

FODMAP Diet Book for Beginners

**A Low-Histamine, Low-Glycaemic Cookbook
for Gut Health, Gastritis Relief and IBS Support
with a 28-Day Anti-Inflammatory Plan**



Leonora Key

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Note to the Reader

This book is designed to offer gentle support and flavourful, nourishing recipes for anyone seeking to improve gut health, manage symptoms of conditions like IBS and gastritis, and embrace a calm, anti-inflammatory way of eating.

It's here for busy mornings and quiet suppers, for days when your stomach feels uncertain and for days when you simply want a meal that leaves you feeling lighter, steadier, and more at ease.

Please consult your GP or a registered dietitian before making significant changes to your diet or lifestyle — especially if you have ongoing health concerns or take regular medications. **This is not a medical manual; it is a collection of ideas, flavours, and simple dishes to help you create your own rhythm of eating.**

Your path to better wellbeing is personal. Let these recipes be daily companions — not rigid rules — guiding you gently towards a table where food feels safe, satisfying, and joyful again. And because every recipe in this book meets all five key criteria (GF, LF, LGI, LH, LS), you can cook with confidence, knowing each dish is both delicious and naturally gentle on your digestion.

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Introduction

A Calm Table in a Busy World

Life in the UK is full — commutes, family meals, weekend markets, and rainy-day comfort food. But for anyone with gut sensitivities such as IBS or gastritis, eating can become a source of worry. A café sandwich might leave you bloated, a takeaway could bring discomfort, and uncertainty can make every meal feel risky.

These aren't signs of weakness — they're signals for care. And that care can be simple, steady, and delicious. This book offers a gentler way of eating, keeping flavour, tradition, and the joy of sharing food, while helping you feel lighter, calmer, and more confident.

Why Calm Eating Matters

Digestive discomfort affects more than the stomach — it can drain energy, dampen mood, and make socialising harder. The right meals can be a steady anchor in your day.

Every recipe here is designed to:

- ◆ **Support gut health** in a practical, everyday way
- ◆ **Ease digestive discomfort** for those with IBS or gastritis
- ◆ **Create steady energy** through low-glycaemic choices
- ◆ **Keep histamine levels lower**, for those who benefit from it
- ◆ **Respect additional needs**, like gluten-free or low-salt cooking

All recipes meet these five principles, so you can cook with confidence.

The Inspiration Behind This Book

Over the years, I've met people at all stages of life dealing with digestive sensitivities:

- ◆ The young professional in London who loves the café culture but dreads the afternoon crash.
- ◆ The grandparent in Cornwall who wants to keep cooking Sunday roasts, but with a twist that's easier on the stomach.
- ◆ The university student in Manchester learning to cook on a budget, while navigating IBS symptoms.

What they all share is a desire for food that works with them, not against them — meals that taste like home, but leave them feeling steady instead of unsettled. That's the kind of food you'll find here

What You Can Expect

You won't see complicated cooking techniques or long ingredient lists here. Instead:

- ◆ **Simple recipes**, most using just a handful of familiar ingredients
- ◆ **Flavours inspired by everyday UK kitchens**, from courgette soup to baked cod with herbs
- ◆ **Tips for easy swaps** to suit your needs — whether gluten-free, low-salt, or vegetarian
- ◆ **Warm, filling dishes** for cooler days, and light, refreshing options for warmer ones

And because flexibility is part of this book's philosophy, you'll also find "Smart Swap" suggestions to help you adapt recipes to your taste, seasonal produce, or pantry staples — without losing their gut-friendly benefits.

A Journey, Not a Test

If you're new to low-FODMAP, low-histamine, or low-GI eating, there's no rush. Low **FODMAP** isn't forever — it's a tool to identify triggers and widen your food choices. Use the plan closely on some days, or just choose a single recipe on others. The goal is a sustainable way of eating that feels like living, not dieting.

Your Calm Kitchen Awaits

Picture sitting down to a meal feeling relaxed, ready to enjoy it. That's the vision here. So, make a cuppa, pick a recipe, and enjoy food that's flavourful, satisfying, and kind to your digestion — no rules, just gentle nourishment.

What This Book Offers

Gut health is a popular topic — from social media advice to supermarket labels — but it's easy to forget the simple truth: food should make you feel better, not more anxious. Too often, gut-friendly eating comes as endless lists, rules, and conflicting tips.

I wrote this book because so many people have quietly asked:

“What can I eat that won’t upset my stomach, drain my energy, or feel like a chore?”

Some were given **Low FODMAP** plans for IBS, others noticed high-histamine triggers, or were advised to eat low-GI meals for steady energy. Many were simply tired of piecing it all together alone.

Bringing the Pieces Together

Instead of juggling three different guides, this book combines them into one friendly, practical place. Every recipe meets five principles — low-FODMAP, low-histamine, low-GI, gluten-free, and low-salt — so you can pick any page and know it’s gentle, balanced, and flavourful.

Recipes here:

- ◆ Blend **low-FODMAP**, low-histamine, and low-GI principles
- ◆ Avoid common irritants for IBS, gastritis, and sensitive digestion
- ◆ Offer gluten-free, low-salt, low-sugar options
- ◆ Use fresh, accessible UK ingredients

It’s not about restriction, but about making meals calmer and more predictable.

Real Food, Real Life

These aren’t “special diet” compromises — they’re dishes you can share with family and friends, whether for weekday breakfasts, Sunday roasts, or lunchboxes. Cooking this way means more days with steady digestion, even energy, and meals you look forward to.

A Practical Companion

This book is a companion, not a rulebook. You can follow the 28-day plan for structure, or simply choose recipes as you wish.

The aim isn’t perfection — it’s finding a steady rhythm of eating that supports you quietly and consistently.

Understanding the FODMAP Diet

The **Low FODMAP** diet, developed at Monash University in Australia, is now widely used — including in the UK — to ease certain digestive issues.

FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols — carbohydrates that some people struggle to digest. They can pass through the small intestine unabsorbed, then ferment in the large intestine, producing gas and drawing in water.

For sensitive digestion, this may cause:

- ◆ Bloating
- ◆ Abdominal discomfort or cramps
- ◆ Excess wind
- ◆ Changes in bowel habits

How It Helps

Reducing **high-FODMAP** foods for a time lets your gut settle. The process has three phases:

- ◆ Elimination — focus only on low-FODMAP foods for several weeks.
- ◆ Reintroduction — add one group at a time, noting reactions.
- ◆ Personalisation — create a varied, enjoyable diet based on what you tolerate well.

The aim isn't to avoid **FODMAPs** forever — many are nutritious — but to identify your triggers and eat with confidence.

FODMAP and Gastritis

Although designed for IBS, the diet can also help when gastritis makes the stomach lining sensitive. **High-FODMAP** foods like onions, garlic, and certain beans can increase gas, bloating, and reflux. Swapping them for gentler options may ease stress on both stomach and intestines.

Low-FODMAP, gastritis-friendly foods include:

- ◆ Cooked carrots, courgettes, parsnips
- ◆ White rice, quinoa, buckwheat
- ◆ Lean chicken, turkey, white fish
- ◆ Ripe bananas, blueberries, strawberries
- ◆ Lactose-free or certain plant-based milks

For flare-ups, softer textures, mild flavours, and warm (not hot or cold) meals are often best.

A Flexible Approach

Low FODMAP can easily be combined with other gentle eating styles — such as low-histamine and low-GI. Every recipe here meets all five principles: low-FODMAP, low-histamine, low-GI, gluten-free, and low-salt — so you can cook without juggling multiple plans.

Low-Histamine Eating — A Quiet Ally

Histamine is a natural compound involved in digestion and immunity, but for some people — due to genetics, gut health, or lifestyle — it can build up faster than the body can clear it. This may cause flushing, headaches, fatigue, brain fog, or digestive discomfort.

In this book, low-histamine eating is simply another way to make meals gentler, more predictable, and easier to enjoy — part of the **All-in-One Friendly** approach.

Why Lowering Histamine Helps

It's not about removing all histamine, but reducing foods most likely to push levels too high. Many with IBS, gastritis, or sensitive digestion find that high-histamine foods worsen or prolong symptoms. Choosing lower-histamine options can create a calmer baseline and reduce surprises.

Foods Higher in Histamine

These aren't "bad" foods, but may be harder for sensitive individuals:

- ◆ Aged cheeses (cheddar, parmesan)
- ◆ Cured meats (salami, ham, bacon)
- ◆ Smoked or tinned fish (mackerel, sardines)
- ◆ Fermented foods (sauerkraut, kombucha)
- ◆ Alcohol, especially red wine and beer
- ◆ Certain vegetables (spinach, aubergine, tomatoes)

Gentler Choices

Used throughout this book:

- ◆ Fresh white fish (cod, haddock)
- ◆ Fresh poultry
- ◆ Root vegetables (carrots, parsnips, sweet potatoes)
- ◆ Courgettes, green beans

- ◆ Blueberries, pears, ripe bananas
- ◆ Gluten-free grains (rice, quinoa, buckwheat)

Tip: Histamine levels rise in leftovers — the most sensitive may prefer fresh meals or freezing portions quickly.

Finding Your Balance

Sensitivity varies. You may tolerate some medium-histamine foods in small amounts, or only react when other factors, like stress or poor sleep, are present. These recipes give you a safe starting point, from which you can reintroduce and adjust without losing the joy of eating.

The Low-Glycaemic Approach

That burst of energy after a sweet treat, followed by a sudden crash, is your blood sugar at work. For those with IBS, gastritis, or sensitive digestion, steady energy isn't just about avoiding tiredness — it's about giving your gut a calmer, more predictable workload and avoiding the stress of sugar spikes.

The Glycaemic Index (GI) measures how quickly foods raise blood sugar. High-GI foods — like white bread, sugary drinks, or processed snacks — cause sharp rises and drops. Low- and medium-GI foods release energy more slowly, keeping you steady and satisfied for longer.

Why Low-GI Helps Digestion

Stable blood sugar can ease digestive symptoms, avoiding:

- ◆ Sudden hunger and overeating, which strain digestion
- ◆ Energy dips that prompt sugary quick fixes
- ◆ Mood swings and poor focus linked to rapid sugar changes
- ◆ Extra stress on the stomach and intestines from big workload spikes

Low-GI Foods in This Book

No need to give up favourites — just choose gentler versions or pair foods to slow their impact. Common UK options include:

- ◆ Porridge oats (GF if needed)
- ◆ Sweet potatoes instead of chips
- ◆ Brown rice or quinoa instead of white rice
- ◆ Chickpeas or lentils in small, **low-FODMAP** portions

- ◆ Apples, pears, berries
- ◆ Wholegrain or GF seeded bread in moderation

These fit naturally into the book's overall principles.

A Flexible Approach

Low-GI eating works seamlessly with low-FODMAP and low-histamine choices. There's no need to track numbers — you'll simply learn which foods keep you steady and comfortable. High-GI foods aren't banned; they're occasional treats, so you can enjoy them without the energy rollercoaster.

Extra Layers of Care — Gluten-Free, Low-Salt, Sugar-Free

Alongside low-**FODMAP**, low-histamine, and low-GI principles, every recipe here is also gluten-free, low-salt, and sugar-free (or very low sugar). These extra layers keep meals gentle, balanced, and suitable for more people — part of the All-in-One Friendly promise.

Gluten-Free

For coeliac disease, wheat sensitivity, or simply calmer digestion without gluten, recipes are naturally GF or use simple swaps like brown rice pasta, buckwheat noodles, or GF oats from UK supermarkets.

