuffed Sweet Potatoes with Blueberry-Spinach Topping

Ingredients:

For the base and filling:

- 5.3 oz / 150 g sweet potato (2 small units, halved)
- 1.8 oz / 50 g dry white quinoa
- ½ tsp / 2 ml lemon juice
- ½ tsp / 1 g chopped fresh parsley

For the topping:

- 1.4 oz / 40 g fresh blueberries
- 1.1 oz / 30 g baby spinach
- ½ tsp / 2 ml olive oil



Instructions:

1. Preheat the oven to 375°F (190°C). Wash and halve the sweet potatoes lengthwise. Place them face-down on a parchment-lined tray and roast for 25 minutes or until soft and caramelized on the edges.
2. Meanwhile, rinse the quinoa and cook in a saucepan with double the amount of water for 12-15 minutes until fluffy. Take off the heat and mix in the chopped parsley and lemon juice.
3. The olive oil should be warmed in a small pan. Add blueberries and spinach, sautéing for 2-3 minutes until the berries soften and the spinach wilts.
4. Scoop a shallow cavity into each sweet potato half. Fill with warm quinoa and top with the sautéed blueberry-spinach mixture.

Recommendations:

- Limit sweet potato to ≤75 g per serving to maintain Low FODMAP limits.
- Blueberries must be fresh, not frozen or canned.

Nutritional Info (per serving):

- Calories: 440
- Fat: 9.5 g
- Carbohydrates: 40 g
- Total Sugar: 4.8 g
- Protein: 20 g
- Saturated Fat: 2.1 g
- Fiber: 5 g
- Sodium: 130 mg

Prep Time: 15 min
Cook Time: 25 min
Servings: 2

Roasted sweet potato halves filled with lemony quinoa, topped with a gently sautéed mix of blueberries and spinach for a naturally sweet and savory evening dish.

Crispy Rice Cakes with Turkey Strips and Kiwi-Carrot Slaw



Prep Time: 15 min

Cook Time: 20 min

Servings: 2

Light, golden rice cakes served with lean grilled turkey and a refreshing kiwi-carrot slaw—a vibrant and digestion-friendly dinner.

Ingredients:

For the rice cakes and turkey:

- 2.1 oz / 60 g white rice (dry)
- 5.3 oz / 150 g turkey breast (cut into strips)
- 1 egg white (1.1 oz / 30 g)
- 1 tsp / 5 ml olive oil
- 5 g dried thyme

For the slaw:

- 2.1 oz / 60 g carrot (grated)
- 2 oz / 55 g green kiwi (peeled and diced)
- 1 tsp / 5 ml lemon juice

Instructions:

1. Cook the rice in double the water (about 12 minutes) until soft. Cool slightly, then mix with the egg white. Form 4 small patties.
2. In a nonstick skillet, heat half the olive oil over medium heat. Fry patties for 3-4 minutes per side until golden and crispy.
3. Add the dried thyme and the remaining oil to the same pan. Grill turkey strips for 3-4 minutes per side until golden and fully cooked.
4. In a bowl, combine grated carrot, kiwi, and lemon juice. Serve the turkey over rice cakes with kiwi slaw on the side.

Recommendations:

- Use firm, slightly underripe kiwi.
- Turkey can be replaced with lean chicken breast if needed.

Nutritional Info (per serving):

- Calories: 440
- Fat: 10 g
- Carbohydrates: 40 g
- Total Sugar: 4.7 g
- Protein: 20 g
- Saturated Fat: 2.5 g
- Fiber: 5 g
- Sodium: 135 mg

Egg-Topped Pumpkin Risotto with Sautéed Kale and Chive Oil



Prep Time: 15 min

Cook Time: 20 min

Servings: 2

Creamy pumpkin risotto paired with sautéed kale and a soft poached egg, finished with aromatic chive oil for a nourishing, complete dinner.

Ingredients:

For the risotto and egg:

- 2.1 oz / 60 g arborio rice
- 3.5 oz / 100 g pumpkin (steamed and mashed)
- 2 eggs
- 1 tsp / 5 ml olive oil
- ¼ tsp / 0.5 g dried basil

For the greens and oil:

- 2.1 oz / 60 g kale (chopped)
- ½ tsp / 2 ml lemon juice
- 1 tsp / 2 g chopped chives
- ½ tsp / 2 ml olive oil

Instructions:

1. Rinse the rice and cook it in a saucepan with 2x water over low heat. After 10 minutes, stir in pumpkin purée and dried basil. Continue cooking until creamy and thick (5-7 more minutes).
2. Cook chopped kale in a second pan with lemon juice and ½ tsp olive oil for 2 to 3 minutes or until it wilts.
3. For three to four minutes, poach the eggs in a small pot of gently simmering water with a dash of vinegar.
4. Mix chives with the remaining oil. Serve the risotto in dishes with a poached egg on top, greens alongside, and a drizzle of chive oil.

Recommendations:

- Ensure pumpkin is steamed fresh; canned puree is not recommended.
- Eggs should be freshly poached and served soft for ideal texture.

Nutritional Info (per serving):

- Calories: 450
- Fat: 10 g
- Carbohydrates: 40 g
- Total Sugar: 3.5 g
- Protein: 20 g
- Saturated Fat: 2.9 g
- Fiber: 5 g
- Sodium: 140 mg

Seared Tuna with Potato-Carrot Mash and Balsamic Strawberries

Ingredients:

For the tuna and mash:

- 5.3 oz / 150 g tuna steak
- 3.5 oz / 100 g white potatoes (peeled and cubed)
- 1.4 oz / 40 g carrot (peeled and cubed)
- 1 tsp / 5 ml olive oil

For the topping:

- 1.4 oz / 40 g strawberries (sliced)
- ½ tsp / 2 ml balsamic vinegar (low FODMAP-safe quantity)

Instructions:

1. Steam or boil potatoes and carrots together for 12-15 minutes until soft. Mash with a fork until smooth.
2. Heat olive oil in a skillet. Sear the tuna steak for 2-3 minutes per side over medium-high heat for medium doneness. Remove and rest.
3. Mix strawberries with balsamic vinegar in a small bowl and let sit for 5 minutes to lightly macerate.
4. Plate the mash, top with sliced tuna, and spoon the balsamic strawberries over the center.

Recommendations:

- Use ripe, firm strawberries for the best texture.
- Tuna can be replaced with salmon or trout using the same method.

Nutritional Info (per serving):

- Calories: 440
- Fat: 10 g
- Carbohydrates: 39 g
- Total Sugar: 4.2 g
- Protein: 20 g
- Saturated Fat: 2.4 g
- Fiber: 5 g
- Sodium: 130 mg



Prep Time: 15 min
Cook Time: 15 min
Servings: 2

A unique low-FODMAP dinner combining savory tuna with a smooth vegetable mash and subtly sweet strawberries in balsamic reduction.

Basil-Pecan Tempeh over Rice Noodles with Orange-Bell Pepper Relish

Ingredients:

For the relish:

- 1.1 oz / 30 g orange segments (chopped)
- 1.1 oz / 30 g red bell pepper (diced)
- 0.2 oz / 5 g pecans (toasted and crushed)
- ½ tsp / 2 ml lemon juice

For the tempeh and noodles:

- 3.5 oz / 100 g firm tempeh (cubed)
- 2 oz / 55 g dry rice noodles
- 1 tsp / 5 ml olive oil
- ½ tsp / 1 g chopped fresh basil

Instructions:

1. Cook rice noodles per instructions, rinse with cool water, and set aside.
2. In a pan with heated olive oil, cook the tempeh cubes for 5 to 6 minutes or until they are golden and crisp. After adding the chopped basil, turn off the heat.
3. In a small bowl, mix orange pieces, bell pepper, lemon juice, and crushed pecans.
4. Serve the rice noodles topped with temper and spoon the relish over just before serving.

Recommendations:

- Stick to ≤5 g pecans per serving to remain within Low FODMAP limits.
- Use only plain, unseasoned tempeh. Avoid store-marinated versions.

Nutritional Info (per serving):

- Calories: 445
- Fat: 10 g
- Carbohydrates: 40 g
- Total Sugar: 4.9 g
- Protein: 20 g
- Fats Saturated: 2.8 g
- Fiber: 5 g
- Sodium: 125 mg



Prep Time: 15 min
Cook Time: 20 min
Servings: 2

Aromatic sautéed tempeh with fragrant basil served over light rice noodles, topped with a fresh sweet-sour relish.

SOUPS



Zucchini and Baby Spinach Soup with Lemon Zest



Prep Time: 10 min
Cook Time: 25 min
Servings: 2

A delicate, light soup combining tender zucchini and fresh baby spinach, brightened with fresh lemon zest for a refreshing finish.

Ingredients:

For the soup:

- 4.2 oz / 120 g zucchini, peeled and diced
- 1 oz / 30 g baby spinach, roughly chopped
- 1 tbsp / 15 ml extra virgin olive oil
- 1.8 oz / 50 g celery stalks, sliced
- 1.8 oz / 50 g leek tops (green parts only), chopped

- 2 cups / 480 ml filtered water
- Salt, pinch
- 1 tsp / 2 g lemon zest

For garnish:

- 1 tsp / 5 ml extra virgin olive oil
- ½ tsp / 1 g finely chopped fresh parsley

Instructions:

1. In a saucepan, heat 1 tablespoon of olive oil over medium heat. Add zucchini, celery, and leek tops and sauté for 4-5 minutes until vegetables are slightly softened.
2. Pour in filtered water, add salt, and bring to a gentle simmer. Cover and cook for 12-13 minutes until all vegetables are fully tender and broth is infused with flavor.
3. Stir in baby spinach and cook for 2 more minutes until wilted.
4. Take off the heat and use an immersion blender to puree the soup until it's smooth. Finally, stir in the lemon zest.
5. Pour soup into bowls and drizzle with olive oil mixed with chopped parsley just before serving to add freshness and subtle herb flavor.

Recommendations:

- A bright, fresh note without any acidity that can aggravate delicate stomach is added by lemon zest.
- Fresh herbs improve flavor without added salt or calories.
- Ideal for a light starter or side to a Low FODMAP meal.

Nutritional Info (per serving):

- Calories: 85
- Fat: 6 g
- Carbohydrates: 7 g
- Total Sugar: 3 g
- Protein: 2 g
- Saturated Fat: 0.8 g
- Fiber: 2 g
- Sodium: 95 mg

Green Bean and Fresh Herb Soup with Toasted Pine Nuts

Ingredients:

For the soup:

- 6 oz / 170 g green beans, trimmed and chopped
- 1 tbsp / 15 ml extra virgin olive oil
- 1.8 oz / 50 g celery stalks, sliced
- 1.8 oz / 50 g leek tops (green parts only), chopped

- 2 cups / 480 ml filtered water
- 1 tbsp / 3 g fresh basil, chopped
- Salt, pinch (about 1/8 tsp / 0.75 g)

For the toasted pine nuts:

- 1 tbsp / 15 g pine nuts
- 1 tsp / 5 ml extra virgin olive oil

Instructions:

1. In a saucepan, heat the olive oil over medium heat. Add green beans, celery, and leek tops, and sauté for 4-5 minutes until slightly softened and fragrant.
2. Pour in filtered water, add salt, bring to a gentle simmer, cover, and cook for 15-16 minutes until beans and other vegetables are fully tender.
3. Take off the heat, add the chopped basil, and mix the soup until it's creamy and smooth.
4. In a small skillet, heat olive oil and toast pine nuts over medium heat for 2-3 minutes until golden, stirring constantly to avoid burning.
5. Serve the soup hot, sprinkling toasted pine nuts on top as a finishing touch that adds texture and a nutty aroma.

Recommendations:

- Pine nuts add healthy fats and texture but keep to small portions to maintain calorie limits.
- Fresh basil provides aromatic flavor without FODMAP triggers.
- This soup is excellent as a light meal or paired with protein for a balanced lunch.

Nutritional Info (per serving):

- Calories: 100
- Fat: 7 g
- Carbohydrates: 7 g
- Total Sugar: 2 g
- Protein: 3 g
- Saturated Fat: 1 g
- Fiber: 3 g
- Sodium: 100 mg



Prep Time: 12 min
Cook Time: 25 min
Servings: 2

A smooth soup highlighting fresh green beans and aromatic herbs, topped with toasted pine nuts for a subtle crunch and depth of flavor.