Example: Brown rice pasta for Italian dishes; buckwheat soba for stir-fries.

Low-Salt

Too much salt can leave you sluggish, puffy, or irritate digestion. Here, flavour comes from herbs, spices, citrus, and slow cooking instead.

Example: Lemon juice and parsley brighten fish as well as salt — without the side effects.

Sugar-Free (or Very Low Sugar)

Refined sugar spikes blood sugar and energy levels. Sweetness here comes from fruit, maple syrup, or date purée in small amounts.

Example: Warm berry compote over porridge for natural sweetness and colour.

Why It Matters

With all five principles built in, you don't need multiple plans or separate meals — it's flexible and fits real life.

Who This Book Is For

For anyone wanting to feel lighter, calmer, and more comfortable after eating, without losing flavour or variety:

- ◆ People with IBS, gastritis, or sensitive stomachs
- ◆ Busy cooks needing quick, nourishing meals for UK life
- ◆ Families wanting meals everyone can share
- ◆ Home cooks seeking low-FODMAP, low-histamine, low-GI recipes in one place
- ◆ Anyone ready for a calmer, more predictable way of eating that still feels joyful

You don't need a strict diet — just a wish for food that tastes good, feels good, and works with your body.

The 28-Day Gut-Soothing Plan

Changing your diet works best gradually, giving body and taste buds time to adjust. This 28-day plan offers four calm, manageable weeks of low-FODMAP, low-histamine, low-GI, gluten-free, and low-salt meals — without long “do/don't” lists. Every recipe already meets these criteria, so you can focus on eating, not rules.

It's a flexible guide — follow it closely, adapt it, or dip in and out. Pause if life gets busy, then return when ready.

Week 1 — Gentle Beginnings

Notice which foods feel light and which bring discomfort.

- ◆ Swap **high-FODMAP** triggers (onions, garlic, apples) for gentler options (spring onion greens, garlic oil, blueberries)
- ◆ Replace cured meats and aged cheese with fresh poultry or white fish
- ◆ Choose lower-GI starches like sweet potatoes or brown rice

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Aim for awareness, not perfection.

Week 2 — Building Comfort

Expand your options.

- ◆ Add more low-FODMAP veg (carrots, courgettes, parsnips, green beans)
- ◆ Use herbs and spices for flavour instead of salt
- ◆ Keep histamine-friendly snacks handy (rice cakes with pear, lactose-free yoghurt with blueberries)

By week's end, you'll have go-to meals you can repeat.

Week 3 — Steady Energy

Keep energy even from breakfast to bedtime.

- ◆ Build meals with protein, fibre, healthy fats
- ◆ Reduce processed snacks to avoid sugar spikes and dips
- ◆ Make lunch your most balanced meal

If you feel fuller for longer and skip mid-afternoon sugar fixes, you're on track.

Week 4 — Your Personal Balance

Refine your approach.

- ◆ Keep meals that work for you
- ◆ Reintroduce one new food at a time
- ◆ Adjust portions, cooking, and timing to suit your life

By day 28, you'll have a foundation for a sustainable, supportive way of eating.

In the following chapters, you'll find recipes to bring this plan to life — from quick breakfasts to slow-cooked suppers — whether you follow the plan fully or simply choose dishes that appeal.

Track What Feels Good—And What Nourishes You Most

This book was created to help you eat with calm, clarity, and confidence. But no book can know your body better than you do.

If you'd like, you can download a free set of gentle printable tools to support your gut-health journey—available via the link at the back of this book or directly at:

<http://bit.ly/4mDtUHW>



Inside your bonus library, you'll find:

- ◆ The complete 28-Day Gut-Soothing Plan with all four weeks in detail
- ◆ Printable shopping lists for each week
- ◆ A weekly Energy & Clarity journal (symptom tracker and meal log)
- ◆ Printable Kitchen Toolkit: Gut-Friendly Food Lists, Swaps & Portion Guides

These extras are completely optional—but they're here for you whenever you want to explore what works best for your body, your rhythm, and your kitchen.

Because the goal isn't to do more. It's to feel supported—in your own time, and in your own way.

Stocking a UK-Friendly FODMAP Pantry

Making low-FODMAP, low-histamine, and low-GI eating easier starts with a well-stocked kitchen. With the right staples in your cupboards, fridge, and freezer, you can prepare satisfying meals quickly — without last-minute stress or takeaway temptation.

In the UK, most essentials are in supermarkets, farmers' markets, or online. Every recipe in this book follows the All-in-One Friendly approach, covering gluten-free, **low-FODMAP**, low-GI, low-histamine, and low-salt needs.

How to Use the Recipes

Each recipe fits on one page with servings, times, short ingredient lists, clear steps, and swap suggestions. All are GF, LF, LGI, LH, LS, so you can cook with confidence.

Flexible Cooking, No Pressure

Recipes are starting points — swap ingredients to suit the season, your budget, or your digestion.

Simple Ingredient Swaps

- ◆ Grains: white rice → brown rice/quinoa/buckwheat; wheat pasta → brown rice pasta/buckwheat noodles; white potatoes → sweet potatoes/swede
- ◆ Veg: courgettes → green beans/parsnips; onions → spring onion greens/leek greens; tomatoes → roasted red peppers/courgette purée

- ◆ Proteins: aged cheese → mozzarella/lactose-free cream cheese; cured meats → fresh poultry/fish; smoked fish → fresh white fish
- ◆ Flavour: garlic → garlic oil; salt → herbs, citrus, mild spices; refined sugar → maple syrup/date purée

Tip: Swaps aren't just for missing items – they help make recipes your own and keep meals comfortable.

Cooking Tips for Sensitive Digestion

Gentle cooking means preparing meals that are kind to your stomach yet full of flavour – cooking with an extra layer of care so every bite feels good during and after eating.

- ◆ **Cook Until Tender** – Lightly steam, bake, or slow-cook vegetables until soft for easier digestion.
- ◆ **Mind the Temperature** – Warm or room-temperature meals are gentler than very hot or cold ones.
- ◆ **Go Easy on Fat** – Use moderate amounts of healthy fats and balance with lean proteins and vegetables.
- ◆ **Choose Milder Flavours** – Swap strong spices for fresh herbs, citrus, and gentle seasonings.
- ◆ **Small Portions, More Often** – Lighter, frequent meals reduce strain on the stomach.
- ◆ **Chew Slowly** – Thorough chewing helps digestion and comfort.

Tip: All recipes here follow these ideas, but you can adjust cooking times, textures, and seasonings to suit your comfort. Over time, you'll find your own “comfort cooking” rules.

A Gentle Word Before We Begin

There's no rush. You don't need to change everything at once or cook every recipe perfectly. See this as an invitation to bring calm to your kitchen, letting the scent of herbs or a warm stew remind you that food can be a comfort, not a worry.

Follow the 28-day plan if it suits, or just choose one recipe that feels right – both are wins. Enjoy the good days, be kind on the difficult ones. This is about rhythm, not rules, and the rhythm is yours to set.

Take a breath, choose your first recipe, and begin – gently, deliciously, with the quiet confidence that every meal here is designed to support you.

A close-up photograph of a breakfast meal on a white plate. The meal includes a slice of golden-brown toast topped with fresh green herbs, several slices of roasted tomatoes, a sunny-side-up fried egg with a bright yellow yolk, and several slices of sautéed mushrooms. In the background, a wooden cutting board and a metal pepper grinder are visible.

Gentle Breakfasts & Easy Starts



Time

20 minutes



Serves

2



Digestibility

Gentle

**Flavour
Profile**

**Savoury
&**

Comforting

The Gentle Full English Breakfast

Method

- Preheat the grill (broiler) to medium-high.
- Place tomato halves on a baking tray, drizzle lightly with olive oil, and grill for 6–8 minutes until softened.
- Heat a non-stick frying pan with garlic-infused oil. Add mushrooms and cook for 5–6 minutes until golden.
- In a separate pan, lightly wilt spinach over low heat (1–2 minutes).
- Toast gluten-free bread and keep warm.
- Cook eggs to your preference — poached, scrambled, or fried in minimal olive oil.
- Arrange all components on warm plates. Season with black pepper if desired.

◆ Replace bread with a slice of roasted sweet potato for extra fibre.

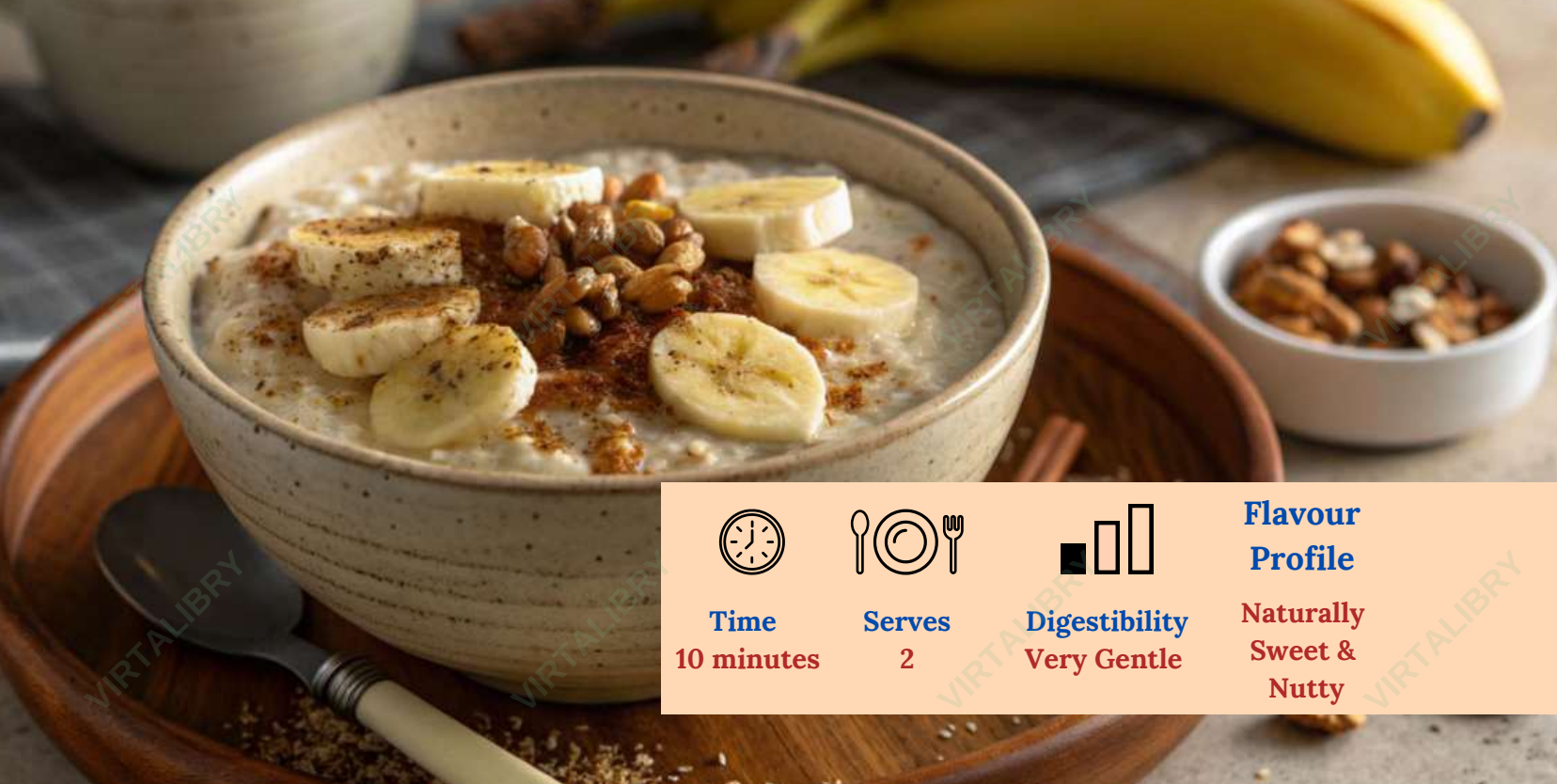
Nutritional Snapshot: Calories: 310; Protein: 18g; Carbohydrates: 28g; Fibre: 6g; Fat: 14g; Salt: 0.35g; Potassium: 650mg; Cholesterol: 370mg;

Ingredients

- 4 medium eggs
- 4 slices gluten-free, low-salt bread
- 150 g chestnut or white mushrooms, halved
- 2 medium tomatoes, halved (low-histamine option: replace with roasted red peppers)
- 100 g baby spinach or wilted greens
- 1 tsp garlic-infused olive oil (for frying)
- Black pepper to taste

Make It Your Way

◆ Swap tomatoes for grilled courgettes or red peppers if avoiding nightshades.