Sweet Potato and Fennel Soup with Crispy Sage

Ingredients:

For the soup:

- 6 oz / 170 g sweet potato, peeled and diced
- 3 oz / 85 g fennel bulb, thinly sliced
- 1 tbsp / 15 ml extra virgin olive oil
- 1.8 oz / 50 g leek tops (green parts only), chopped

- 1.8 oz / 50 g celery stalks, sliced
- 2 cups / 480 ml filtered water
- 1/8 tsp / 0.75 g salt

For the crispy sage:

- 6 fresh sage leaves
- 1 tsp / 5 ml extra virgin olive oil

Instructions:

1. In a saucepan, heat 1 tablespoon of olive oil over medium heat. Add fennel, celery, and leek tops, and sauté for 5 minutes until soft and fragrant.
2. Add diced sweet potato and sauté for 2 more minutes, stirring to combine.
3. Pour in filtered water and add salt. Bring to a gentle simmer, cover, and cook for 15-16 minutes until sweet potatoes and all vegetables are fully tender.
4. Heat 1 tsp olive oil in a small skillet over medium heat while the soup cooks. Fry sage leaves until crisp (about 1-2 minutes). Remove and drain on a paper towel.
5. Remove soup from heat and puree with immersion blender until smooth and creamy. Serve immediately, garnished with crispy sage leaves on top.

Recommendations:

- Crispy sage adds texture and an herbal note, enhancing the sweet potato's natural sweetness.
- Sweet potatoes should be portioned carefully (max 75 g per serving) to keep FODMAPs low.
- Homemade low-sodium broth is recommended to control salt content.

Nutritional Info (per serving):

- Calories: 100
- Fat: 6 g
- Carbohydrates: 10 g
- Total Sugar: 4 g
- Protein: 1.5 g
- Saturated Fat: 0.8 g
- Fiber: 2 g
- Sodium: 90 mg



Prep Time: 12 min
Cook Time: 25 min
Servings: 2

A soothing, slightly sweet soup combining tender sweet potatoes and aromatic fennel, topped with crisp sage leaves for a flavorful contrast.

Roasted Red Pepper and Basil Soup with Pumpkin Seed Garnish



Prep Time: 15 min
Cook Time: 25 min
Servings: 2

A vibrant, silky soup featuring sweet roasted red peppers and fresh basil, topped with toasted pumpkin seeds for a pleasant crunch.

Ingredients:

For the soup:

- 7 oz / 200 g red bell peppers, seeded and chopped
- 1 tbsp / 15 ml extra virgin olive oil
- 1.8 oz / 50 g celery stalks, sliced
- 1.8 oz / 50 g fennel bulb, sliced

- 2 cups / 480 ml filtered water
- 1 tbsp / 5 g fresh basil leaves, chopped
- 1/8 tsp / 0.75 g salt

For the pumpkin seed garnish:

- 1 tbsp / 15 g raw pumpkin seeds
- 1 tsp / 5 ml extra virgin olive oil

Instructions:

1. Preheat oven to 400°F (200°C). Roast the red bell peppers on a baking sheet for 20 minutes or until they are tender and have a hint of sear, after tossing them with olive oil.
2. Transfer roasted peppers to a saucepan. Add celery, fennel, filtered water, and salt. Bring to a low simmer and cook until the flavors have combined and the veggies are soft, 8 to 10 minutes.
3. Take off the heat and use an immersion blender to mix until smooth and creamy. Stir in fresh chopped basil.
4. As the soup cools a bit, toast the pumpkin seeds in a small pan over medium heat for three to four minutes or until they are fragrant and brown.
5. Serve soup hot, sprinkling toasted pumpkin seeds on top for texture and a nutty finish.

Recommendations:

- Roasting peppers deepens the flavor naturally without added sugar.
- Fresh basil brightens the soup with herbaceous notes.
- Toasted pumpkin seeds add healthy fats and crunch but keep portions small to stay within calorie limits.

Nutritional Info (per serving):

- Calories: 100
- Fat: 7 g
- Carbohydrates: 8 g
- Total Sugar: 5 g
- Protein: 2 g
- Saturated Fat: 0.9 g
- Fiber: 2 g
- Sodium: 95 mg

Butternut Squash and Cumin Soup with Toasted Coriander



Prep Time: 15 min
Cook Time: 25 min
Servings: 2

A velvety, aromatic soup featuring roasted butternut squash infused with warm cumin, finished with crunchy toasted coriander seeds for an exotic touch.

Ingredients:

For the soup:

- 7 oz / 200 g butternut squash, peeled and cubed
- 1 tbsp / 15 ml extra virgin olive oil
- 1/2 tsp / 1 g ground cumin
- 1.8 oz / 50 g celery stalks, sliced

- 1.8 oz / 50 g fennel bulb, sliced
- 2 cups / 480 ml filtered water
- 1/8 tsp / 0.75 g salt

For the toasted coriander:

- 1 tsp / 2 g coriander seeds
- 1 tsp / 5 ml extra virgin olive oil

Instructions:

1. Preheat oven to 400°F (200°C). Toss butternut squash cubes with olive oil and ground cumin. Transfer to a baking sheet and roast until brown and tender, about 20 minutes.
2. Transfer roasted squash to a saucepan. Add celery, fennel, filtered water, and salt. Bring to a low simmer and cook until the flavors have combined and the vegetables are tender, 8 to 10 minutes.
3. While the soup simmers, heat olive oil in a small skillet over medium heat. Toast coriander seeds, stirring constantly, for 2-3 minutes until fragrant and lightly browned. Remove from heat and lightly crush seeds with a mortar and pestle or back of a spoon.
4. Using an immersion blender, mix the soup until it's creamy and smooth. Adjust seasoning if needed.
5. Serve hot, sprinkling toasted coriander seeds on top for a burst of warm, nutty flavor and a slight crunch.

Recommendations:

- Roasting butternut squash deepens sweetness and enhances texture.
- Toasted coriander seeds add complex aroma and subtle crunch without adding significant calories. Keep salt minimal and use homemade broth to maintain low sodium levels.

Nutritional Info (per serving):

- Calories: 95
- Fat: 6 g
- Carbohydrates: 10 g
- Total Sugar: 4 g
- Protein: 2 g
- Saturated Fat: 0.8 g
- Fiber: 2 g
- Sodium: 95 mg

Carrot-Fennel Soup with Fresh Dill

Ingredients:

For the soup:

- 4.2 oz / 120 g raw carrot, peeled and chopped
- 3 oz / 85 g fennel bulb, thinly sliced
- 1 tbsp / 15 ml extra virgin olive oil
- 1.8 oz / 50 g celery stalks, sliced

- 1.8 oz / 50 g green leek tops, chopped
- 2 cups / 480 ml filtered water
- ⅛ tsp / 0.75 g salt (optional)

For garnish:

- 1 tsp / 2 g fresh dill, finely chopped
- ¼ tsp / 1 ml lemon juice (optional)

Instructions:

1. Set the oven's temperature to 400°F, or 200°C. Add the sliced fennel and diced carrot to the olive oil. Arrange equally on a baking sheet and bake for 20 minutes, or until the edges are soft and starting to turn brown.
2. Transfer roasted vegetables to a saucepan. Add celery, leek tops, filtered water, and salt (if using). To develop flavor and soften the other vegetables, simmer over medium heat for 8 to 10 minutes.
3. Take off the heat and use an immersion blender to puree the soup until it's creamy and smooth. If desired, add lemon juice to enhance the flavor.
4. Divide the soup into two bowls. Sprinkle with fresh chopped dill just before serving.

Recommendations:

- Roasting the fennel enhances its natural sweetness and balances the earthy carrot.
- Fresh dill adds digestive support and a bright herbal finish without extra calories.
- For lower sodium, use homemade unsalted broth and omit added salt.

Nutritional Info (per serving):

- Calories: 96
- Fat: 7 g
- Carbohydrates: 8 g
- Total Sugar: 4 g
- Protein: 1.5 g
- Saturated Fat: 1 g
- Fiber: 2 g
- Sodium: 90 mg



Prep Time: 15 min
Cook Time: 25 min
Servings: 2

A light, fragrant soup made with roasted carrot and fresh fennel, blended until velvety and topped with finely chopped dill for brightness and digestion support.

Leek-Infused Parsnip Soup with Toasted Buckwheat Crumble

Ingredients:

For the soup:

- 4.2 oz / 120 g raw parsnip, peeled and chopped
- 0.5 oz / 15 g leek greens only (top green part), thinly sliced
- 1 tbsp / 15 ml extra virgin olive oil
- 1.8 oz / 50 g celery stalks, sliced

- 1.8 oz / 50 g fennel bulb, thinly sliced
- 2 cups / 480 ml filtered water
- ⅛ tsp / 0.75 g salt (optional)

For the crumble:

- 1 tbsp / 10 g raw buckwheat groats
- ½ tsp / 2.5 ml olive oil

Instructions:

1. In a saucepan, heat 1 tablespoon of olive oil over medium heat. Add sliced leek greens, celery, and fennel, and sauté for 3-4 minutes until soft and fragrant. Add chopped parsnip and continue cooking for another 3 minutes, stirring occasionally.
2. Pour in filtered water and salt (if using). Bring to a boil, then lower the heat and simmer until the parsnip is very soft and the broth has absorbed thoroughly for 15 to 18 minutes.
3. Heat ½ tsp olive oil in a dry skillet over medium heat while the soup simmers. Add buckwheat groats and toast for 3-4 minutes, stirring constantly, until golden and crisp. Remove from heat.
4. Using an immersion blender, mix the soup until it's smooth. Divide into bowls and sprinkle each with toasted buckwheat crumble just before serving.

Recommendations:

- Toasted buckwheat adds texture and slow-digesting carbs, enhancing satiety.
- Use young parsnip for a sweeter, less woody flavor and smoother soup texture.

Nutritional Info (per serving):

- Calories: 97
- Fat: 6.2 g
- Carbohydrates: 8.5 g
- Total Sugar: 3 g
- Protein: 2.1 g
- Saturated Fat: 0.9 g
- Fiber: 2 g
- Sodium: 100 mg



Prep Time: 15 min
Cook Time: 25 min
Servings: 2

A smooth, subtly sweet soup made from tender parsnip and infused with the green tops of leek, finished with a crunchy toasted buckwheat topping.

Carrot and Ginger Soup with Chive Oil



Prep Time: 10 min
Cook Time: 30 min
Servings: 2

A smooth, gently spiced carrot soup accented with fresh ginger and a fragrant chive oil drizzle—comforting, vibrant, and perfectly Low FODMAP.

Ingredients:

For the soup:

- 7 oz / 200 g carrots, peeled and diced
- 1 tsp / 5 g fresh ginger, finely grated
- 1 tbsp / 15 ml extra virgin olive oil
- 1.8 oz / 50 g zucchini, sliced
- 1.8 oz / 50 g celery (only stalks), sliced
- 1.8 oz / 50 g green tops of leeks, chopped
- $\frac{2}{3}$ cup / 160 ml filtered water

- $\frac{1}{4}$ tsp / 0.5 g ground turmeric (optional, for color and warmth)
- $\frac{1}{8}$ tsp / 0.75 g salt or omit as preferred

For the chive oil:

- 1 tbsp / 15 ml extra virgin olive oil
- $\frac{1}{2}$ tsp / 1 g fresh chives, finely chopped (green tops only)

Instructions:

1. Heat 1 tablespoon of olive oil in a medium saucepan over medium heat. Add grated ginger and turmeric and sauté for 1 minute until fragrant, stirring constantly.
2. Add diced carrots, zucchini, celery, and leek tops. Coat in the spices and oil by stirring. The vegetables should start to soften after 3-4 minutes of cooking.
3. Add filtered water and bring the mixture to a gentle boil. Lower the heat to a simmer, cover, and cook for 20 minutes, or until all the vegetables are completely soft, especially the carrots.
4. Take off the heat and use a standard blender or an immersion blender to puree the mixture until it's smooth. Taste and adjust salt if desired.
5. As the soup cooks, make the chive oil by combining 1 tablespoon of olive oil and chopped chives in a small basin. Allow the mixture to infuse at room temperature.
6. Serve the soup hot, drizzled with the chive oil just before serving.

Recommendations:

- Use fresh ginger to add digestive warmth and subtle spice without overpowering.
- Prepare your own low-sodium broth to control sodium levels and avoid hidden high-FODMAP ingredients.
- This soup is a great light meal or appetizer. For a creamier texture, add a splash of lactose-free milk if tolerated.
- The chive oil can be replaced with a drizzle of lemon-infused olive oil or fresh chopped parsley for variety.

Nutritional Info (per serving):

- Calories: 95
- Fat: 6 g
- Carbohydrates: 10 g
- Total Sugar: 4 g
- Protein: 1 g
- Saturated Fat: 0.8 g
- Fiber: 2 g
- Sodium: 100 mg

Roasted Pumpkin and Turmeric Broth with Toasted Pumpkin Seeds



Prep Time: 15 min
Cook Time: 30 min
Servings: 2

A warm, earthy broth made from roasted pumpkin and fragrant turmeric, garnished with crunchy toasted pumpkin seeds for texture and aroma.