Time
10 minutes



Serves
2



Digestibility
Very Gentle

Flavour Profile

Naturally
Sweet &
Nutty

Banana & Oat Porridge with Walnuts

Method

- Place oats and milk in a medium saucepan over medium heat.
- Stir occasionally and cook for 4–5 minutes until the oats are soft and creamy.
- Add banana slices in the last minute of cooking, gently folding them in.
- Remove from heat, stir in cinnamon, and adjust sweetness with maple syrup if using.
- Serve in warm bowls topped with chopped walnuts.

Smart Swaps

◆ Use almond butter instead of walnuts if chewing is an issue.

◆ Replace banana with pear slices for a lower-histamine variation.

◆ Add a sprinkle of ground flaxseed for joint and heart health.

Nutritional Snapshot: Calories: 300; Protein: 9g; Carbohydrates: 45g; Fibre: 6g; Fat: 10g; Salt: 0.08g; Potassium: 480mg; Cholesterol: 0mg;

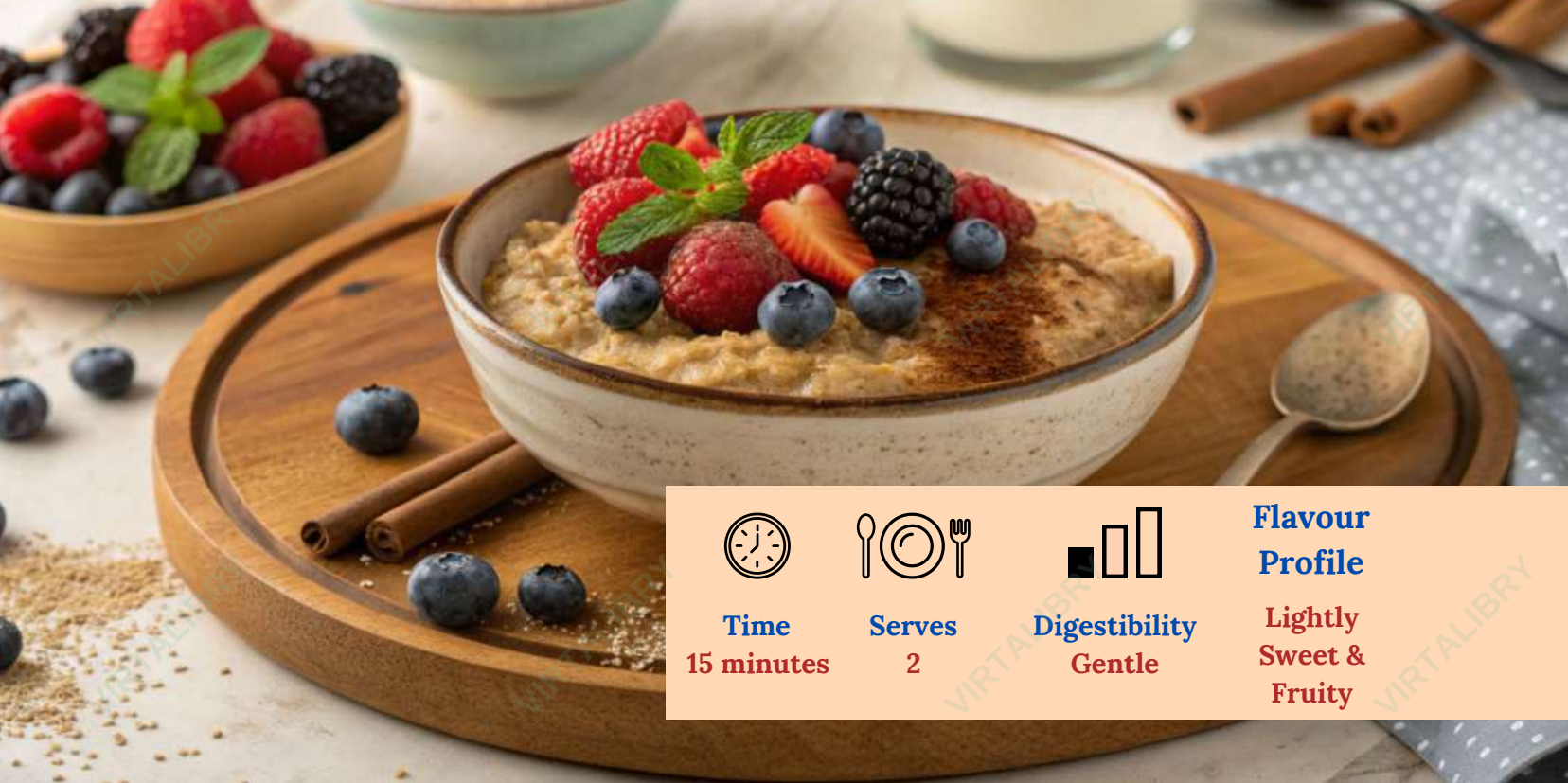
Ingredients

- 80 g gluten-free rolled oats
- 400 ml lactose-free milk or fortified almond milk (unsweetened)
- 1 medium ripe banana, sliced
- 20 g walnuts, roughly chopped
- ½ tsp ground cinnamon
- 1 tsp pure maple syrup (optional)

Make It Your Way

◆ Swap walnuts for pecans or pumpkin seeds for a different texture.

◆ Add blueberries for extra antioxidants.



Time
15 minutes



Serves
2



Digestibility
Gentle

Flavour Profile

Lightly
Sweet &
Fruity

Quinoa Porridge with Berries and Cinnamon

Method

- Add rinsed quinoa and water to a medium saucepan. Bring to the boil, then reduce heat and simmer for 10–12 minutes until most water is absorbed.
- Stir in lactose-free milk and cook for another 3–4 minutes until quinoa is tender and creamy.
- Add cinnamon and maple syrup if using, then gently fold in the berries.
- Serve warm, topping with extra berries if desired.

Smart Swaps

◆ Replace berries with poached pear for a softer, gentler option.

◆ Use calcium-fortified almond milk for bone health.

◆ Add chopped walnuts for extra heart-friendly fats.

Nutritional Snapshot: Calories: 270; Protein: 8g; Carbohydrates: 42g; Fibre: 5g; Fat: 7g; Salt: 0.05g; Potassium: 350mg; Cholesterol: 0mg;

Ingredients

- 80 g quinoa, rinsed thoroughly
- 300 ml water
- 150 ml lactose-free milk or fortified almond milk (unsweetened)
- 80 g blueberries or strawberries (fresh or frozen, thawed)
- ½ tsp ground cinnamon
- 1 tsp pure maple syrup (optional)

Make It Your Way

◆ Swap berries for sliced kiwi or clementines for seasonal variety.

◆ Add 1 tbsp pumpkin seeds for crunch and extra minerals.



Time
8 minutes



Serves
2



Digestibility
Very Gentle

Flavour Profile

Creamy & Mild

Simple Scrambled Eggs with FODMAP-Friendly Chives

Method

- Crack eggs into a bowl, add milk, and whisk lightly until just combined.
- Heat a non-stick pan over low-medium heat. Add garlic-infused oil or butter if using.
- Pour in the egg mixture, sprinkle in chopped chives, and stir gently with a spatula.
- Cook slowly, folding the eggs from the edges to the centre until just set but still soft.
- Serve immediately on warm gluten-free toast or alongside wilted greens.

♦ Replace milk with oat milk (gluten-free certified) if almond or dairy-free milk isn't preferred.

♦ Add finely chopped soft herbs for extra micronutrients.

♦ Best served fresh. Avoid reheating, as eggs can become rubbery and harder to digest.

Nutritional Snapshot: Calories: 190; Protein: 13g; Carbohydrates: 2g; Fibre: 0g; Fat: 14g; Salt: 0.15g; Potassium: 180mg; Cholesterol: 370mg;

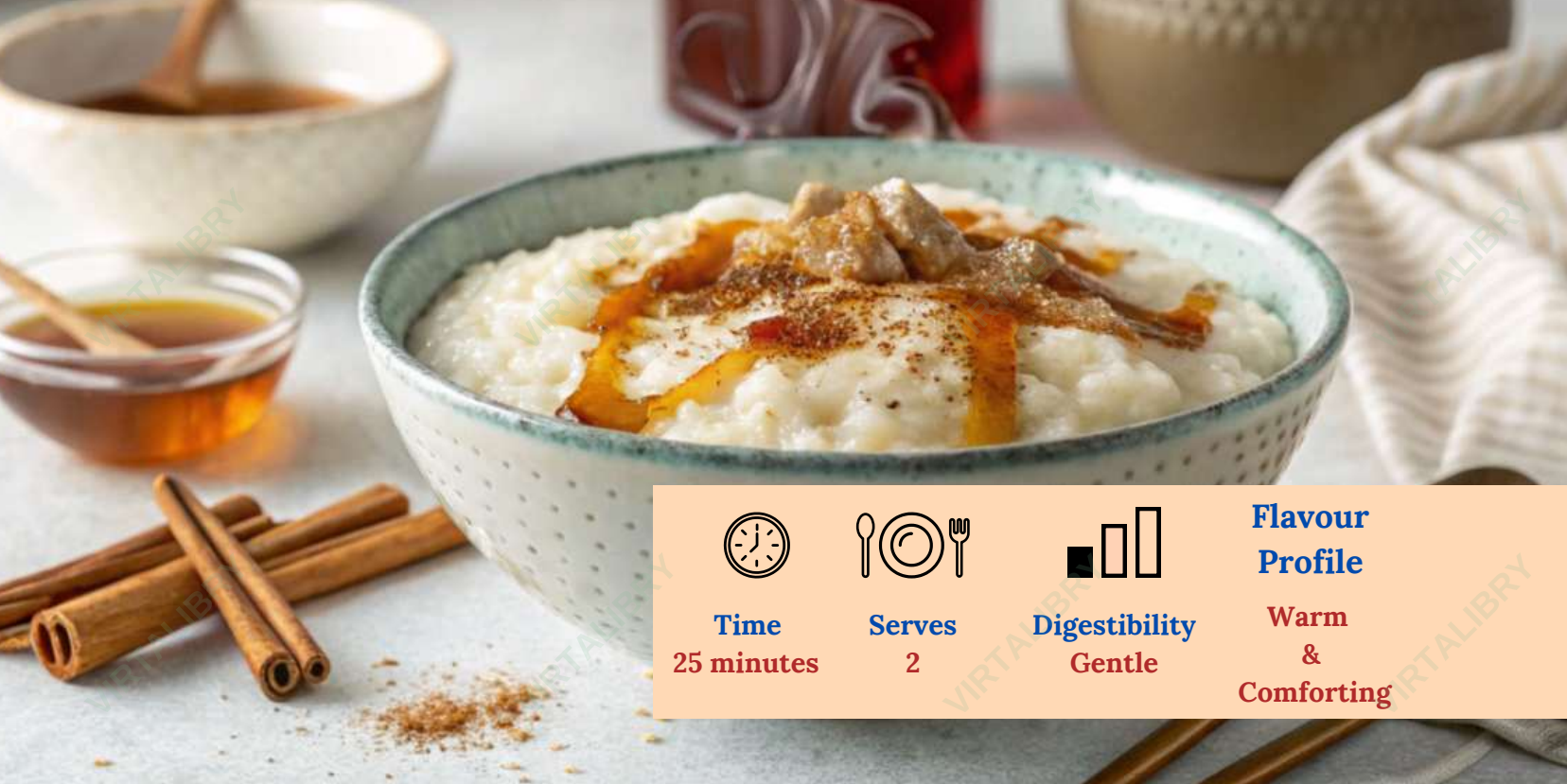
Ingredients

- 4 medium free-range eggs
- 50 ml lactose-free milk or fortified almond milk (unsweetened)
- 1 tbsp finely chopped green tops of spring onions (FODMAP-friendly chives)
- 1 tsp garlic-infused olive oil or unsalted butter
- Pinch of black pepper

Make It Your Way

♦ Add a handful of baby spinach during the last minute of cooking.

♦ Stir in 1 tbsp lactose-free cream cheese for extra creaminess.



Time
25 minutes



Serves
2



Digestibility
Gentle

Flavour Profile

Warm & Comforting

Rice Porridge with Ginger and Maple Syrup

Method

- Rinse rice under cold water until water runs clear.
- Add rice and water to a medium saucepan, bring to the boil, then reduce heat and simmer for 15 minutes, stirring occasionally.
- Stir in milk and ginger, then cook for another 5–7 minutes until rice is soft and porridge is creamy.
- Remove from heat, stir in maple syrup, and sprinkle with cinnamon if using.
- Serve warm in bowls.

Smart Swaps

- ◆ Use basmati rice for a lighter texture and lower GI.
- ◆ Add poached pear slices on top for extra fibre and softness.
- ◆ Cool quickly, store in the fridge for up to 2 days. Reheat gently with a splash of milk, stirring to restore creaminess.

Nutritional Snapshot: Calories: 240; Protein: 5g; Carbohydrates: 48g; Fibre: 1g; Fat: 4g; Salt: 0.05g; Potassium: 140mg; Cholesterol: 0mg;

Ingredients

- 80 g white rice
- 400 ml water
- 150 ml lactose-free milk or fortified almond milk (unsweetened)
- 1 tsp freshly grated ginger (or ½ tsp ground ginger for milder flavour)
- 2 tsp pure maple syrup
- ½ tsp ground cinnamon
- ◆ Swap white rice for brown rice (increase cooking time by 10 minutes) for extra fibre.
- ◆ Replace maple syrup with a mashed ripe banana for natural sweetness.
- ◆ Add a sprinkle of pumpkin seeds for crunch.



Time
10 minutes



Serves
2



Digestibility
Gentle

Flavour Profile

Fresh & Savoury

Spinach & Tomato Omelette with Fresh Herbs

Method

- Whisk eggs and milk in a bowl until just combined. Season with pepper if desired.
- Heat a non-stick frying pan over medium heat, adding garlic-infused oil or butter.
- Add spinach and cook for 1–2 minutes until just wilted. Stir in tomato pieces (or roasted pepper) and cook for another minute.
- Pour over the egg mixture, scatter with fresh herbs, and tilt the pan to spread evenly.
- Cook gently until the edges are set, then fold the omelette in half and serve immediately.

Smart Swaps

- ◆ Replace fresh tomato with roasted red pepper to reduce acidity.
- ◆ Use soft herbs like parsley for easier digestion.
- ◆ Add extra egg white for more protein and less fat.

Nutritional Snapshot: Calories: 180; Protein: 13g; Carbohydrates: 3g; Fibre: 1g; Fat: 13g; Salt: 0.15g; Potassium: 330mg; Cholesterol: 370mg;

Ingredients

- 4 medium free-range eggs
- 40 ml lactose-free milk or fortified almond milk (unsweetened)
- 50 g baby spinach
- 1 medium tomato, deseeded and diced
- 1 tbsp fresh herbs (parsley, chives, or dill), chopped
- 1 tsp garlic-infused olive oil or unsalted butter
- Pinch of black pepper

Make It Your Way

- ◆ Swap spinach for finely shredded courgette for a gentler texture.



Time
45 minutes



Serves
2



Digestibility
Very Gentle

Flavour Profile

Sweet
&
Warming

Baked Sweet Potato with a Sprinkle of Cinnamon

Method

- Preheat oven to 200°C (180°C fan) / Gas Mark 6.
- Wash and scrub sweet potatoes, then pat dry.
- Pierce each potato a few times with a fork, rub lightly with olive oil if using, and place on a baking tray lined with parchment.
- Bake for 40–45 minutes, or until soft all the way through (test with a fork).
- Slice open, fluff the inside with a fork, and sprinkle with cinnamon. Drizzle with maple syrup if desired.

Smart Swaps

◆ Mash with a little lactose-free milk for an easier-to-eat side dish.

◆ Add a pinch of turmeric for extra anti-inflammatory benefits.

◆ Use smaller sweet potatoes for quicker cooking.

◆ Store in the fridge for up to 3 days.

Nutritional Snapshot: Calories: 160; Protein: 3g; Carbohydrates: 36g; Fibre: 5g; Fat: 1g; Salt: 0.03g; Potassium: 540mg; Cholesterol: 0mg;

Ingredients

- 2 medium sweet potatoes (about 250–300 g each)
- 1 tsp olive oil (optional, for softer skin)
- ½ tsp ground cinnamon
- 1 tsp pure maple syrup (optional, for extra sweetness)

Make It Your Way

◆ Add a spoonful of lactose-free Greek-style yoghurt for creaminess.

◆ Sprinkle with chopped walnuts or pumpkin seeds for crunch.

◆ Replace cinnamon with ground ginger for a spicier note.



Time
5 minutes



Serves
2



Digestibility
Gentle

Flavour Profile

Fresh
&
Fruity

Blueberry & Lemon Smoothie

Method

- Place all ingredients into a blender.
- Blend on high speed until completely smooth.
- Taste and adjust sweetness with maple syrup if desired.
- Serve immediately in chilled glasses.

Smart Swaps

- ◆ Add 1 tbsp ground flaxseed or chia seeds for extra fibre and omega-3.
- ◆ Blend in a handful of baby spinach for added nutrients without altering flavour much.
- ◆ Use kefir made from lactose-free milk for extra gut-friendly probiotics.
- ◆ Replace lemon with orange juice for a sweeter citrus note.
- ◆ Add extra yoghurt for a thicker, more filling smoothie.

Nutritional Snapshot: Calories: 130; Protein: 6g; Carbohydrates: 18g; Fibre: 3g; Fat: 4g; Salt: 0.06g; Potassium: 210mg; Cholesterol: 5mg;

Ingredients

- 150 g fresh or frozen blueberries
- 250 ml lactose-free milk or fortified almond milk (unsweetened)
- 100 g lactose-free Greek-style yoghurt or coconut yoghurt (unsweetened)
- 1 tsp fresh lemon juice
- ½ tsp finely grated lemon zest (optional)
- 1 tsp pure maple syrup

Make It Your Way

- ◆ Swap blueberries for blackberries or raspberries for variety.
- ◆ Best consumed fresh.



Time
5 minutes



Serves
2



Digestibility
Very Gentle

Flavour Profile

Creamy & Fresh

Coconut Yoghurt with Sliced Kiwi and Pumpkin Seeds

Method

- Divide coconut yoghurt between two bowls.
- Arrange kiwi slices neatly on top.
- Sprinkle with pumpkin seeds and cinnamon if using.
- Serve immediately.

Smart Swaps

- ◆ Use softer fruit like ripe banana or papaya for easier chewing.
 - ◆ Replace pumpkin seeds with crushed walnuts for extra omega-3.
 - ◆ Choose calcium-fortified coconut yoghurt for bone health.
 - ◆ Assemble just before serving to keep fruit fresh.
- Store components separately in the fridge for up to 2 days.

Nutritional Snapshot: Calories: 180; Protein: 4g; Carbohydrates: 18g; Fibre: 4g; Fat: 10g; Salt: 0.04g; Potassium: 360mg; Cholesterol: 0mg;

Ingredients

- 250 g plain, unsweetened coconut yoghurt
- 2 ripe kiwis, peeled and sliced (golden kiwi preferred for lower acidity)
- 2 tbsp pumpkin seeds
- ½ tsp ground cinnamon

Make It Your Way

- ◆ Swap kiwi for blueberries, clementines, or poached pear for variety.
- ◆ Add 1 tbsp ground flaxseed or chia seeds for extra fibre and omega-3.
- ◆ Drizzle with 1 tsp pure maple syrup if you prefer a sweeter flavour.



Soups & Salads



Time
30 minutes



Serves
2



Digestibility
Gentle

Flavour Profile

Mild & Comforting

Creamy Leek & Potato Soup

Method

- Heat garlic-infused olive oil in a large saucepan over medium heat.
- Add leek tops and cook for 3–4 minutes until softened.
- Stir in potatoes, then pour in vegetable stock. Bring to the boil, reduce heat, and simmer for 15 minutes or until potatoes are tender.
- Add milk, then blend with a stick blender until smooth.
- Stir in parsley, season with pepper if desired, and serve hot.

Smart Swaps

- ◆ Use sweet potatoes instead of white for a lower GI option.
- ◆ Replace parsley with dill for a gentler herbal note.
- ◆ Blend until extra smooth for easier digestion.

Nutritional Snapshot: Calories: 170; Protein: 4g; Carbohydrates: 28g; Fibre: 4g; Fat: 5g; Salt: 0.2g; Potassium: 680mg; Cholesterol: 0mg;

Ingredients

- 2 tbsp garlic-infused olive oil
- 150 g green leek tops only (finely sliced)
- 500 g potatoes, peeled and diced
- 750 ml low-sodium vegetable stock (FODMAP-friendly)
- 150 ml lactose-free milk or fortified almond milk (unsweetened)
- 1 tbsp fresh parsley, chopped
- Black pepper to taste

Make It Your Way

- ◆ Add a handful of baby spinach before blending for extra nutrients.



Time
25 minutes



Serves
4



Digestibility
Very Gentle

Flavour Profile

Lightly
Sweet &
Warming

Simple Carrot & Ginger Soup

Method

- Heat garlic-infused olive oil in a large saucepan over medium heat.
- Add carrots and ginger, cooking for 3–4 minutes to release flavour.
- Pour in vegetable stock, bring to the boil, then reduce heat and simmer for 15–18 minutes until carrots are tender.
- Stir in milk, then blend until smooth using a stick blender.
- Garnish with fresh herbs if desired and serve hot.