Ingredients:

For the broth:

- 7 oz / 200 g pumpkin, peeled and cubed
- 1 tbsp / 15 ml extra virgin olive oil
- $\frac{1}{4}$ tsp / 0.5 g ground turmeric
- 1.8 oz / 50 g celery stalks, sliced
- 1.8 oz / 50 g carrot, sliced
- Salt, a pinch (optional)

- 1.8 oz / 50 g leek tops (green parts only), chopped
- 2 cups / 480 ml filtered water

For the toasted pumpkin seeds:

- 1 tbsp / 15 g raw pumpkin seeds
- 1 tsp / 5 ml extra virgin olive oil
- Pinch of salt (optional)

Instructions:

1. Preheat oven to 400°F (200°C). Spread the pumpkin cubes on a baking sheet, toss them with olive oil and turmeric, and roast them for 20 minutes or until they are soft and have a hint of caramel.
2. In the meantime, place a small skillet over medium heat with olive oil. Toast and pumpkin seeds should be added and stirred regularly for 3-4 minutes, or until fragrant and golden. Take off the heat and leave aside after adding a pinch of salt if you like.
3. In a medium saucepan, combine roasted pumpkin, celery, carrot, leek tops, and filtered water. Bring to a slow boil, then lower the heat and simmer for ten minutes, or until the flavors have blended and all the vegetables are tender.
4. Using an immersion blender, puree the broth and pumpkin until smooth and creamy. Adjust seasoning as needed.
5. Serve hot, sprinkling toasted pumpkin seeds over each bowl to add crunch and nutty aroma.

Recommendations:

- Roasting enhances the natural sweetness of pumpkin without added sugar.
- Toasted pumpkin seeds provide texture and healthy fats but keep portions controlled for calorie limits.
- Use low-sodium broth or dilute with water to keep sodium low.

Nutritional Info (per serving):

- Calories: 95
- Protein: 3 g
- Fat: 6 g
- Saturated Fat: 0.7 g
- Carbohydrates: 9 g
- Fiber: 2 g
- Total Sugar: 4 g
- Sodium: 90 mg

Celeriac & Green Bean Purée with Lemon Zest

Ingredients:

For the purée:

- 4.2 oz / 130 g celeriac (celery root), peeled and cubed
- 3.2 oz / 90 g green beans, trimmed and chopped
- 1.8 oz / 50 g fennel bulb, sliced
- 1.8 oz / 50 g leek tops (green parts only), chopped

- 1 tbsp / 15 ml extra virgin olive oil
- 2 cups / 480 ml filtered water
- 1/8 tsp / 0.75 g salt (optional)

For garnish:

- 1/2 tsp / 1 g lemon zest (freshly grated)
- 1/4 tsp / 1 ml lemon juice (optional)



Instructions:

1. Place the celeriac cubes, fennel, and leek tops in a saucepan with filtered water. Over medium heat, bring to a boil, then lower the heat and simmer for ten minutes.
2. Simmer for an additional 8 to 10 minutes, or until all the veggies are tender, after adding the chopped green beans.
3. Remove from heat. Using an immersion blender, purée the mixture until completely smooth. Add the olive oil and, if necessary, adjust the seasoning with salt.
4. Divide into two bowls. For added brightness, sprinkle freshly grated lemon zest and, if preferred, a few drops of lemon juice over each serving.

Recommendations:

- Celeriac provides a starchy texture with fewer carbs than potatoes, which is ideal for low FODMAP meals.
- Lemon zest enhances the natural freshness of the vegetables without adding acidity.
- For a lighter variation, replace half the olive oil with a spoonful of broth after blending.

Nutritional Info (per serving):

- Calories: 94
- Protein: 2.2 g
- Fat: 6.5 g
- Saturated Fat: 0.9 g
- Carbohydrates: 7 g
- Fiber: 2 g
- Total Sugar: 2 g
- Sodium: 85 mg

Prep Time: 15 min
Cook Time: 25 min
Servings: 2

A smooth, earthy vegetable purée made from fresh celeriac and steamed green beans, brightened with lemon zest for a clean, refreshing finish.

SALADS



Cucumber-Carrot Salad with Chive Dressing

Ingredients:

For the salad:

- 3.5 oz / 100 g cucumber, peeled and thinly sliced
- 2.1 oz / 60 g carrot, shaved into ribbons
- 0.2 oz / 5 g green chives (tops only), finely chopped
- 0.2 oz / 5 g baby lettuce

For the dressing:

- 1 tsp / 5 ml freshly squeezed lemon juice
- ½ tsp / 2 ml extra virgin olive oil
- Pinch black pepper (about 0.1 g)

Instructions:

1. Place cucumber slices, carrot ribbons, and baby greens into a large mixing bowl.
2. Whisk the lemon juice, olive oil, and black pepper in a small bowl.
3. After adding the dressing, carefully mix the salad until it is uniformly coated.
4. Sprinkle chopped chives on top just before serving.

Recommendations:

- This raw salad is excellent as a side or snack and is easy to digest.
- Always use fresh, firm cucumber and avoid pre-cut vegetables to maintain Low FODMAP safety.

Nutritional Info (per serving):

- Calories: 43
- Fat: 2.2 g
- Carbohydrates: 5.6 g
- Total Sugar: 2.3 g
- Protein: 0.9 g
- Saturated Fat: 0.3 g
- Fiber: 1.2 g
- Sodium: 19 mg



Prep Time: 10 min

Cook Time: 0 min

Servings: 2

A crisp and colorful salad made with fresh cucumber and carrot ribbons, tossed in a bright lemon dressing with chopped chives.

Steamed Green Bean Salad with Lemon-Dill Dressing

Ingredients:

For the salad:

- 3.5 oz / 100 g green beans, trimmed
- 1.8 oz / 50 g carrot, thinly sliced
- 0.2 oz / 5 g fresh dill, finely chopped

For the dressing:

- 1 tsp / 5 ml lemon juice
- ½ tsp / 2 ml olive oil
- Pinch white pepper (0.1 g)



Prep Time: 10 min
Cook Time: 7 min
Servings: 2

A soft, soothing salad with warm green beans, tender carrot, and aromatic dill.

Instructions:

1. Steam green beans and carrot slices together for 5-7 minutes until tender but not mushy.
2. Move to a bowl and let cool a little.
3. Add chopped dill and toss gently.
4. Toss the salad once more before serving after whisking together the lemon juice, olive oil, and pepper.

Recommendations:

- Steamed vegetables are easier to digest for those with IBS.
- This salad works well warm or chilled and pairs nicely with plain baked fish.

Nutritional Info (per serving):

- Calories: 59
- Fat: 2.5 g
- Carbohydrates: 7.3 g
- Total Sugar: 2.8 g
- Protein: 1.7 g
- Saturated Fat: 0.3 g
- Fiber: 2.1 g
- Sodium: 23 mg

Romaine and Orange Salad with Chopped Walnuts

Ingredients:

For the salad:

- 1.8 oz / 50 g romaine lettuce, chopped
- 2.1 oz / 60 g orange segments (fresh, peeled and membrane removed)
- 0.3 oz / 8 g raw walnuts, finely chopped

For the dressing:

- 1 tsp / 5 ml freshly squeezed orange juice
- ½ tsp / 2 ml olive oil
- Pinch ground cinnamon (0.1 g, optional)



Prep Time: 10 min
Cook Time: 0 min
Servings: 2

A crisp and juicy salad combining fresh romaine lettuce, orange segments, and crushed walnuts, finished with a light citrus dressing.

Instructions:

1. Rinse and chop the romaine lettuce. Place it in a bowl.
2. Peel the orange and manually remove all the membranes from the segments. Cut each segment into 2-3 pieces.
3. Add the orange pieces and chopped walnuts to the lettuce.
4. In a small bowl, mix orange juice, olive oil, and cinnamon.
5. Drizzle over the salad and toss gently to combine. Serve fresh.

Recommendations:

- Avoid using pre-cut fruit.
- Fresh orange provides natural sweetness and moisture, while walnuts add texture without heaviness.
- Ideal as a light finish to a protein-rich meal.

Nutritional Info (per serving):

- Calories: 85
- Fat: 4.5 g
- Carbohydrates: 9.2 g
- Total Sugar: 5.2 g
- Protein: 1.5 g
- Saturated Fat: 0.4 g
- Fiber: 1.7 g
- Sodium: 8 mg

Steamed Fennel and Zucchini Blossom Salad with Lemon-Parsley Oil



Prep Time: 10 min

Cook Time: 6 min

Servings: 2

A tender and elegant salad made from delicately steamed fennel and zucchini blossoms, dressed with herbed lemon oil.

Ingredients:

For the salad:

- 2.5 oz / 70 g fennel bulb, sliced thin
- 0.9 oz / 25 g zucchini blossoms (cleaned and trimmed)
- 0.2 oz / 5 g fresh parsley, chopped

For the dressing:

- 1 tsp / 5 ml lemon juice
- ½ tsp / 2 ml olive oil
- Pinch white pepper (0.1 g)

Instructions:

1. Slice the fennel bulb thinly and steam for 5 minutes until just soft.
2. Add the zucchini blossoms to the steamer and cook together for another 1 minute. Let both cool slightly.
3. In a bowl, combine steamed fennel and blossoms with chopped parsley.
4. Mix lemon juice, olive oil, and white pepper in a small cup.
5. Drizzle dressing over the salad and serve warm or slightly chilled.

Recommendations:

- Zucchini blossoms add unique flavor and are well tolerated.
- Fennel supports digestion and pairs well with lean fish or poultry.

Nutritional Info (per serving):

- Calories: 58
- Fat: 2.4 g
- Carbohydrates: 7.4 g
- Total Sugar: 3.1 g
- Protein: 1.2 g
- Saturated Fat: 0.3 g
- Fiber: 2.0 g
- Sodium: 17 mg

Baby Spinach and Strawberry Salad with Toasted Pumpkin Seeds



Prep Time: 10 min

Cook Time: 2 min

Servings: 2

A fresh green salad with a hint of sweetness and crunch, perfect alongside a main course.

Ingredients:

For the salad:

- 1.4 oz / 40 g baby spinach
- 1.8 oz / 50 g fresh strawberries (hulled and sliced)
- 0.2 oz / 5 g raw pumpkin seeds

For the dressing:

- 1 tsp / 5 ml lemon juice
- ½ tsp / 2 ml olive oil

Instructions:

1. Rinse and dry the spinach and strawberries. Slice strawberries thinly and place both into a bowl.
2. In a dry skillet over low heat, toast pumpkin seeds for 2 minutes until lightly golden.
3. Add the seeds to the salad.
4. In a small bowl, whisk together the lemon juice and olive oil, then pour over the ingredients.
5. Toss gently and serve immediately.

Recommendations:

- Choose ripe, firm strawberries to limit sugar release.
- Toasting seeds adds depth without processed ingredients.
- Pairs well with grilled meat or tofu.

Nutritional Info (per serving):

- Calories: 72
- Fat: 2.8 g
- Carbohydrates: 9.1 g
- Total Sugar: 4.5 g
- Protein: 1.6 g
- Saturated Fat: 0.3 g
- Fiber: 2.2 g
- Sodium: 10 mg

Steamed Celery Root and Spinach Salad with Lemon Oil

Ingredients:

For the salad:

- 3.2 oz / 90 g celery root (celeriac), peeled and thinly sliced
- 1.4 oz / 40 g baby spinach
- 0.2 oz / 5 g fresh parsley, chopped

For the dressing:

- 1 tsp / 5 ml lemon juice
- ½ tsp / 2 ml olive oil
- Pinch white pepper (0.1 g)

Instructions:

1. Place sliced celery root in a steamer basket and steam for 8-10 minutes until tender. Let cool slightly.
2. Place baby spinach in a bowl and top with the warm celery root and chopped parsley.
3. Whisk lemon juice, olive oil, and pepper.
4. Drizzle over the salad and toss gently to combine.
5. Serve slightly warm or cooled.

Recommendations:

- Celery root is a great low-starch alternative to potato.
- Use a mandoline for uniform slices and easier steaming.

Nutritional Info (per serving):

- Calories: 64
- Fat: 2.4 g
- Carbohydrates: 8.7 g
- Total Sugar: 2.1 g
- Protein: 1.7 g
- Saturated Fat: 0.3 g
- Fiber: 1.8 g
- Sodium: 16 mg



Prep Time: 10 min
Cook Time: 10 min
Servings: 2

A soft and gentle salad of steamed celery root slices paired with fresh spinach and a light lemon dressing.

Napa Cabbage and Pineapple Salad with Fresh Mint

Ingredients:

For the salad:

- 2.8 oz / 80 g Napa cabbage, finely shredded
- 2.1 oz / 60 g fresh pineapple, diced
- 0.2 oz / 5 g fresh mint, finely chopped

For the dressing:

- 1 tsp / 5 ml lemon juice
- ½ tsp / 2 ml olive oil

Instructions:

1. Finely shred Napa cabbage and place it in a large bowl.
2. Dice fresh pineapple into small chunks and add to the bowl with chopped mint.
3. In a small dish, whisk lemon juice and olive oil.
4. Drizzle over the salad and toss gently to mix all ingredients evenly.
5. Serve immediately for the best texture and aroma.