Smart Swaps

- ◆ Use butternut squash instead of carrots for a gentler sweetness.
- ◆ Reduce ginger to ½ tsp for a milder flavour.
- ◆ Add a little extra milk for a thinner, easier-to-eat soup.

Nutritional Snapshot: Calories: 110; Protein: 2g; Carbohydrates: 20g; Fibre: 5g; Fat: 3g; Salt: 0.15g; Potassium: 500mg; Cholesterol: 0mg;

Ingredients

- 1 tbsp garlic-infused olive oil
- 500 g carrots, peeled and chopped
- 1 tsp freshly grated ginger (or ½ tsp ground ginger for milder flavour)
- 750 ml low-sodium vegetable stock (FODMAP-friendly)
- 150 ml lactose-free milk or fortified almond milk (unsweetened)
- 1 tbsp fresh coriander or parsley, chopped

Make It Your Way

- ◆ Add ½ tsp turmeric for extra anti-inflammatory benefits.



Time
25 minutes



Serves
4



Digestibility
Gentle

Flavour Profile

Light
&
Comforting

Chicken & Rice Noodle Soup

Method

- Heat garlic-infused olive oil in a large saucepan over medium heat.
- Add chicken pieces and cook for 4–5 minutes until lightly browned.
- Pour in chicken stock and bring to the boil. Reduce heat and simmer for 10 minutes.
- Add carrots and green beans, cooking for a further 5 minutes.
- Stir in rice noodles and cook according to packet instructions (usually 2–4 minutes).
- Remove from heat, stir in fresh herbs, and serve hot.

Smart Swaps

- ◆ Use shredded cooked chicken from a roast to reduce prep time.
- ◆ Add ½ tsp grated fresh ginger for extra warmth.

Nutritional Snapshot: Calories: 210; Protein: 20g; Carbohydrates: 22g; Fibre: 3g; Fat: 5g; Salt: 0.25g; Potassium: 3420mg; Cholesterol: 55mg;

Ingredients

- 1 tbsp garlic-infused olive oil
- 2 medium chicken breasts (about 300 g), diced
- 100 g rice noodles
- 1 medium carrot, julienned
- 100 g green beans, trimmed and halved
- 1.2 litres low-sodium chicken stock
- 1 tbsp fresh parsley or coriander, chopped
- Black pepper to taste

Make It Your Way

- ◆ Swap green beans for courgette strips for variety.



Time
25 minutes



Serves
4



Digestibility
Gentle

Flavour Profile

Fresh
&
Aromatic

Hearty Tomato & Basil Soup

Method

- Heat garlic-infused olive oil in a large saucepan over medium heat.
- Add tomatoes and carrot, cooking for 5 minutes until softened.
- Pour in vegetable stock, bring to the boil, then simmer for 10–12 minutes.
- Stir in basil leaves and milk, then blend until smooth using a stick blender.
- Adjust seasoning with black pepper and serve hot, garnished with extra basil.

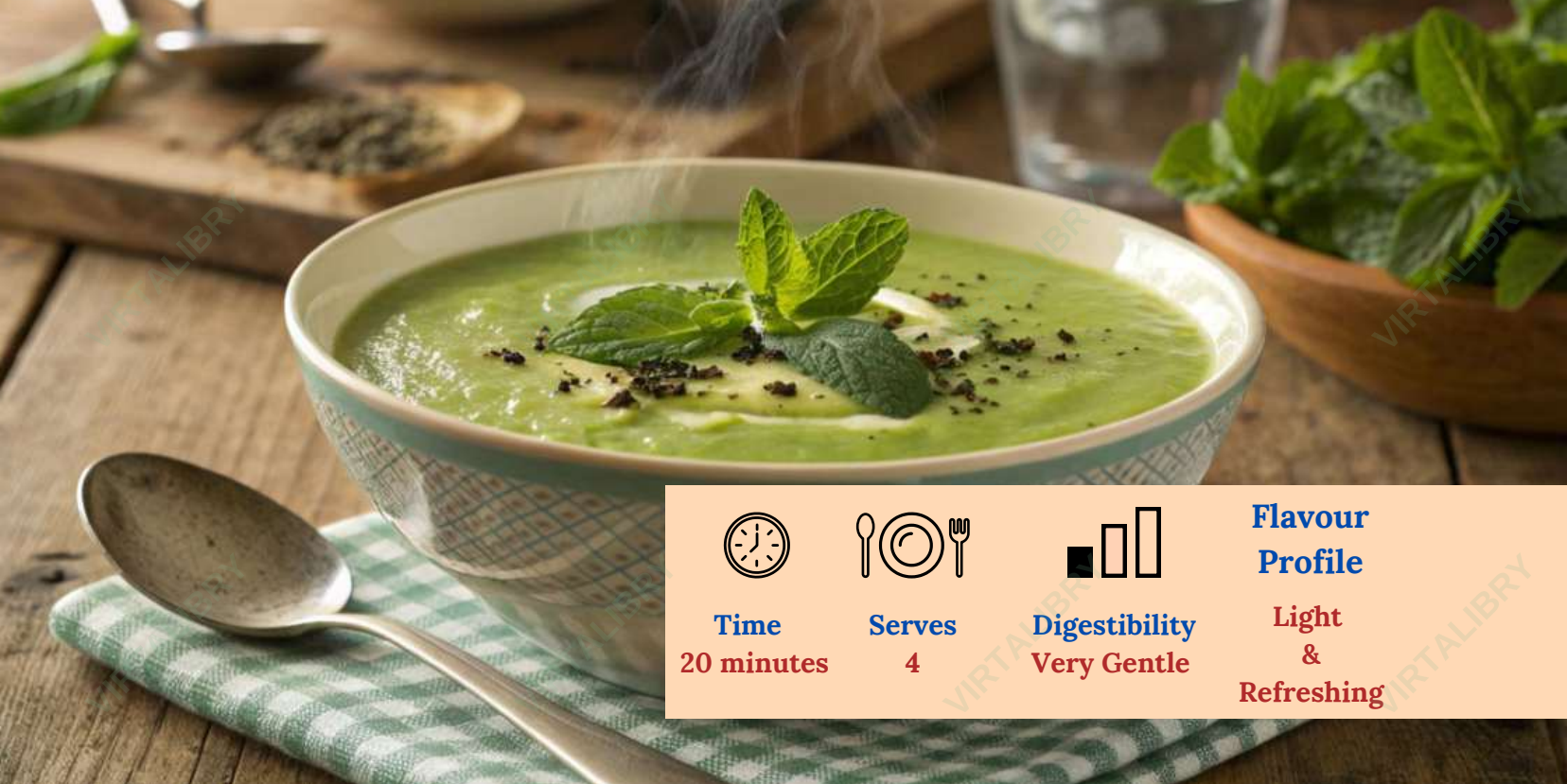
Smart Swaps

- ◆ Use peeled tomatoes to reduce acidity.
- ◆ Replace fresh basil with parsley for a milder herbal flavour.
- ◆ Serve with a side of mashed sweet potato for a more filling meal.

Nutritional Snapshot: Calories: 120; Protein: 3g; Carbohydrates: 19g; Fibre: 4g; Fat: 4g; Salt: 0.18g; Potassium: 540mg; Cholesterol: 0mg;

Ingredients

- 1 tbsp garlic-infused olive oil
- 700 g fresh ripe tomatoes, roughly chopped
- 1 medium carrot, peeled and chopped
- 750 ml low-sodium vegetable stock
- 2 tbsp fresh basil leaves, plus extra for garnish
- 150 ml lactose-free milk or fortified almond milk (unsweetened)
- Black pepper to taste
- ◆ Swap all or part of the tomatoes for roasted red peppers for a gentler, low-histamine version.



Time
20 minutes



Serves
4



Digestibility
Very Gentle

Flavour Profile

Light
&
Refreshing

Zucchini & Mint Soup

Method

- Heat garlic-infused olive oil in a large saucepan over medium heat.
- Add courgettes (and potato if using) and cook for 3–4 minutes, stirring occasionally.
- Pour in vegetable stock, bring to the boil, then simmer for 10–12 minutes until vegetables are soft.
- Stir in milk and fresh mint, then blend until smooth.
- Season with black pepper if desired and serve hot.

Smart Swaps

- ◆ Use parsley instead of mint for a gentler herbal flavour.
- ◆ Replace part of the courgettes with leeks (green tops only) for added depth.
- ◆ Add a handful of baby spinach in the last 2 minutes of cooking for more nutrients.
- ◆ Top with toasted pumpkin seeds for crunch.

Nutritional Snapshot: Calories: 95; Protein: 3g; Carbohydrates: 13g; Fibre: 3g; Fat: 3g; Salt: 0.15g; Potassium: 420mg; Cholesterol: 0mg;

Ingredients

- 1 tbsp garlic-infused olive oil
- 500 g courgettes (zucchini), chopped
- 1 medium potato (about 150 g), peeled and diced
- 750 ml low-sodium vegetable stock
- 150 ml lactose-free milk or fortified almond milk (unsweetened)
- 2 tbsp fresh mint leaves, chopped
- Black pepper to taste

Make It Your Way

- ◆ Replace potato with cauliflower florets for a lighter texture.



Time
10 minutes



Serves
2



Digestibility
Light

Flavour Profile

**Crisp
&
Refreshing**

Cucumber & Dill Salad

Method

- Place cucumber slices in a large bowl.
- In a small jar or bowl, whisk together garlic-infused olive oil, vinegar (or lemon juice), maple syrup if using, and seasonings.
- Pour the dressing over cucumbers, add dill, and toss gently to coat.
- Serve immediately or chill for 15 minutes to let flavours develop.

Smart Swaps

- ◆ Peel cucumbers for a softer texture.
- ◆ Reduce vinegar and increase water for a milder dressing.
- ◆ Add thin slices of cooked beetroot for colour and antioxidants.
- ◆ Best eaten fresh. Can be refrigerated for up to 12 hours, but cucumbers may soften slightly.

Nutritional Snapshot: Calories: 80; Protein: 1g; Carbohydrates: 5g; Fibre: 2g; Fat: 6g; Salt: 0.05g; Potassium: 300mg; Cholesterol: 0mg;

Ingredients

- 2 medium cucumbers, thinly sliced
- 1 tbsp fresh dill, finely chopped
- 1 tbsp garlic-infused olive oil
- 1 tbsp apple cider vinegar or lemon juice
- 1 tsp pure maple syrup
- Pinch of sea salt
- Black pepper to taste

Make It Your Way

- ◆ Add sliced radishes for extra crunch.
- ◆ Swap dill for fresh parsley or mint for a flavour twist.
- ◆ Sprinkle with pumpkin seeds or sunflower seeds for added texture.



Time
10 minutes



Serves
2



Digestibility
Light

Flavour Profile

Fresh &
Sweet-
Savoury

Spinach & Strawberry Salad with Balsamic Glaze

Method

- Place spinach in a large salad bowl.
- Arrange sliced strawberries on top.
- Drizzle with garlic-infused olive oil and balsamic glaze (or low-histamine alternative).
- Sprinkle with seeds and toss gently just before serving.

Smart Swaps

◆ Use baby spinach only or mix with lamb's lettuce for a softer texture.

◆ Slice strawberries thinner for easier chewing.

◆ Opt for pear instead of strawberries if very sensitive to histamine.

◆ Replace seeds with chopped walnuts for more omega-3.

◆ Best served fresh. If preparing ahead, keep dressing separate and add just before serving.