Recommendations:

- Pineapple in small portions is well tolerated in the Low FODMAP diet.
- Napa cabbage offers a gentle crunch and mild sweetness. Avoid canned fruit or juices.

Nutritional Info (per serving):

- Calories: 66
- Fat: 2.3 g
- Carbohydrates: 10.3 g
- Total Sugar: 5.9 g
- Protein: 0.8 g
- Saturated Fat: 0.3 g
- Fiber: 1.6 g
- Sodium: 14 mg



Prep Time: 10 min
Cook Time: 0 min
Servings: 2

A juicy and refreshing salad combining crisp Napa cabbage, sweet pineapple, and cooling mint.

Belgian Endive and Kiwi Salad with Lemon-Mint Dressing



Prep Time: 10 min

Cook Time: 0 min

Servings: 2

A refreshing combination of crisp Belgian endive and tangy kiwi, complemented by a cool mint-lemon dressing.

Ingredients:

For the salad:

- 2.1 oz / 60 g Belgian endive, sliced lengthwise into strips
- 2.1 oz / 60 g ripe kiwi (peeled and thinly sliced)
- 0.2 oz / 5 g fresh mint leaves, finely chopped

For the dressing:

- 1 tsp / 5 ml lemon juice
- ½ tsp / 2 ml olive oil

Instructions:

1. Rinse the endive under cold water, remove any damaged outer leaves, and slice lengthwise into thin strips. Pat dry with a paper towel.
2. Peel the kiwi, cut it into lengthwise quarters, and then slice each quarter into thin pieces.
3. Place the endive and kiwi slices into a salad bowl. Add finely chopped mint.
4. In a small bowl, whisk the lemon juice and olive oil until well combined.
5. Drizzle the dressing over the salad ingredients.
6. To prevent crushing the fruit, gently toss the salad using clean hands or salad spoons.
7. Serve immediately for optimal freshness and texture.

Recommendations:

- This salad works well as a refreshing palate cleanser or a light side.
- Kiwi should be fully ripe but firm to avoid excess juice that could wilt the endive.

Nutritional Info (per serving):

- Calories: 58
- Fat: 2.2 g
- Carbohydrates: 8.5 g
- Total Sugar: 5.2 g
- Protein: 0.9 g
- Saturated Fat: 0.3 g
- Fiber: 2.2 g
- Sodium: 12 mg

Grilled Yellow Squash and Spinach Salad with Basil Oil



Prep Time: 10 min

Cook Time: 6 min

Servings: 2

A lightly grilled salad with tender yellow squash and soft spinach, finished with a fragrant basil oil.

Ingredients:

For the salad:

- 3.2 oz / 90 g yellow summer squash, sliced into thin rounds
- 1.4 oz / 40 g baby spinach
- 0.2 oz / 5 g fresh basil, chopped

For the dressing:

- 1 tsp / 5 ml lemon juice
- ½ tsp / 2 ml olive oil

Instructions:

1. Preheat a grill pan over medium heat.
2. Slice the yellow squash into thin rounds, about 1/8 inch thick.
3. Grill the squash slices for about 2-3 minutes per side until softened and grill marks appear. Move to a platter and allow to cool a little.
4. Rinse and dry the baby spinach thoroughly, then place it in a salad bowl.
5. Add the grilled squash and chopped basil to the spinach.
6. Whisk the olive oil and lemon juice in a small bowl.
7. After adding the dressing to the salad, thoroughly toss to coat all the components.
8. Serve while still warm or at room temperature.

Recommendations:

- Grilled squash gives a naturally sweet flavor that pairs well with light proteins.
- Avoid overcooking to retain texture and reduce water release.

Nutritional Info (per serving):

- Calories: 69
- Protein: 1.2 g
- Fat: 2.5 g
- Saturated Fat: 0.3 g
- Carbohydrates: 10.4 g
- Fiber: 2.1 g
- Total Sugar: 3.2 g
- Sodium: 15 mg

Radicchio and Pineapple Salad with Pumpkin Seeds

Ingredients:

For the salad:

- 2.1 oz / 60 g radicchio, chopped
- 2.1 oz / 60 g fresh pineapple, diced
- 0.2 oz / 5 g raw pumpkin seeds (unsalted, not roasted)

For the dressing:

- 1 tsp / 5 ml lemon juice
- 1/2 tsp / 2 ml olive oil

Instructions:

1. Rinse the radicchio leaves and chop them into bite-sized pieces. Place it into a salad bowl.
2. Dice the fresh pineapple into small cubes, removing the core if necessary, and add to the bowl.
3. Add raw pumpkin seeds directly to the salad.
4. Whisk the lemon juice and olive oil together in a small bowl.
5. Pour the dressing over the salad and gently toss everything until evenly coated.
6. Serve immediately or slightly chilled.

Recommendations:

- Choose fresh, ripe pineapple and raw, unsalted pumpkin seeds to avoid unnecessary FODMAP triggers.
- This salad offers a soft texture contrast and works well with light proteins like grilled fish or tofu.

Nutritional Info (per serving):

- Calories: 72
- Protein: 1.5 g
- Fat: 2.6 g
- Saturated Fat: 0.3 g
- Carbohydrates: 10.3 g
- Fiber: 2.1 g
- Total Sugar: 5.6 g
- Sodium: 10 mg



Prep Time: 10 min
Cook Time: 0 min
Servings: 2

A vibrant, slightly bitter salad with colorful radicchio, sweet pineapple, and tender raw pumpkin seeds for a soft, nourishing finish.

BONUS DESSERTS



Warm Cinnamon-Berry Oat Bowls with Citrus Dust



Prep Time: 8 min
Cook Time: 10 min
Servings: 2

A soft, warm oat-based dessert layered with fresh berries and a hint of orange.

Ingredients:

For the oat base:

- 2.1 oz / 60 g gluten-free rolled oats
- 2.5 oz / 70 g lactose-free milk
- 1.1 oz / 30 g mashed banana
- ¼ tsp / 1 g ground cinnamon

For the fruit topping:

- 1.4 oz / 40 g fresh blueberries
- 1.4 oz / 40 g fresh strawberries, halved
- ½ tsp / 2.5 ml orange juice
- ½ tsp / 1 g orange zest

Instructions:

1. In a small saucepan, add blueberries, strawberries, orange juice, and orange zest. Cook over low heat until the fruit is soft and has some liquid, 4 to 5 minutes, stirring occasionally.
2. In a separate pot, combine the oats, milk, banana, and cinnamon. Cook over low heat, stirring frequently, for 6-7 minutes until thick and creamy.
3. Divide the warm oat mixture into two serving bowls.
4. Spoon the warm berry topping over the oats, including any juice. Garnish with a little fresher orange zest, if desired.

Recommendations:

- Great as a dessert or nourishing evening snack.
- This bowl balances natural fruit sweetness with fiber and protein.

Nutritional Info (per serving):

- Calories: 289
- Fat: 5.4 g
- Carbohydrates: 59 g
- Total Sugar: 5.8 g
- Protein: 17.4 g
- Saturated Fat: 1.3 g
- Fiber: 5.5 g
- Sodium: 94 mg

Chilled Mandarin-Chia Pudding with Strawberry-Lime Layer

Ingredients:

For the base:

- 2.5 oz / 70 ml lactose-free milk
- 1.1 oz / 30 g freshly squeezed mandarin juice
- 0.6 oz / 18 g chia seeds
- 0.35 oz / 10 g mashed ripe banana (as a natural sweetener)

For the top layer:

- 1.4 oz / 40 g fresh strawberries, finely chopped
- 1 tsp / 5 ml fresh lime juice
- ¼ tsp / 1 g lime zest

Instructions:

1. In a small bowl, combine lactose-free milk, mandarin juice, chia seeds, and mashed banana. Mix thoroughly until well blended.
2. Give the chia seeds ten minutes to absorb the liquid, then mix one more to avoid clumping. Cover and refrigerate for at least 2 hours.
3. Meanwhile, in another small bowl, mash the strawberries with lime juice and zest until juicy but slightly textured.
4. Once the chia base is set, divide it evenly into two jars or glasses. Spoon the strawberry mixture over the top just before serving.

Recommendations:

- Choose firm, ripe strawberries and a just-ripe banana to avoid excessive sweetness.
- This dessert is rich in fiber and gentle on digestion, making it a great Low FODMAP treat or snack.

Nutritional Info (per serving):

- Calories: 270
- Fat: 5.8 g
- Carbohydrates: 52 g
- Total Sugar: 5.3 g
- Protein: 16.0 g
- Saturated Fat: 1.6 g
- Fiber: 5.3 g
- Sodium: 64 mg



Prep Time: 10 min

Chill Time: 2 hrs

Servings: 2

Refreshing chia-based dessert with a citrus base and bright strawberry topping, gently sweetened with banana.

Strawberry-Oat Mini Muffins with Lemon Glaze

Ingredients:

For the muffins:

- 1.8 oz / 50 g gluten-free rolled oats
- 1 egg
- 1.7 oz / 50 ml unsweetened almond milk
- 0.7 oz / 20 g mashed ripe banana (as a natural sweetener)

- 1.1 oz / 30 g fresh strawberries, finely diced
- ½ tsp / 1 g gluten-free baking powder

For the glaze:

- 1 tsp / 5 ml fresh lemon juice
- 1 tsp / 5 ml water
- ¼ tsp / 1 g lemon zest

Instructions:

1. Preheat the oven to 350°F (175°C). Line or lightly grease a mini muffin pan (makes 4-6 muffins).
2. Combine the mashed banana, almond milk, and egg in a bowl and whisk until smooth.
3. Stir in the oats and baking powder. Let the mixture sit for 5-7 minutes to allow the oats to absorb liquid.
4. Gently fold in the diced strawberries. Evenly distribute the mixture among the muffin cups.
5. Bake for 15 minutes or until the tops are golden and spring back to touch.
6. While muffins bake, mix lemon juice, water, and zest to create the glaze. Once muffins have slightly cooled, brush them with the lemon glaze and serve warm.

Recommendations:

- Use only firm, ripe strawberries and bananas.
- Bananas under 1/3 medium (about 20-25 g per portion) are Low FODMAP-safe and add natural sweetness without processed sweeteners.

Nutritional Info (per serving):

- Calories: 288
- Fat: 5.2 g
- Carbohydrates: 58 g
- Total Sugar: 5.6 g
- Protein: 17.1 g
- Saturated Fat: 1.2 g
- Fiber: 5.3 g
- Sodium: 87 mg



Prep Time: 10 min

Bake Time: 15 min

Servings: 2

Miniature oat-based muffins filled with diced fresh strawberries and topped with a tangy lemon drizzle.

Baked Blueberry-Raspberry Crisp with Crunchy Oat Topping



Prep Time: 10 min
Cook Time: 25 min
Servings: 2

A warm, comforting baked fruit crisp with fresh berries and a crunchy oat-almond topping—naturally sweetened and Low FODMAP-friendly.

Ingredients:

For the fruit base:

- 3.5 oz / 100 g fresh blueberries
- 3.5 oz / 100 g fresh raspberries
- 1 tbsp / 15 ml fresh lemon juice
- ½ tsp / 1 g ground cinnamon

For the topping:

- 1.5 oz / 45 g rolled oats (gluten-free)
- 1 oz / 30 g almond flour
- 1 tbsp / 15 ml coconut oil (melted)
- 1 tbsp / 15 ml pure maple syrup (optional, limited amount)

Instructions:

1. Preheat your oven to 350°F (175°C). Line a small baking dish with parchment paper or lightly oil it.
2. In a bowl, gently toss the fresh blueberries and raspberries with lemon juice and ground cinnamon until evenly coated. Transfer this mixture to the prepared baking dish.
3. The rolled oats, almond flour, melted coconut oil, and maple syrup should all be combined in a different bowl. Mix until the dough is crumbly but still cohesive when pushed.
4. After preheating the oven, put the baking dish in and bake it for 20 to 25 minutes, or until the berries are bubbling and the topping is golden brown.
5. To give the crisp time to solidify, take it out of the oven and allow it to cool slightly before serving.

Recommendations:

- Use fresh or frozen berries with no added sugar.
- If maple syrup is omitted, the natural sweetness of berries suffices.
- Serve warm or chilled with lactose-free yogurt if desired.

Nutritional Info (per serving):

- Calories: 320
- Fat: 14 g
- Carbohydrates: 30 g
- Total Sugar: 5 g
- Protein: 6 g
- Saturated Fat: 7 g
- Fiber: 6 g
- Sodium: 2 mg

Warm Banana-Ginger Pudding



Prep Time: 5 min
Cook Time: 10 min
Servings: 2

A creamy, gently spiced pudding made with ripe banana, fresh ginger, and chia seeds—naturally sweet, comforting, and Low FODMAP-safe.

Ingredients:

- 1 oz / 30 g ripe banana
- 6 fl oz / 180 ml lactose-free milk or unsweetened almond milk
- 1 tbsp / 15 g chia seeds
- ½ tsp / 1 g fresh grated ginger
- ¼ tsp / 0.5 g ground cinnamon

Instructions:

1. Peel and mash the banana until smooth.
2. Add the milk, grated ginger, ground cinnamon, and mashed banana to a small pot. To avoid sticking or burning, warm the mixture over low heat while stirring regularly.
3. When the mixture is hot but not boiling, stir in the chia seeds.
4. Continue heating until the pudding thickens to a creamy consistency, stirring regularly, for 3 to 5 minutes.
5. After turning off the heat, leave the pudding for five minutes to thicken completely.
6. Pour into serving bowls and serve warm. Garnish with a few fresh mint leaves or a dusting of cinnamon, if desired.

Recommendations:

- Use ripe banana to ensure natural sweetness.
- Stir frequently while warming to avoid lumps or burning.
- Can be served warm or chilled.

Nutritional Info (per serving):

- Calories: 180
- Fat: 8 g
- Carbohydrates: 20 g
- Total Sugar: 4 g
- Protein: 6 g
- Saturated Fat: 3 g
- Fiber: 6 g
- Sodium: 80 mg

Chocolate Kiwi Energy Balls

Ingredients:

- 1 oz / 30 g rolled oats (gluten-free)
- 1 oz / 30 g Medjool dates, pitted
- 1 tbsp / 7 g unsweetened cocoa powder
- 0.5 oz / 15 g dried kiwi pieces (unsweetened, chopped)
- 1 tbsp / 15 g chia seeds

Instructions:

1. In a food processor, pulse the rolled oats until they are finely ground.
2. In the processor, combine the cocoa powder and pitted dates until a sticky paste develops.
3. After transferring the mixture to a bowl, gently stir in the chia seeds and chopped dry kiwi
4. Form the mixture into eight equal-sized balls, each about 1 inch in diameter, using moist palms.
5. To firm up, place the balls on a lined tray and place them in the refrigerator for at least half an hour.
6. Keep in the refrigerator for up to five days in an airtight container.

Recommendations:

- Use soft, fresh Medjool dates for the best texture.
- Keep dried kiwi unsweetened to avoid added sugars.
- Perfect as a quick energy boost or dessert.

Nutritional Info (per serving):

- Calories: 190
- Protein: 4 g
- Fat: 6 g
- Saturated Fat: 1 g
- Carbohydrates: 30 g
- Fiber: 6 g
- Total Sugar: 5 g
- Sodium: 2 mg



Prep Time: 15 min
Cook Time: No bake
Servings: 2 (4 balls each)

Rich and chewy energy balls with a mild chocolate flavor and bursts of kiwi sweetness—naturally sweetened and Low FODMAP-compliant.

Coconut-Cranberry Chia Bites

Ingredients:

- 2 oz / 60 g unsweetened shredded coconut
- 0.5 oz / 15 g unsweetened dried cranberries (limited amount)
- 1.5 tbsp / 20 g chia seeds
- 1 tbsp / 15 ml pure maple syrup (optional and limited)

Instructions:

1. In a medium bowl, combine shredded coconut, dried cranberries, and chia seeds. Mix well.
2. Stir the mixture until it begins to clump together after adding the maple syrup.
3. Using your hands or a small scoop, form the mixture into 8 equal bite-sized balls or squares.
4. To firm up, place the bites on a lined tray and place them in the refrigerator for at least an hour.
5. For up to five days, keep cold in an airtight container.

Recommendations:

- Use only unsweetened coconut and cranberries to avoid added sugar.
- Maple syrup is optional; omit to reduce sugars further.
- These bites make a convenient grab-and-go dessert or snack.

Nutritional Info (per serving):

- Calories: 210
- Protein: 5 g
- Fat: 13 g
- Saturated Fat: 11 g
- Carbohydrates: 15 g
- Fiber: 8 g
- Total Sugar: 5 g
- Sodium: 5 mg



Prep Time: 10 min
Cook Time: No bake
Servings: 2 (4 bites each)

Chewy, lightly sweetened bites combining shredded coconut, dried cranberries, and chia seeds—a perfect Low FODMAP snack or dessert.

Orange-Banana Mousse with Coconut Crumble



Prep Time: 12 min
Chill Time: 2 hrs
Servings: 2

Creamy mousse made from fresh fruit, topped with lightly baked coconut and almond for texture.

Ingredients:

For the mousse:

- 3.5 oz / 100 g -ripe banana
- 2 oz / 60 ml fresh orange juice
- 2.1 oz / 60 g lactose-free yogurt
- 1 egg white, whipped until stiff peaks form

For the crumble:

- 0.5 oz / 15 g unsweetened shredded coconut
- 0.4 oz / 10 g almond meal
- ¼ tsp / 1 g ground cinnamon

Instructions:

1. Preheat the oven to 320°F (160°C). Line a baking tray with parchment paper.
2. In a bowl, mix the shredded coconut, almond meal, and cinnamon. Evenly distribute the mixture on the tray, then bake it for 6 to 7 minutes, or until it is just beginning to turn golden.
3. Remove and cool.
4. Put the orange juice, yogurt, and banana in a food processor or blender. Blend until smooth and creamy.
5. In a separate bowl, beat the egg white until firm peaks form; the mixture should hold its shape when the whisk is lifted.
6. Gently fold the whipped egg white into the banana mixture with a spatula to maintain a light and airy texture.
7. Transfer the mousse with a spoon into tiny dishes or glasses. Chill in the refrigerator for at least 2 hours.
8. Just before serving, sprinkle the cooled coconut crumble evenly over the top.

Recommendations:

- Use fresh banana and orange juice, not canned or overly ripe versions.
- This mousse is best enjoyed on the same day for optimal texture.

Nutritional Info (per serving):

- Calories: 283
- Fat: 5.3 g
- Carbohydrates: 56 g
- Total Sugar: 5.9 g
- Protein: 17.6 g
- Saturated Fat: 1.7 g
- Fiber: 5.4 g
- Sodium: 85 mg

Mandarin-Grape Gelée with Coconut-Yogurt Swirl



Prep Time: 10 min
Chill Time: 2.5 hrs
Servings: 2

Delicately set fruit gelée infused with real mandarin juice and grapes, swirled with creamy coconut-lactose-free yogurt for a refreshing, elegant dessert.

Ingredients:

For the gelée:

- 2.8 oz / 80 g peeled mandarin segments (fresh)
- 2.1 oz / 60 g seedless grapes (halved)
- 2.1 oz / 60 ml fresh mandarin juice (strained)
- 1 tsp / 2 g unflavored powdered gelatin (or certified vegetarian alternative)
- 1.4 oz / 40 ml water (for blooming gelatin)

For the swirl:

- 1.4 oz / 40 g lactose-free yogurt
- 0.5 oz / 15 g thick coconut milk (chilled)
- ¼ tsp / 1.25 ml lime juice
- 0.35 oz / 10 g mashed ripe banana (to naturally sweeten the swirl)

Instructions:

1. In a small bowl, sprinkle gelatin over water and let bloom for 5 minutes.
2. In the meantime, cook the grape halves and mandarin juice in a small saucepan over low heat for 3-4 minutes or until they are warm and just beginning to soften. Take off the heat.
3. Until the bloomed gelatin is completely dissolved, stir it into the heated juice mixture.
4. Add peeled mandarin segments. Pour into two small serving glasses or ramekins.
5. In a separate bowl, whisk together lactose-free yogurt, chilled coconut milk, lime juice, and mashed banana until smooth and creamy.
6. Carefully spoon the yogurt mixture over the fruit gelée and use a skewer or knife tip to create a gentle swirl effect.
7. Chill in the refrigerator for at least 2.5 hours or until completely set. Serve directly in glasses.

Recommendations:

- Use fresh, ripe fruit in appropriate Low FODMAP quantities.
- For variety, grapes can be swapped for strawberries or firm kiwi.
- Mashed banana adds mild sweetness and smooth texture without triggering symptoms.

Nutritional Info (per serving):

- Calories: 276
- Protein: 17.8 g
- Fat: 5.1 g
- Saturated Fat: 2.3 g
- Carbohydrates: 52 g
- Fiber: 5.4 g
- Total Sugar: 5.7 g (natural only)
- Sodium: 84 mg

Lemon-Mint Baked Cheesecake with Almond Crust

Ingredients:

For the crust:

- 1.4 oz / 40 g raw almonds (finely ground)
- ½ tbsp / 7 ml coconut oil (melted)
- ½ tbsp / 7 ml water (to bind)

For the filling:

- 1 tbsp / 15 ml fresh lemon juice

- 4.2 oz / 120 g firm silken tofu (blended until smooth)
- 1 tbsp / 15 ml coconut cream (thick part only)
- 1 tsp / 1 g lemon zest
- 4-5 fresh mint leaves (finely chopped)
- ½ tsp / 1 g vanilla extract (optional)

Instructions:

1. Preheat the oven to 350°F (175°C). Line two small ramekins with parchment paper or lightly grease.
2. In a bowl, combine ground almonds, melted coconut oil, and water. Blend until the mixture retains its cohesiveness when compressed. Add more water, a few drops at a time, if it is too dry.
3. Evenly press the mixture into the ramekins' bottoms. Bake for 12-15 minutes until lightly golden. Remove and cool completely.
4. In a mixing bowl or blender, blend silken tofu until completely smooth. Add coconut cream, lemon juice, lemon zest, vanilla (if using), and chopped mint. Mix until well combined and creamy.
5. Spoon the filling over the cooled crusts and smooth the tops. Refrigerate for at least 3 hours until set.
6. Garnish with fresh mint leaves or thin lemon slices before serving.

Recommendations:

- Use firm, silken tofu (not regular tofu) to achieve a smooth, cheesecake-like consistency.
- For extra creaminess, blend with a small amount of coconut cream.
- Let chill thoroughly to firm up—at least 3 hours is best.

Nutritional Info (per serving):

- Calories: 200 kcal
- Protein: 10 g
- Fat: 9 g
- Saturated Fat: 4.5 g
- Fiber: 2 g
- Total Sugar: 5 g
- Carbohydrates: 11 g



Prep Time: 20 min
Bake Time: 15 min
Chill Time: 3 hours
Servings: 2

A light, refreshing cheesecake with a delicate almond crust and creamy, zesty filling made without dairy. Infused with fresh mint and lemon, this dessert remains low in FODMAPs and naturally sweet.

30-DAY MEAL PLAN

This 30-day meal plan is designed for individuals who are beginning a Low FODMAP diet to help reduce digestive symptoms such as bloating, gas, cramping, and irregular bowel movements—commonly associated with irritable bowel syndrome (IBS). It follows evidence-based recommendations to reduce the intake of fermentable carbohydrates (FODMAPs) that may trigger these symptoms.

All meals are prepared from scratch using only fresh, natural ingredients. You won't find onion, garlic, wheat, lactose, or high-FODMAP fruits and vegetables here. Instead, the plan features easy-to-digest foods: lean proteins, approved vegetables, healthy fats, and safe levels of fiber to support gut health and daily comfort.

The recipes are simple, balanced, and designed to help you enjoy eating again without the fear of discomfort. Portions are tailored to avoid overloading your digestive system and can be adapted based on personal tolerance.

Before beginning this or any new dietary plan, be sure to consult with your doctor or a registered dietitian to ensure it aligns with your medical and nutritional needs. Adjustments may be necessary based on lab results, medications, and your overall health status.

Take it at your own pace, eat mindfully, and give your gut the support it needs—one meal at a time.