Nutritional Snapshot: Calories: 130; Protein: 3g; Carbohydrates: 9g; Fibre: 3g; Fat: 9g; Salt: 0.05g; Potassium: 470mg; Cholesterol: 0mg;

Ingredients

- 80 g baby spinach, washed
- 120 g fresh strawberries, hulled and sliced
- 1 tbsp pumpkin seeds or sunflower seeds
- 1 tbsp garlic-infused olive oil
- 1 tbsp low-salt balsamic glaze (low-histamine swap: 1 tbsp apple cider vinegar mixed with 1 tsp maple syrup)
- Pinch of sea salt

Make It Your Way

◆ Add a few slices of ripe pear for extra sweetness.

◆ Sprinkle with fresh mint leaves for an aromatic twist.



Time
35 minutes



Serves
4



Digestibility
Gentle

Flavour Profile

**Earthy
&
Satisfying**

Quinoa & Roasted Root Vegetable Salad

Method

- Preheat oven to 200°C (180°C fan) / Gas Mark 6.
- Place chopped root vegetables on a baking tray, drizzle with 1 tbsp olive oil, sprinkle with thyme, and toss to coat. Roast for 25–30 minutes until tender and golden, turning once halfway.
- Meanwhile, cook quinoa according to packet instructions (usually simmer in double the volume of water for 12–15 minutes). Drain and fluff with a fork.
- In a large bowl, combine roasted vegetables, quinoa, remaining olive oil, lemon juice, parsley, and seasonings. Toss gently and serve warm or at room temperature.

Smart Swaps

◆ Swap parsley for coriander or dill for a flavour change.

Nutritional Snapshot: Calories: 230; Protein: 6g; Carbohydrates: 35g; Fibre: 6g; Fat: 7g; Salt: 0.07g; Potassium: 680mg; Cholesterol: 0mg;

Ingredients

- 150 g quinoa, rinsed
- 500 g mixed root vegetables (e.g., carrots, parsnips, swede), peeled and cut into 2 cm chunks
- 2 tbsp garlic-infused olive oil
- 1 tsp fresh thyme leaves (or ½ tsp dried thyme)
- 1 tbsp fresh parsley, chopped
- 1 tbsp lemon juice
- Pinch of sea salt
- Black pepper to taste

Make It Your Way

◆ Add 100 g steamed green beans for extra colour and freshness.



Time
15 minutes



Serves
2



Digestibility
Light

Flavour Profile

Fresh & Zesty

Chicken & Arugula Salad with Lemon Dressing

Method

- If cooking chicken from raw: season lightly with pepper, cook in a non-stick pan or poach until fully cooked (about 7–8 minutes per side for thick breasts). Let rest and slice.
- Arrange rocket on serving plates, top with cucumber, pear slices (if using), and chicken.
- In a small jar, whisk together garlic-infused olive oil, lemon juice, and optional seasonings.
- Drizzle dressing over salad, sprinkle with seeds, and serve immediately.

Smart Swaps

♦ Swap rocket for a mix of lamb's lettuce and baby spinach for a milder flavour.

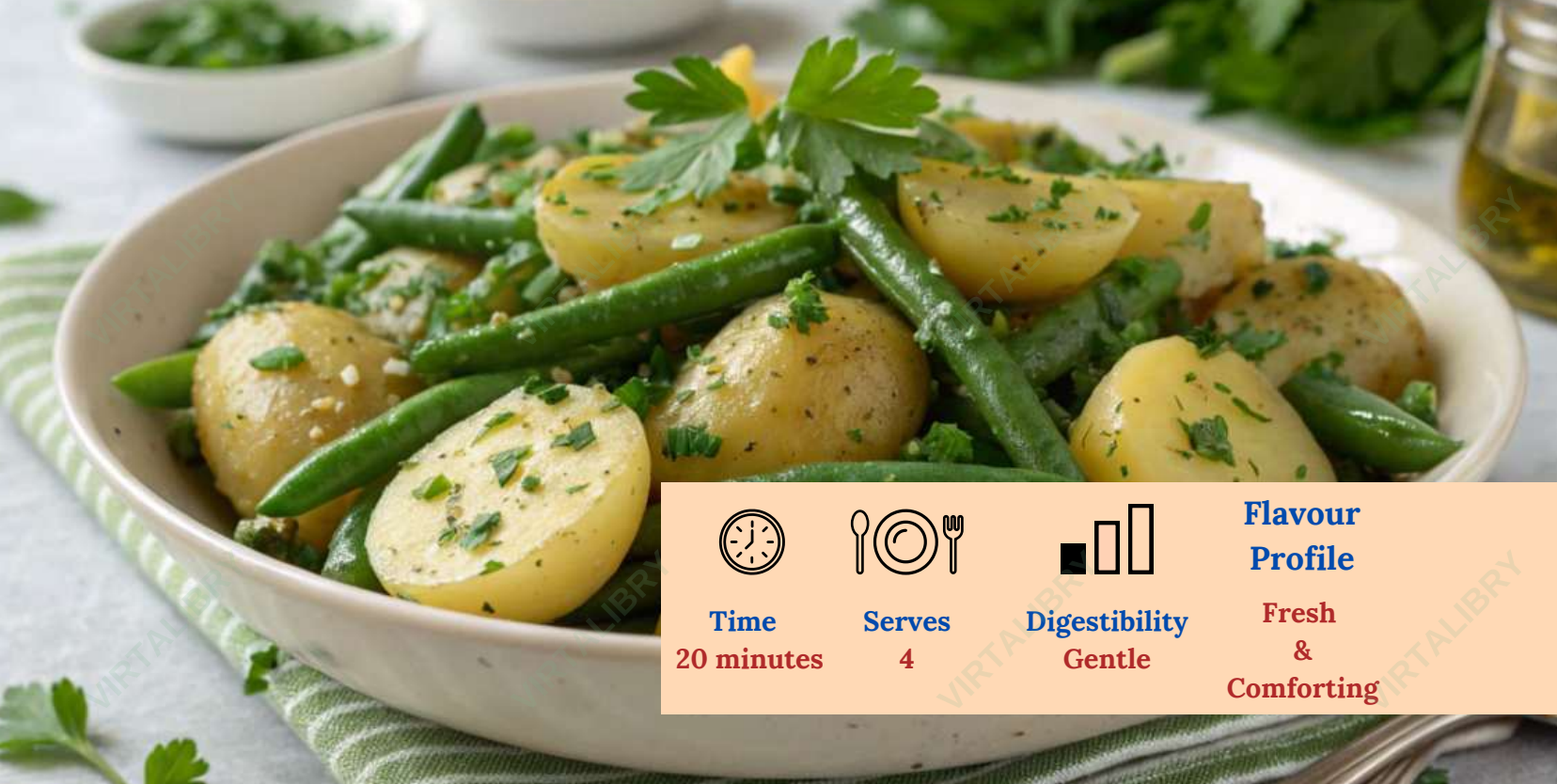
♦ Replace pear with blueberries for a fruity twist.

♦ Add 1 tbsp chopped fresh parsley or dill for extra freshness.

Nutritional Snapshot: Calories: 280; Protein: 27g; Carbohydrates: 6g; Fibre: 2g; Fat: 16g; Salt: 0.15g; Potassium: 610mg; Cholesterol: 75mg;

Ingredients

- 2 medium chicken breasts (about 250 g), cooked and sliced (poached, grilled, or roasted without skin)
- 60 g fresh rocket (arugula), washed
- 100 g cucumber, thinly sliced
- 80 g ripe pear, thinly sliced
- 1 tbsp pumpkin seeds or sunflower seeds
- 1½ tbsp garlic-infused olive oil
- 1 tbsp fresh lemon juice
- Pinch of sea salt
- Black pepper to taste



Time
20 minutes



Serves
4



Digestibility
Gentle

Flavour Profile

**Fresh
&
Comforting**

Green Bean & Potato Salad with Olive Oil

Method

- Place potatoes in a saucepan, cover with cold water, and bring to the boil. Simmer for 10–12 minutes until tender.
- In the last 4 minutes of cooking, add green beans to the same pot. Drain well.
- In a large bowl, whisk together garlic-infused olive oil, lemon juice, parsley, and seasonings.
- Toss warm potatoes and beans with the dressing. Serve warm or at room temperature.

Smart Swaps

- ◆ Stir in 1 tbsp lactose-free cream cheese for a creamy version.
- ◆ Use sweet potatoes for a lower-GI alternative.
- ◆ Replace green beans with steamed courgette ribbons for a softer bite.
- ◆ Store in the fridge for up to 2 days.

Nutritional Snapshot: Calories: 160; Protein: 3g; Carbohydrates: 25g; Fibre: 4g; Fat: 6g; Salt: 0.08g; Potassium: 610mg; Cholesterol: 0mg;

Ingredients

- 400 g baby new potatoes, scrubbed and halved
- 200 g green beans, trimmed and halved
- 2 tbsp garlic-infused olive oil
- 1 tbsp fresh lemon juice or apple cider vinegar
- 1 tbsp fresh parsley, chopped
- Pinch of sea salt
- Black pepper to taste

Make It Your Way

- ◆ Add 2 tbsp toasted pumpkin seeds or sunflower seeds for crunch.
- ◆ Swap parsley for dill or basil for a flavour change.



Time
15 minutes



Serves
2



Digestibility
Gentle

Flavour Profile

Earthy
&
Tangy

Lentil & Carrot Salad with a Mustard Vinaigrette

Method

- If using canned lentils, drain and rinse thoroughly.
- Place grated carrots and lentils in a medium bowl.
- In a small jar, whisk together garlic-infused olive oil, mustard, lemon juice (or vinegar), and seasonings.
- Pour dressing over salad, add fresh herbs, and toss gently to combine.
- Serve immediately or chill for 15 minutes before eating.

Smart Swaps

- ◆ Use roasted carrot slices instead of raw for a softer salad.
- ◆ Replace lentils with cooked quinoa for a legume-free option.
- ◆ Choose a smoother mustard if whole seeds are difficult to digest.