Week 1

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
1	Carrot - Quinoa Breakfast Discs with Yogurt-Mint Drizzle	Blueberry & Almond Chia Pudding with Kiwi Slices	Steamed Cod with Lemon-Infused Polenta and Steamed Spinach+ Celeriac & Green Bean Purée with Lemon Zest	Baked Salmon & Spinach Bites with Lemon-Dill Yogurt Drizzle	Sweet Potato-Carrot Patties with Steamed Green Beans
2	Pumpkin-Oat Pancakes with Blueberry-Orange Topping	Kiwi-Chia Pudding with Almond Slivers	Stuffed Bell Peppers with Ground Turkey and Buckwheat	Cucumber & Avocado Rice Paper Rolls with Sesame Dipping Sauce	Lemon-Herb Chicken Skewers with Steamed Zucchini Ribbons
3	Oat-Banana Porridge with Raspberries and Chia Seeds	Buckwheat & Spinach Pancakes with Strawberry-Lemon Compote	Pumpkin-Rice Patties with Steamed Spinach and Lemon Drizzle + Carrot and Ginger Soup with Chive Oil	Hard-Boiled Eggs with Carrot & Cucumber Sticks	Stuffed Eggplant Boats with Quinoa-Veggie Filling
4	Potato-Carrot Hash with Wilted Spinach and Poached Egg	Blueberry & Almond Chia Pudding with Kiwi Slices	Baked Tofu Cubes with Roasted Eggplant and Parsley-Orange Sauce + Roasted Pumpkin and Turmeric Broth with Toasted Pumpkin Seeds	Roasted Eggplant & Bell Pepper Bites with Lemon-Chive Drizzle	Polenta with Sautéed Zucchini and Tempeh Cubes
5	Toasted Rice Cakes with Avocado and Orange Slices	Oat & Banana Energy Balls with Pumpkin Seeds	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans + Radicchio and Pineapple Salad with Pumpkin Seeds	Carrot Bites with Turmeric Yogurt Dip	Grilled Tuna over Wilted Greens with Kiwi-Lemon Relish
6	Polenta Breakfast Squares with Strawberry Topping	Spinach & Feta Egg Muffins with Tomato and Cucumber	Baked Cod with Parsley Polenta and Roasted Carrot Coins + Grilled Yellow Squash and Spinach Salad with Basil Oil	Yogurt-Mint Dip with Parsnip Sticks	Poached Chicken Breast with Warm Blueberry-Celery Salsa
7	Zucchini-Potato Frittata with Spinach and Parsley Oil	Mini Carrot-Quinoa Bites with Lemon-Mint Yogurt	Spinach-Cheddar Rice Cakes with Carrot Ribbons and Yogurt Mint Dip + Zucchini and Baby Spinach Soup with Lemon Zest	Hard-Boiled Eggs with Carrot & Cucumber Sticks	Baked Trout with Pumpkin Mash and Wilted Spinach

Week 2

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
1	Potato-Carrot Hash with Wilted Spinach and Poached Egg	Spinach & Feta Egg Muffins with Tomato and Cucumber	Herbed Quinoa Bowl with Grilled Zucchini and Citrus-Marinated Chicken + Belgian Endive and Kiwi Salad with Lemon-Mint Dressing	Buckwheat & Carrot Muffins with Lemon Chia Drizzle	Basil-Pecan Tempeh over Rice Noodles with Orange-Bell Pepper Relish
2	Spinach-Oat Breakfast Bake with Chive Oil	Oat & Banana Energy Balls with Pumpkin Seeds	Seared Salmon with Quinoa-Cucumber Salad and Mint Dressing	Quinoa & Spinach Patties with Parsley-Lemon Dressing	Steamed Cod with Cucumber-Radish Medley and Basil Drizzle
3	Baked Pumpkin Millet Squares with Orange Zest	Avocado-Cucumber Boats with Strawberry-Basil Relish	Eggplant-Wrapped Fish with Rice Noodles and Gingered Greens+ Carrot-Fennel Soup with Fresh Dill	Carrot Bites with Turmeric Yogurt Dip	Zucchini Noodle Stir-Fry with Tempeh and Ginger-Sesame Sauce
4	Sweet Potato-Zucchini Hash with Poached Egg	Buckwheat & Spinach Pancakes with Strawberry-Lemon Compote	Steamed Trout with Lemon-Herb Drizzle and Fresh Cucumber	Baked Salmon & Spinach Bites with Lemon-Dill Yogurt Drizzle	Stuffed Eggplant Boats with Quinoa-Veggie Filling
5	Zucchini-Cornmeal Breakfast Rounds with Basil Oil	Blueberry & Almond Chia Pudding with Kiwi Slices	Grilled Tofu with Sesame-Scented Rice and Steamed Green Beans + Sweet Potato and Fennel Soup with Crispy Sage	Roasted Pumpkin & Tempeh Skewers with Balsamic Glaze	Quinoa-Stuffed Sweet Potatoes with Blueberry-Spinach Topping
6	Banana-Oat Scramble with Toasted Walnuts	Oat & Banana Energy Balls with Pumpkin Seeds	Zucchini-Buckwheat Fritters with Steamed Green Beans and Lemon Yogurt + Steamed Celery Root and Spinach Salad with Lemon Oil	Baked Parsnip-Oat Mini Patties with Mint Yogurt Drizzle	Seared Tuna with Potato-Carrot Mash and Balsamic Strawberries
7	Warm Quinoa-Rice Bowl with Blueberries and Lemon Chia	Savory Oat & Parsnip Bars with Parsley Yogurt Dip	Tempeh-Vegetable Stir-Fry with Brown Rice and Pineapple Salsa+	Carrot Bites with Turmeric Yogurt Dip	Herbed Turkey Mini Patties with Parsnip Mash+ Leek-Infused Parsnip Soup with Toasted Buckwheat Crumble

Week 3

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
1	Savory Millet and Spinach Pancakes with Lemon Yogurt Drizzle	Mini Carrot-Quinoa Bites with Lemon-Mint Yogurt	Eggplant-Wrapped Fish with Rice Noodles and Gingered Greens + Green Bean and Fresh Herb Soup with Toasted Pine Nuts	Roasted Pumpkin & Tempeh Skewers with Balsamic Glaze	Crispy Rice Cakes with Turkey Strips and Kiwi-Carrot Slaw
2	Baked Buckwheat-Pumpkin Porridge with Walnuts and Mint	Savory Oat & Parsnip Bars with Parsley Yogurt Dip	Turkey and Zucchini Meatballs with Mashed Potatoes and Basil Oil	Quinoa & Spinach Patties with Parsley-Lemon Dressing	Tofu-Cabbage Rolls with Rice and Chive Drizzle
3	Toasted Rice Cakes with Avocado and Orange Slices	Oat & Banana Energy Balls with Pumpkin Seeds	Grilled Chicken with Roasted Pumpkin and Citrus Vinaigrette	Roasted Eggplant & Bell Pepper Bites with Lemon-Chive Drizzle	Grilled Tuna over Wilted Greens with Kiwi-Lemon Relish
4	Zucchini-Potato Frittata with Spinach and Parsley Oil	Blueberry & Almond Chia Pudding with Kiwi Slices	Baked Tofu Cubes with Roasted Eggplant and Parsley-Orange Sauce + Roasted Red Pepper and Basil Soup with Pumpkin Seed Garnish	Hard-Boiled Eggs with Carrot & Cucumber Sticks	Quinoa-Vegetable Pilaf with Grilled Turkey Strips
5	Soft Rice Breakfast Bowl with Pineapple and Mint	Mandarin-Strawberry Parfait with Walnut Crunch	Zucchini-Buckwheat Fritters with Steamed Green Beans and Lemon Yogurt + Baby Spinach and Strawberry Salad with Toasted Pumpkin Seeds	Buckwheat & Carrot Muffins with Lemon Chia Drizzle	Egg-Topped Pumpkin Risotto with Sautéed Kale and Chive Oil
6	Savory Buckwheat-Oat Crumble with Sautéed Spinach	Buckwheat & Spinach Pancakes with Strawberry-Lemon Compote	Spinach-Cheddar Rice Cakes with Carrot Ribbons and Yogurt Mint Dip + Butternut Squash and Cumin Soup with Toasted Coriander	Baked Salmon & Spinach Bites with Lemon-Dill Yogurt Drizzle	Warm Millet Bowl with Baked Pumpkin and Crisped Pecans
7	Spinach-Oat Breakfast Bake with Chive Oil	Rice Cakes with Bell Peppers and Parsley Drizzle	Pumpkin-Rice Patties with Steamed Spinach and Lemon Drizzle + Napa Cabbage and Pineapple Salad with Fresh Mint	Yogurt-Mint Dip with Parsnip Sticks	Poached Chicken Breast with Warm Blueberry-Celery Salsa

Week 4

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
1	Polenta Bowl with Sautéed Zucchini and Chive Yogurt	Kiwi-Chia Pudding with Almond Slivers	Baked Cod with Parsley Polenta and Roasted Carrot Coins + Steamed Fennel and Zucchini Blossom Salad with Lemon-Parsley Oil	Warm Strawberry-Carrot Medley with Balsamic Mint Yogurt	Quinoa-Stuffed Sweet Potatoes with Blueberry-Spinach Topping
2	Zucchini-Cornmeal Breakfast Rounds with Basil Oil	Mandarin-Strawberry Parfait with Walnut Crunch	Baked Salmon with Sautéed Zucchini and Buckwheat Pilaf	Carrot Bites with Turmeric Yogurt Dip	Tofu-Cabbage Rolls with Rice and Chive Drizzle
3	Sweet Potato and Zucchini Frittata with Fresh Parsley	Oat & Banana Energy Balls with Pumpkin Seeds	Herbed Quinoa Bowl with Grilled Zucchini and Citrus-Marinated Chicken + Romaine and Orange Salad with Chopped Walnuts	Quinoa & Spinach Patties with Parsley-Lemon Dressing	Herbed Turkey Mini Patties with Parsnip Mash
4	Oat-Banana Porridge with Raspberries and Chia Seeds	Mini Carrot-Quinoa Bites with Lemon-Mint Yogurt	Roasted Chicken Thigh with Quinoa Pilaf and Steamed Green Beans + Cucumber-Carrot Salad with Chive Dressing	Hard-Boiled Eggs with Carrot & Cucumber Sticks	Steamed Cod with Cucumber-Radish Medley and Basil Drizzle
5	Spinach-Oat Breakfast Bake with Chive Oil	Blueberry & Almond Chia Pudding with Kiwi Slices	Turkey and Spinach Lettuce Wraps with Roasted Pumpkin	Roasted Pumpkin & Tempeh Skewers with Balsamic Glaze	Polenta with Sautéed Zucchini and Tempeh Cubes
6	Pumpkin and Carrot Oatmeal with Cinnamon and Walnuts	Spinach & Feta Egg Muffins with Tomato and Cucumber	Steamed Trout with Lemon-Herb Drizzle and Fresh Cucumber	Buckwheat & Carrot Muffins with Lemon Chia Drizzle	Zucchini Noodle Stir-Fry with Tempeh and Ginger-Sesame Sauce
7	Carrot-Quinoa Breakfast Discs with Yogurt-Mint Drizzle	Avocado-Cucumber Boats with Strawberry-Basil Relish	Polenta Squares with Sautéed Bell Peppers and Poached Egg + Steamed Green Bean Salad with Lemon-Dill Dressing	Cucumber & Avocado Rice Paper Rolls with Sesame Dipping Sauce	Steamed Fish Parcels with Carrot-Noodle Slaw

Week 5

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
1	Savory Millet and Spinach Pancakes with Lemon Yogurt Drizzle	Rice Cakes with Bell Peppers and Parsley Drizzle	Lemon-Herb Grilled Chicken with Roasted Carrots and Quinoa	Hard-Boiled Eggs with Carrot & Cucumber Sticks	Sweet Potato-Carrot Patties with Steamed Green Beans
2	Sweet Potato-Zucchini Hash with Poached Egg	Spinach & Feta Egg Muffins with Tomato and Cucumber	Polenta Squares with Sautéed Bell Peppers and Poached Egg	Cucumber & Avocado Rice Paper Rolls with Sesame Dipping Sauce	Buckwheat Flatbread with Roasted Bell Peppers and Baby Spinach



SHOPPING LIST

Week 1

Protein Sources

- * chicken breast – 10.6 oz / 300.0 g
- * chicken thigh – 5.3 oz / 150.0 g
- * cod fillet – 10.6 oz / 300.0 g
- * egg – 21.12 oz / 600 g (12 egg)
- * ground turkey – 5.3 oz / 150.0 g
- * salmon fillet – 5.3 oz / 150.0 g
- * tempeh – 3.5 oz / 100.0 g
- * tofu, firm – 5.3 oz / 150.0 g
- * trout fillet – 5.3 oz / 150.0 g
- * tuna steak – 5.3 oz / 150.0 g

Dairy Alternatives

- * lactose-free cheddar – 1.1 oz / 30.0 g
- * lactose-free feta – 1.1 oz / 30.0 g
- * lactose-free milk – 21.9 oz / 620.0 g
- * lactose-free plain yogurt – 11.3 oz / 320.0 g

Vegetables

- * bell pepper – 6.3 oz / 180.0 g
- * black pepper – 0.1 oz / 3.0 g
- * carrot – 29.63 oz / 840.0 g
- * celeriac – 4.2 oz / 130 g
- * celery – 1.1 oz / 30.0 g
- * celery stalks – 5.4 oz / 150g
- * chives – 0.1 oz / 3.5 g
- * chives, green tops – 0.0 oz / 1.0 g
- * cucumber – 7.7 oz / 220.0 g
- * eggplant – 11.6 oz / 330.0 g
- * fennel bulb – 1.8 oz / 50 g
- * green beans – 10.3 oz / 290.0 g
- * leek tops – 7.2 oz / 200 g
- * parsnip – 2.8 oz / 80.0 g
- * potato – 6.3 oz / 180.0 g
- * pumpkin – 10.6 oz / 300.0 g
- * radicchio – 1.4 oz / 40.0 g
- * raspberries – 1.4 oz / 40.0 g
- * red bell pepper, diced – 1.4 oz / 40.0 g
- * spinach – 19.05 oz / 540.0 g
- * strawberries – 4.2 oz / 120.0 g
- * sweet potato – 4.9 oz / 140.0 g
- * tomato – 1.4 oz / 40.0 g
- * yellow squash – 3.5 oz / 100.0 g
- * zucchini – 14.1 oz / 400.0 g