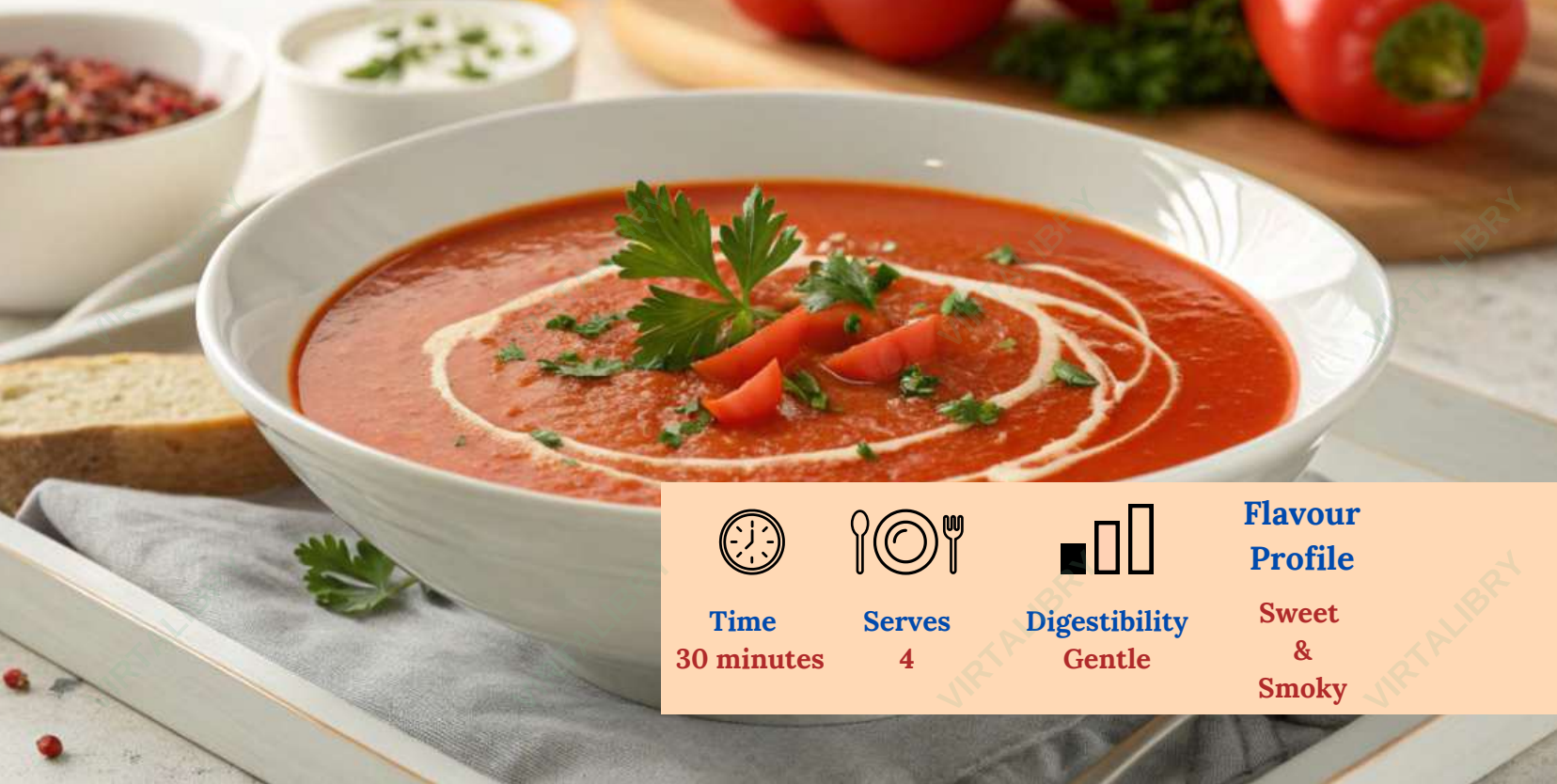
Nutritional Snapshot: Calories: 140; Protein: 5g; Carbohydrates: 17g; Fibre: 4g; Fat: 6g; Salt: 0.12g; Potassium: 420mg; Cholesterol: 0mg;

Ingredients

- 80 g canned brown or green lentils
- 2 medium carrots, peeled and grated or julienned
- 1 tbsp fresh parsley or coriander, chopped
- 1 tbsp garlic-infused olive oil
- 1 tsp wholegrain mustard
- 1 tsp lemon juice or apple cider vinegar
- Pinch of sea salt
- Black pepper to taste

Make It Your Way

- ◆ Add 1 tbsp pumpkin seeds or sunflower seeds for crunch.
- ◆ Swap parsley for dill for a fresher herbal note.



Time
30 minutes



Serves
4



Digestibility
Gentle

Flavour Profile

Sweet
&
Smoky

Roasted Red Pepper Soup

Method

- If roasting from fresh: Preheat oven to 220°C (200°C fan) / Gas 7. Roast the peppers for 20 mins until charred, then transfer to a bowl, cover, and peel after 10 mins.
- In a large saucepan, heat the garlic-infused oil. Add the carrot and cook for 3-4 mins.
- Add the roasted peppers and vegetable stock. Bring to a boil, then reduce the heat and simmer for 10-12 mins.
- Stir in the milk and herbs, then blend until smooth.
- Season with black pepper if desired and serve hot.

Smart Swaps

- ◆ Swap the carrot for pumpkin for a softer texture.
- ◆ Serve with a soft sweet potato mash for a more filling meal.
- ◆ Add ½ tsp of smoked paprika for a deeper flavour.

Nutritional Snapshot: Calories: 110; Protein: 3g; Carbohydrates: 17g; Fibre: 4g; Fat: 4g; Salt: 0.15g; Potassium: 520mg; Cholesterol: 0mg;

Ingredients

- 1 tbsp garlic-infused olive oil
- 4 large red peppers, roasted, peeled, and deseeded (or 480g ready-roasted peppers in brine/juice, without vinegar)
- 1 medium carrot, peeled and chopped
- 750ml low-sodium vegetable stock
- 150ml lactose-free milk or fortified almond milk (unsweetened)
- 1 tbsp fresh parsley or basil, chopped
- Black pepper to taste



Time
15 minutes



Serves
2



Digestibility
Light

**Flavour
Profile**

**Fresh
& Protein-
Rich**

Tuna & Green Bean Salad with a Light Dressing

Method

- Blanch green beans in boiling water for 3–4 minutes until just tender. Drain and cool under running cold water.
- If using fresh tuna: season lightly, grill or poach until cooked through, then flake into large chunks.
- In a small jar, whisk together the garlic-infused olive oil, lemon juice, and optional seasonings.
- Arrange the green beans, cucumber, and tuna on plates.
- Drizzle with the dressing, sprinkle with herbs, and serve immediately.

Smart Swaps

- ◆ Use poached salmon for a softer texture.
- ◆ Replace raw cucumber with steamed courgette slices for gentler digestion.
- ◆ Reduce the lemon juice for a milder dressing.

Nutritional Snapshot: Calories: 210; Protein: 26g; Carbohydrates: 4g; Fibre: 2g; Fat: 10g; Salt: 0.12g; Potassium: 590mg; Cholesterol: 50mg;

Ingredients

- 150g fresh tuna steak, grilled or poached
- 150g green beans, trimmed and halved
- 80g cucumber, thinly sliced
- 1 tbsp fresh parsley or dill, chopped
- 1½ tbsp garlic-infused olive oil
- 1 tbsp fresh lemon juice
- Pinch of sea salt
- Black pepper to taste

Make It Your Way

- ◆ Add 4–5 halved cherry tomatoes
- ◆ Swap parsley for fresh basil for a Mediterranean twist.



Time
20 minutes



Serves
2



Digestibility
Light

Flavour Profile

Light
&
Nutty

Cold Noodle Salad with Chicken and Sesame

Method

- Cook noodles according to packet instructions, then rinse under cold water and drain well.
- In a large bowl, combine the cooled noodles, chicken, cucumber, and carrot.
- In a small jar, whisk together the garlic-infused olive oil, vinegar, maple syrup, and optional seasonings.
- Pour the dressing over the salad and toss gently to coat.
- Sprinkle with sesame seeds and serve chilled.

Smart Swaps

- ◆ Swap chicken for tofu strips for a vegan version.
- ◆ Use fresh herbs like coriander or mint for a refreshing touch.
- ◆ Replace the carrot with roasted sweet potato cubes for a softer bite.

Nutritional Snapshot: Calories: 330; Protein: 25g; Carbohydrates: 34g; Fibre: 3g; Fat: 11g; Salt: 0.16g; Potassium: 460mg; Cholesterol: 55mg;

Ingredients

- 100g gluten-free rice noodles or buckwheat soba (100% buckwheat)
- 200g cooked chicken breast, shredded
- 100g cucumber, julienned
- 80g carrot, julienned
- 1 tbsp sesame seeds, lightly toasted
- 1½ tbsp garlic-infused olive oil
- 1 tbsp rice vinegar
- 1 tsp pure maple syrup
- Pinch of sea salt
- Black pepper to taste

Make It Your Way

- ◆ Add steamed green beans for extra crunch and colour.



Time
15 minutes



Serves
2



Digestibility
Light

Flavour Profile

Creamy & Satisfying

Roasted Chicken and Avocado Salad

Method

- Arrange salad leaves on serving plates.
- Top with cucumber slices, chicken, and avocado.
- In a small jar, whisk together garlic-infused olive oil, lemon juice, and optional seasonings.
- Drizzle dressing over the salad, scatter with herbs, and serve immediately.

Smart Swaps

- ◆ Swap spinach for lamb's lettuce or rocket for variety.
- ◆ Sprinkle with toasted pumpkin seeds for extra crunch.
- ◆ Mash avocado lightly for easier chewing.
- ◆ Use poached chicken instead of roasted for an even softer texture.
- ◆ Add roasted sweet potato cubes for a more filling meal.

Nutritional Snapshot: Calories: 320; Protein: 27g; Carbohydrates: 5g; Fibre: 4g; Fat: 21g; Salt: 0.14g; Potassium: 810mg; Cholesterol: 65mg;

Ingredients

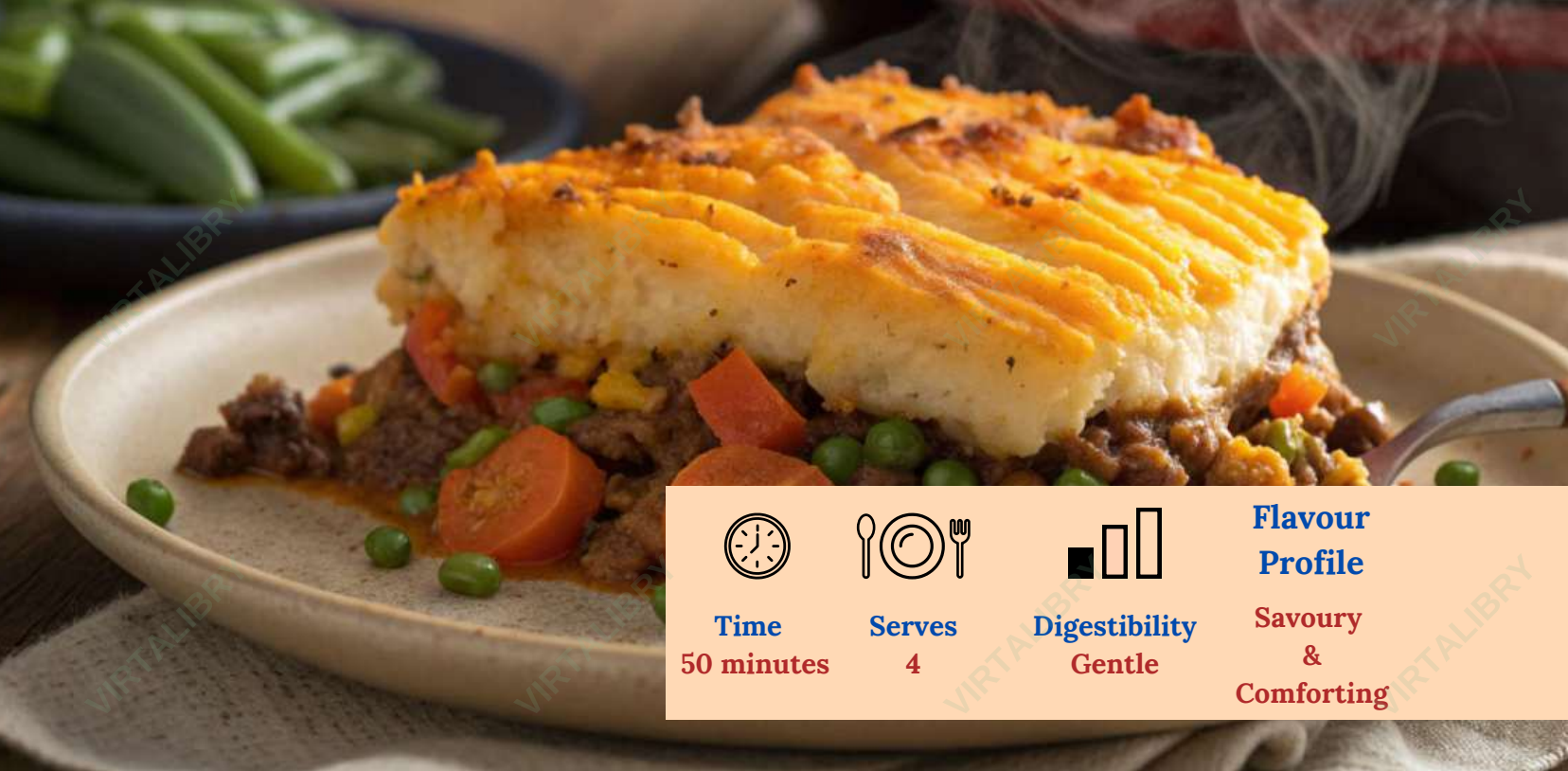
- 200 g cooked roasted chicken breast, sliced
- 1 medium ripe avocado, peeled and sliced
- 60 g baby spinach or mixed salad leaves
- 80 g cucumber, thinly sliced
- 1 tbsp fresh parsley or dill, chopped
- 1½ tbsp garlic-infused olive oil
- 1 tbsp fresh lemon juice
- Pinch of sea salt
- Black pepper to taste

Make It Your Way

- ◆ Add a few slices of ripe pear or blueberries for a fruity note.