Fruits

- * avocado – 2.9 oz / 80.0 g
- * banana – 6.3 oz / 180.0 g

- * blueberries – 4.2 oz / 120.0 g
- * kiwi – 5.6 oz / 160.0 g
- * orange – 2.8 oz / 80.0 g
- * orange juice – 0.8 oz / 20.0 g
- * orange zest – 0.03 oz / 1.0 g
- * pineapple – 2.1 oz / 60.0 g

Grains & Bread

- * almond meal – 0.4 oz / 10.0 g
- * buckwheat flour – 2.8 oz / 80.0 g
- * dry buckwheat – 2.8 oz / 80.0 g
- * dry polenta – 5.6 oz / 160.0 g
- * dry quinoa – 3.5 oz / 100.0 g
- * dry white rice – 3.9 oz / 144.0 g
- * gluten-free flour – 1.9 oz / 55.0 g
- * gluten-free oat flour – 0.5 oz / 15.0 g
- * gluten-free rolled oats – 6.0 oz / 170.0 g
- * rice cakes – 1.0 oz / 28.0 g
- * rice flour – 1.1 oz / 30.0 g
- * rice paper sheets – 1.0 oz / 28.0 g

Nuts & Seeds

- * almond slivers – 0.6 oz / 18.0 g
- * chia seeds – 2.3 oz / 64.0 g
- * pumpkin seeds – 1.1 oz / 30.0 g
- * sesame seeds – 0.1 oz / 3.0 g

Condiments & Spices

- * baking powder, low-FODMAP – 0.1 oz / 2.0 g
- * cinnamon – 0.1 oz / 2.0 g
- * dried basil – 0.0 oz / 0.5 g
- * fresh dill, chopped – 0.2 oz / 5.0 g
- * fresh ginger – 0.2 oz / 5.0 g
- * fresh mint – 0.4 oz / 8.0 g
- * fresh parsley – 0.6 oz / 16.0 g
- * fresh thyme – 0.1 oz / 2.0 g
- * lemon juice – 2.5 oz / 71.0 g
- * lemon zest – 0.007 oz / 2.0 g
- * nutmeg (optional) – 0.0 oz / 0.5 g
- * salt – 0.06 oz / 1.7 g
- * turmeric – 0.1 oz / 2.5 g

Oils & Cooking Essentials

- * virgin olive oil – 0.51 / 15 ml
- * olive oil – 5.8 oz / 165.0 ml
- * olive oil with basil – 0.3 oz / 9.0 ml
- * avocado oil – 0.25 oz / 7.0 ml

Sweeteners & Treats

- * vanilla extract – 0.1 oz / 5.0 g

Week 2

Protein Sources

- * chicken breast — 5.3 oz / 150.0 g
- * cod fillet — 5.3 oz / 150.0 g
- * egg — 17.64 oz / 500.0 g (10 eggs)
- * firm tempeh — 10.58 oz / 300.0 g
- * firm tofu — 4.23 oz / 120.0 g
- * ground turkey — 5.3 oz / 150.0 g
- * salmon fillet — 10.58 oz / 300.0 g
- * trout fillet — 5.3 oz / 150.0 g
- * tuna steak — 5.3 oz / 150.0 g

Dairy Alternatives

- * lactose-free cheddar — 1.06 oz / 30.0 g
- * lactose-free milk — 7.05 oz / 200.0 g
- * lactose-free yogurt — 10.58 oz / 300.0 g
- * lactose-free g hard feta cheese — 1.41 oz / 40.0 g
- * unsweetened almond milk — 5.29 oz / 150.0 g

Vegetables

- * baby spinach — 11.11 oz / 315.0 g
- * beans — 6.00 oz / 170.0 g
- * bell pepper — 3.88 oz / 110.0 g
- * bok choy — 1.41 oz / 40.0 g
- * carrot — 13.27 oz / 380.0 g
- * carrot sticks — 3.53 oz / 100.0 g
- * celery root — 2.12 oz / 60.0 g
- * celery stalks - 5.4 oz / 150 g
- * cucumber — 13.71 oz / 390.0 g
- * eggplant — 12.35 oz / 350.0 g
- * fennel bulb — 9.6 oz / 270.0 g
- * fresh baby spinach — 4.23 oz / 120.0 g
- * fresh radish — 1.06 oz / 30.0 g
- * leek greens -1.3 oz / 65 g
- * parsnip — 15.21 oz / 435.0 g
- * pumpkin — 2.12 oz / 60.0 g
- * sage leaves — 0.04 oz / 1.0 g
- * sweet potato — 12.35 oz / 350.0 g
- * white potato — 3.53 oz / 100.0 g
- * zucchini — 14.11 oz / 400.0 g

Fruits

- * avocado - 1.76 oz / 50.0 g
- * fresh blueberries — 4.23 oz / 120.0 g
- * fresh strawberries — 5.64oz / 160.0 g
- * kiwi — 3.53 oz / 100.0 g
- * orange — 1.06 oz / 30.0 g
- * pineapple — 1.76 oz / 50.0 g
- * ripe banana — 7.58 oz / 215.0 g

Grains & Bread

- * brown rice — 2.12 oz / 60.0 g
- * buckwheat— 3.85 oz / 110.0 g
- * white quinoa — 5.65 oz / 160.0 g
- * white rice — 2.93 oz / 82 g
- * fine cornmeal — 1.41 oz / 40.0 g
- * gluten-free oat flour — 5.29 oz / 150.0 g
- * gluten-free rolled oats — 7.76 oz / 220.0 g
- * ground almonds — 0.35 oz / 10.0 g
- * rice noodles — 3.88 oz / 110.0 g

Nuts & Seeds

- * chia seeds — 1.41 oz / 40.0 g
- * pumpkin seeds — 1.41 oz / 40.0 g
- * walnuts — 0.28 oz / 8.0 g

Condiments & Spices

- * apple cider vinegar — 0.18 oz / 5.0 g
- * baking powder — 0.04 oz / 1.0 g
- * balsamic vinegar — 0.71 oz / 20.0 g
- * basil — 0.07 oz / 2.0 g
- * black pepper — 0.07 oz / 2.0 g
- * fresh chives — 0.07 oz / 2.0 g
- * green chives — 0.04 oz / 1.0 g
- * cinnamon — 0.04 oz / 1.0 g
- * dill — 0.25 oz / 7.0 g
- * fresh lemon juice — 3.34 oz / 96.0 g
- * fresh mint — 0.25 oz / 7.0 g
- * fresh parsley — 0.36 oz / 10.0 g
- * fresh basil — 0.07 oz / 2.0 g
- * ground black pepper — 0.04 oz / 1.0 g
- * ground cumin — 0.04 oz / 1.0 g
- * ground ginger — 0.04 oz / 1.0 g
- * ground turmeric — 0.07 oz / 2.0 g
- * lemon zest — 0.07 oz / 2.0 g
- * low-FODMAP baking powder — 0.04 oz / 1.0 g
- * mint — 0.04 oz / 1.0 g
- * oregano — 0.04 oz / 1.0 g
- * salt — 0.03 oz / 0.75 g
- * tamari — 0.18 oz / 5.0 g
- * vinegar — 0.35 oz / 10.0 g

Oils & Cooking Essentials

- * extra virgin olive oil — 2.87 oz / 85.0 ml
- * olive oil — 3.8 oz / 112.5 ml
- * sesame oil — 0.25 oz / 7.0 ml

Sweeteners & Treats

- * pure maple syrup — 2.82 oz / 80.0 g

Week 3

Protein Sources

- * egg — 38.39 oz / 1088.5 g (22 eggs)
- * firm tempeh — 3.53 oz / 100.0 g
- * firm tofu — 8.43 oz / 239.1 g
- * fresh salmon fillet — 5.3 oz / 150.3 g
- * ground turkey — 5.29 oz / 150.0 g
- * chicken breast — 5.29 oz / 150.0 g
- * skinless chicken breast — 5.29 oz / 150.0 g
- * turkey breast — 10.6 oz / 300.6 g
- * white fish — 5.29 oz / 150.0 g
- * tuna steak — 5.29 oz / 150.0 g

Dairy Alternatives

- * lactose-free yogurt — 22.58 oz / 639.5 g
- * lactose-free milk — 8.53 oz / 241.8 g
- * unsweetened almond milk — 5.1 oz / 144.6 g
- * rice milk — 0.17 oz / 4.8 g
- * lactose-free cheddar — 1.1 oz / 31.2 g
- * lactose-free cheddar cheese — 1.06 oz / 30.0 g

Vegetables

- * avocado — 3.53 oz / 100.0 g
- * baby spinach — 10.67 oz / 302.6 g
- * bell peppers — 13.07 oz / 371.4 g
- * butternut squash — 7.0 oz / 198.5 g
- * bok choy — 1.41 oz / 40.0 g
- * carrot — 18.58 oz / 526.6 g
- * celery — 8.22 oz / 233.1 g
- * chives — 0.84 oz / 23.3 g
- * cucumber — 3.5 oz / 99.2 g
- * eggplant — 8.79 oz / 249.2 g
- * bulb — 5.4 oz / 153.1 g
- * baby spinach — 4.97 oz / 141.8 g
- * parsley — 0.36 oz / 10.1 g
- * pumpkin — 20.04 oz / 568.5 g
- * green beans — 9.5 oz / 269.2 g
- * green cabbage leaves — 3.53 oz / 100.0 g
- * kale — 2.1 oz / 59.7 g
- * leek tops — 1.76 oz / 50.0 g
- * napa cabbage — 2.8 oz / 79.4 g
- * parsnip — 3.5 oz / 99.2 g
- * green lettuce — 1.41 oz / 40.0 g
- * spinach — 3.2 oz / 90.7 g
- * white potato — 7.79 oz / 220.9 g
- * zucchini — 7.87 oz / 223.1 g

Fruits

- * banana — 4.06 oz / 115.0 g
- * blueberries — 2.8 oz / 80 g

- * strawberries — 6.4 oz / 180.5 g
- * green kiwi — 7 oz / 200 g
- * lemon juice — 4.96 oz / 140.8 g
- * lemon zest — 0.04 oz / 1.1 g
- * mandarin — 2.8 oz / 79.4 g
- * orange juice — 0.49 oz / 14.0 g
- * orange — 2.12 oz / 60.0 g
- * pineapple — 4.2 oz / 119.1 g

Grains & Flour

- * arborio rice — 2.1 oz / 59.5 g
- * buckwheat flour — 1.4 oz / 39.7 g
- * buckwheat groats — 2.91 oz / 82.4 g
- * cornmeal — 0.53 oz / 15.0 g
- * dry millet — 2.98 oz / 84.5 g
- * dry white quinoa — 4.55 oz / 129.0 g
- * dry white rice — 9.61 oz / 270 g
- * gluten-free oat flour — 10.19 oz / 288.4 g
- * gluten-free rolled oats — 10.5 oz / 297.8 g
- * rice cakes — 0.99 oz / 28.0 g
- * rice noodles — 1.94 oz / 55.0 g

Nuts & Seeds

- * chia seeds — 1.24 oz / 35.2 g
- * coriander seeds — 0.04 oz / 1.1 g
- * ground almonds — 0.35 oz / 9.9 g
- * ground flaxseed — 0.42 oz / 12.0 g
- * pine nuts — 0.53 oz / 15.0 g
- * pumpkin seeds — 1.9 oz / 53.4 g
- * raw pecans — 0.2 oz / 5.7 g
- * raw walnuts — 0.63 oz / 17.9 g

Oils & Cooking Essentials

- * avocado oil — 1.02 oz / 28.9 g
- * extra virgin olive oil — 5.54 oz / 158 g
- * sesame oil — 0.07 oz / 2.0 g

Condiments & Spices

- * black pepper — 0.05 oz / 1.4 g
- * chives — 0.66 oz / 18.7 g
- * cinnamon — 0.04 oz / 1.0 g
- * cumin — 0.05 oz / 1.5 g
- * dried basil — 0.04 oz / 1.1 g
- * dried thyme — 0.08 oz / 2.0 g
- * dry basil — 0.18 oz / 5.0 g
- * fresh basil — 0.18 oz / 5.1 g
- * fresh dill — 0.18 oz / 5.1 g
- * ginger — 0.04 oz / 1.0 g
- * green-top chives — 0.63 oz / 17.9 g
- * ground black pepper — 0.33 oz / 9.2 g

- * ground cinnamon — 0.05 oz / 1.4 g
- * ground cumin — 0.04 oz / 1.1 g
- * ground turmeric — 0.56 oz / 15.9 g
- * ground white pepper — 0.02 oz / 0.5 g
- * low-FODMAP baking powder — 0.27 oz / 7.6 g
- * mint — 0.63 oz / 17.8 g
- * oregano — 0.04 oz / 1.1 g

- * parsley — 0.6 oz / 17.1 g
- * smoked paprika — 0.02 oz / 0.5 g
- * turmeric — 0.13 oz / 3.7 g
- * vanilla extract — 0.02 oz / 0.5 g

Sweeteners & Treats

- * maple syrup — 1.43 oz / 40.9 g

Week 4

Protein Sources

- * chicken thigh — 6.0 oz / 170 g
- * cod fillet — 15.9 oz / 450 g
- * egg — 19.8 oz / 560 g (11 eggs)
- * firm tempeh — 14.0 oz / 400 g
- * firm tofu — 4.2 oz / 120 g
- * ground turkey — 10.6 oz / 300 g
- * salmon fillet — 5.3 oz / 150 g
- * skinless chicken breast — 5.3 oz / 150 g
- * trout fillet — 5.3 oz / 150 g

Dairy Alternatives

- * lactose-free feta cheese — 2.8 oz / 80 g
- * lactose-free milk — 21.7 oz / 640 ml
- * lactose-free yogurt — 17.8 oz / 540 g
- * unsweetened almond milk — 5.1 oz / 150 ml

Vegetables

- * baby spinach — 7.6 oz / 215 g
- * bell pepper — 2.1 oz / 60 g
- * carrot — 29.3 oz / 800 g
- * cherry tomatoes — 3.5 oz / 100 g
- * cucumber — 25.7 oz / 730 g
- * fennel bulb — 2.5 oz / 70 g
- * green beans — 7.0 oz / 200 g
- * green cabbage leaves — 8 leaves
- * lettuce leaves — 4 leaves
- * parsnip — 4.2 oz / 120 g
- * pumpkin — 8.8 oz / 250 g
- * radish — 1.1 oz / 30 g
- * romaine lettuce — 1.8 oz / 50 g
- * spinach — 2.5 oz / 70 g
- * sweet potato — 7.8 oz / 220 g
- * zucchini — 18.0 oz / 510 g
- * zucchini blossoms — 0.9 oz / 25 g

Fruits

- * avocado — 4.3 oz / 120 g
- * banana — 7.5 oz / 215 g
- * blueberries — 2.8 oz / 80 g

- * kiwi — 4.9 oz / 140 g
- * mandarin — 2.8 oz / 80 g
- * orange — 4.2 oz / 120 g
- * raspberries — 0.5 oz / 15 g
- * strawberries — 6.0 oz / 170 g

Grains & Flour

- * almond meal — 0.35 oz / 10 g
- * dry polenta — 4.6 oz / 130 g
- * dry rice noodles — 1.6 oz / 45 g
- * dry white rice — 1.4 oz / 40 g
- * fine cornmeal — 2.8 oz / 80 g
- * gluten-free oat flour — 6.9 oz / 200 g
- * gluten-free rolled oats — 7.8 oz / 220 g
- * raw buckwheat groats — 2.6 oz / 75 g
- * rice paper sheets — 4 sheets
- * white quinoa — 9.8 oz / 278 g

Nuts & Seeds

- * chia seeds — 1.0 oz / 28 g
- * ground almonds — 0.35 oz / 10 g
- * ground flaxseed — 0.07 oz / 2 g
- * pumpkin seeds — 0.7 oz / 20 g
- * raw almond slivers — 0.2 oz / 6 g
- * walnuts — 0.95 oz / 27 g

Oils & Cooking Essentials

- * balsamic vinegar — 0.5 oz / 15 ml
- * olive oil — 11.75 tsp / 58 ml
- * rice vinegar — 0.17 oz / 5 ml
- * sesame oil — 1.5 tsp / 7 ml
- * tamari — 0.17 oz / 5 ml
- * avocado oil — 1.02 oz / 28.9 g

Condiments & Spices

- * basil — 0.12 oz / 3.4 g
- * black pepper — 0.05 oz / 1.5 g
- * chives — 0.15 oz / 4.2 g
- * dill — 0.18 oz / 5 g
- * dried dill — 0.02 oz / 0.5 g

- * fresh mint — 0.85 oz / 24 g
- * fresh parsley — 0.25 oz / 7 g
- * ginger — 0.02 oz / 0.5 g
- * green-top chives — 4 tsp / 4 g
- * lemon juice — 1.5 oz / 42.5 ml
- * oregano — 0.07 oz / 2 g

- * paprika — 0.01 oz / 0.25 g
- * rosemary — 0.04 oz / 1 g
- * salt-free herb seasoning — 0.04 oz / 1 g
- * thyme — 0.05 oz / 1.5 g
- * turmeric — 0.02 oz / 0.5 g
- * white pepper — 0.02 oz / 0.5 g

Week 5

Protein Sources

- * egg — 9.0 oz / 255 g (5 eggs)
- * skinless chicken breast — 5.3 oz / 150 g

Dairy Alternatives

- * lactose-free feta cheese — 1.4 oz / 40 g
- * lactose-free milk — 3.0 oz / 90 ml
- * lactose-free yogurt — 4.1 oz / 120 g

Vegetables

- * baby spinach — 4.1 oz / 115 g
- * bell pepper — 11.0 oz / 310 g
- * carrot — 13.7 oz / ~390 g
- * cherry tomatoes — 3.5 oz / 100 g
- * cucumber — 14.0 oz / 400 g
- * zucchini — 10.6 oz / 300 g
- * sweet potato — 5.3 oz / 150 g
- * green beans — 3.5 oz / 100 g

Fruits

- * strawberries — 2.5 oz / 70 g
- * avocado — 2.5 oz / 70 g

Grains & Flour

- * dry millet — 0.9 oz / 25 g
- * gluten-free oat flour — 2.5 oz / 70 g

- * buckwheat flour — 1.8 oz / 50 g
- * dry white quinoa — 2.5 oz / 70 g
- * dry rice noodles — 0.7 oz / 20 g
- * rice paper sheets — 4 sheets
- * fine cornmeal (polenta) — 1.4 oz / 40 g

Nuts & Seeds

- * raw walnuts — 0.3 oz / 8 g
- * pumpkin seeds — 0.7 oz / 20 g

Oils & Cooking Essentials

- * olive oil — 1.01 fl oz / 30 ml
- * avocado oil — 0.17 fl oz / 5 ml
- * sesame oil — 0.17 fl oz / 5 ml
- * white vinegar — 0.08 fl oz / 2.5 ml

Condiments & Spices

- * lemon juice — 1.18 fl oz / 35 ml
- * fresh parsley — 0.09 oz / 2.5 g
- * fresh mint — 0.18 oz / 5 g
- * fresh basil — 0.18 oz / 5 g
- * turmeric — 0.05 oz / 1.5 g
- * ground black pepper — 0.02 oz / 0.5 g
- * chives — 0.05 oz / 1.5 g

CONCLUSION

Living with digestive distress is a unique challenge, one that impacts not only the body but also the mind and spirit. For those who've spent years navigating the discomfort of IBS, SIBO, or related gastrointestinal issues, **the Low FODMAP diet offers a rare promise:** a method grounded in clinical science that can bring tangible, measurable relief. If you have reached the end of this book, you have already taken an extraordinary step in prioritizing your health. Now, as you look ahead, it's time to reflect, personalize, and live with renewed confidence.

Over the course of this guide, you've explored the foundational concepts of the Low FODMAP diet:

The Three Phases (Elimination, Reintroduction, Personalization)

What FODMAPs Are and why they affect the gut

How to Identify Triggers using structured food trials

Which Foods Are Safe and which to approach with caution

The Role of Portion Size, Timing, and Mindfulness

How to Plan Meals, Read Labels, and Cook with Confidence

These are not just strategies; they are tools for empowerment. You have transitioned from uncertainty and restriction to knowledge and choice.

The elimination and reintroduction phases are only the beginning. The goal of the Low FODMAP diet is not long-term restriction but freedom. In the phase of personalization, you move beyond blanket avoidance to build a flexible, nutrient-rich way of eating that suits your unique digestive landscape.

Take the time to revisit your symptom journal and reintroduction notes. Which FODMAP groups cause issues? Which didn't? With this information, begin to gradually reintroduce well-tolerated foods to diversify your diet while staying symptom-free. The more variety you can include, the more sustainable and satisfying your meals will become.

This is also the point where you can experiment with culturally familiar dishes, expand your grocery staples, and get creative in the kitchen again. The personalization phase is your opportunity to rebuild your relationship with food based on trust, curiosity, and data—not fear.

No diet should feel like a life sentence. The most successful dietary changes are those you can maintain long-term. Here are strategies to keep your Low FODMAP lifestyle realistic and enjoyable:

- 1. Cook in Batches:** Preparing meals in advance reduces daily stress and makes it easier to stay on track.
- 2. Dine Out with Confidence:** Choose grilled proteins, plain rice, and steamed vegetables. Don't be afraid to ask about ingredients or bring a small bottle of garlic-infused oil.
- 3. Eat for Nutrient Density:** Prioritize whole foods rich in vitamins, minerals, fiber, and healthy fats. Include low-FODMAP nuts, seeds, leafy greens, colorful vegetables, and omega-3-rich seafood.
- 4. Address Stress and Sleep:** These are powerful triggers for IBS. A holistic approach to well-being often includes meditation, movement, and rest.
- 5. Lean on Community:** Whether online or in person, connecting with others on the same path can provide encouragement, new recipes, and emotional support.
- 6. Continue to Educate Yourself:** Science evolves, and so does our understanding of gut health. Following trusted resources ensures your diet remains up to date and evidence based.

Even with the best intentions, it's easy to encounter obstacles on the Low FODMAP journey.

Here are some frequent mistakes and strategies to overcome them:

Mistake 1: Staying in Elimination Too Long

Prolonged restriction can lead to nutrient gaps and disordered eating habits. Solution: Transition to reintroduction after 4-6 weeks if symptoms improve.

Mistake 2: Not Tracking Symptoms Closely

Vague notes make it hard to identify patterns. Solution: Use a consistent log that tracks food, symptoms, timing, and stress levels.

Mistake 3: Fearing All High-FODMAP Foods

Not all FODMAPs will be problematic for you. Solution: Reintroduce one group at a time and use measured servings.

Mistake 4: Over-Relying on Processed “FODMAP-Friendly” Foods

Many commercial products are expensive and not always nutritionally balanced. Solution: Prioritize whole, minimally processed ingredients.

Mistake 5: Isolating Yourself Socially

Dietary restrictions can feel isolating. Solution: Prepare in advance when dining out or attending events and communicate your needs clearly.

Tracking Progress: A Reflective Table

Goal	How to Measure Progress	Example Tools
Symptom reduction	Track frequency/severity of symptoms	Symptom journal, apps
Trigger identification	Document reactions to reintroduced food	Food & symptom diary
Nutritional balance	Track variety of foods & nutrients	Meal planner, tracker apps
Emotional wellbeing	Rate mood, energy, social confidence	Self-assessment journals
Long-term maintenance	Assess ability to dine out & travel	Monthly reviews
Symptom reduction	Track frequency/severity of symptoms	Symptom journal, apps
Trigger identification	Document reactions to reintroduced food	Food & symptom diary

This kind of structured self-awareness turns the diet into a long-term health strategy, not just a short-term fix.

There is a profound shift that happens once you understand your body’s language. Where food once meant fear, it now becomes fuel. Where your calendar once revolved around bathroom availability, it now opens to possibility.

A life with less pain, less bloating, and more predictability means saying yes to plans, to travel, to birthdays, and to quiet meals at home with joy. The Low FODMAP diet is not just about avoiding discomfort—it’s about reclaiming your life.

The Low FODMAP journey naturally expands into other areas of wellness:

- ◇ **Mindful Eating:** Sitting down without distraction, chewing slowly, and listening to your hunger cues.
- ◇ **Joyful Movement:** Gentle exercise like walking, swimming, or yoga helps stimulate digestion.
- ◇ **Creative Cooking:** Re-learning how to build flavor without garlic or onion becomes an adventure.

- ◆ **Self-Compassion:** There will be setbacks, but they are not failures, they are part of learning.
- ◆ **Stress Reduction:** IBS and gut sensitivity are highly stress responsive. Techniques like deep breathing, journaling, and nature walks can lower symptom flares.

Food is more than fuel; it's a part of your story, your traditions, your healing. This journey helps rewrite that story with clarity and kindness.

If you take one thing away from this book, let it be this: you are not broken. Your body isn't malfunctioning—it's responding to an environment it doesn't fully tolerate. With information and intentionality, you now have the tools to support it.

The Low FODMAP diet is not a finish line but a doorway. It opens to a path where symptom-free days are not the exception but the norm. Where food brings nourishment, not anxiety. And where you feel empowered, not restricted.

In the coming weeks and months, revisit your favorite recipes, explore new low-FODMAP combinations, and stay open to discovery. Your healing doesn't end here—it evolves with you.

Stay kind to your gut, trust the process, and eat with joy.

You've got this.



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