Comforting Dinners



Time

50 minutes



Serves

4



Digestibility

Gentle

**Flavour
Profile**

**Savoury
&**

Comforting

Shepherd's Pie with a Sweet Potato Topping

Method

- Preheat oven to 200°C (180°C fan) / Gas Mark 6.
- Boil sweet potatoes for 12-15 minutes until tender. Drain, then mash with a splash of garlic oil and milk. Set aside.
- Heat garlic-infused oil in a large frying pan over medium heat. Brown the mince, breaking it up with a spoon.
- Stir in the carrot, green beans, parsley, purée, and stock. Simmer for 10 minutes, or until vegetables are tender and the sauce has thickened.
- Transfer the mince mixture to an ovenproof dish. Spread the mashed sweet potato evenly on top. Bake for 20 minutes until golden. Serve hot.

Smart Swaps

- ◆ Use turkey or chicken mince for a lighter version.

Nutritional Snapshot: Calories: 380; Protein: 28g; Carbohydrates: 35g; Fibre: 6g; Fat: 14g; Salt: 0.28g; Potassium: 890mg; Cholesterol: 75mg;

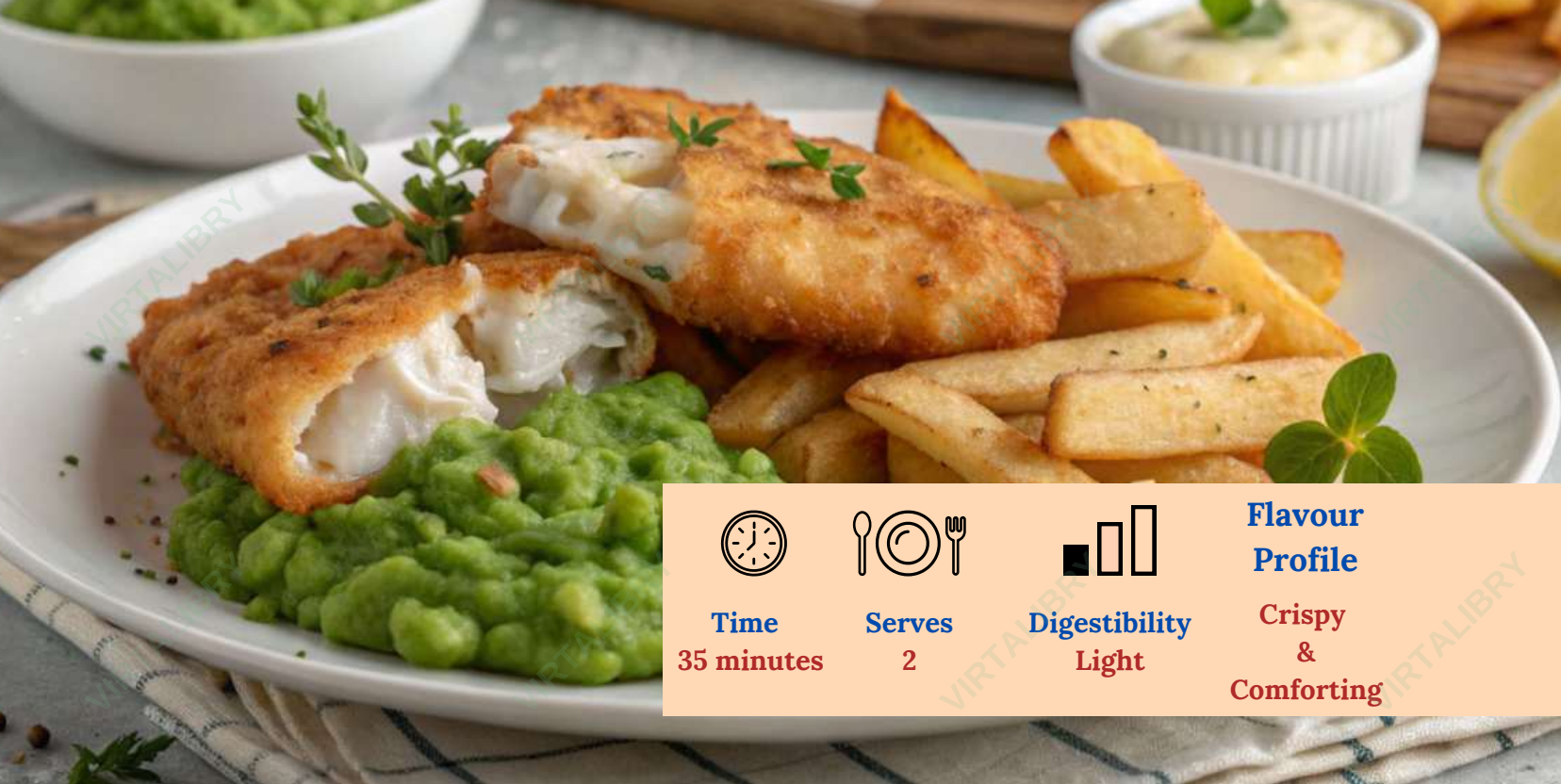
Ingredients

For the topping:

- 800 g sweet potatoes, peeled and diced
- 1 tbsp garlic-infused olive oil
- 50 ml lactose-free milk or fortified almond milk

For the filling:

- 1 tbsp garlic-infused olive oil
- 500 g lean lamb mince (or beef mince, if preferred)
- 1 medium carrot, finely diced
- 100 g green beans, chopped into 1 cm pieces (or courgettes for variety)
- 1 tbsp fresh parsley, chopped
- 2 tbsp tomato purée
- 250 ml low-sodium beef or vegetable stock
- Black pepper to taste



Time
35 minutes



Serves
2



Digestibility
Light

Flavour Profile

Crispy & Comforting

Fish and Chips with Mushy Peas

Method

- Preheat oven to 200°C (180°C fan) / Gas Mark 6.
- Place chips on a baking tray, toss with garlic-infused oil, and bake for 25–30 minutes, turning halfway until golden and tender.
- Prepare fish by coating each fillet in flour, dipping into beaten egg, then covering in breadcrumbs. Place on a lined baking tray and lightly brush with olive oil. Bake for 15–18 minutes until golden and cooked through.
- For mushy peas, cook peas in boiling water for 3 minutes, drain, and mash with butter, mint, and pepper until desired texture is reached.
- Serve fish with chips and mushy peas immediately.

◆ Swap cod for pollock or coley for a more affordable option.

Nutritional Snapshot: Calories: 480; Protein: 36g; Carbohydrates: 55g; Fibre: 7g; Fat: 14g; Salt: 0.35g; Potassium: 940mg; Cholesterol: 110mg;

Ingredients

For the chips:

- 400 g white potatoes, cut into thick chips
- 1 tbsp garlic-infused olive oil

For the fish:

- 2 x 150 g fillets of cod or haddock (skinless, boneless)
- 40 g gluten-free plain flour
- 1 medium egg, beaten
- 50 g gluten-free breadcrumbs
- 1 tbsp garlic-infused olive oil

For the mushy peas:

- 150 g frozen peas
- 1 tbsp lactose-free butter or olive oil
- 1 tbsp fresh mint leaves, chopped
- Black pepper to taste



Time
1 hour



Serves
4



Digestibility
Gentle

Flavour Profile

Zesty & Aromatic

Lemon & Herb Roasted Chicken with Thyme

Method

- Preheat oven to 200°C (180°C fan) / Gas Mark 6.
- Place chicken in a roasting tin. Drizzle with garlic-infused olive oil and season with pepper.
- Place lemon halves and thyme sprigs inside the cavity.
- Pour stock into the tin, then roast for 50–60 minutes, basting occasionally, until juices run clear and chicken is cooked through (75°C internal temperature).
- Remove from oven, rest for 10 minutes, carve, and sprinkle with parsley before serving.

Smart Swaps

◆ Add chunks of carrot, parsnip, and courgette to the roasting tin for an all-in-one meal.

◆ Use chicken thighs instead of a whole bird for quicker cooking.

Nutritional Snapshot: Calories: 310; Protein: 40g; Carbohydrates: 2g; Fibre: 0g; Fat: 15g; Salt: 0.22g; Potassium: 410mg; Cholesterol: 115mg;

Ingredients

- 1 whole chicken (about 1.5 kg), preferably free-range, skin on
- 2 tbsp garlic-infused olive oil
- 1 lemon, halved
- 4 sprigs fresh thyme (or 1 tsp dried thyme)
- 2 tbsp fresh parsley, chopped
- 200 ml low-sodium chicken stock
- Black pepper to taste

Make It Your Way

◆ Replace thyme with rosemary for a stronger herbal flavour.

◆ Store leftovers in the fridge for up to 3 days.



Time
20 minutes



Serves
2



Digestibility
Gentle

Flavour Profile

Light
&
Fresh

Baked Cod with Olive Oil and Parsley

Method

- Preheat oven to 200°C (180°C fan) / Gas Mark 6.
- Place cod fillets on a lined baking tray.
- Drizzle with garlic-infused olive oil, sprinkle with parsley, and season with optional salt and pepper.
- Bake for 12–15 minutes, or until fish flakes easily with a fork.
- If using lemon juice, drizzle over just before serving.

Smart Swaps

- ◆ Use smaller fillets for easier portion sizes.
- ◆ Replace lemon juice with a small amount of roasted red pepper purée for a low-acid finish.
- ◆ Serve with mashed sweet potato for extra fibre and gentle digestion.
- ◆ Best enjoyed fresh. If storing, refrigerate cooked fish for up to 24 hours and reheat gently in the oven.

Nutritional Snapshot: Calories: 210; Protein: 32g; Carbohydrates: 0g; Fibre: 0g; Fat: 9g; Salt: 0.12g; Potassium: 630mg; Cholesterol: 70mg;

Ingredients

- 2 cod fillets (about 150–180 g each), skinless and boneless
- 1½ tbsp garlic-infused olive oil
- 1 tbsp fresh parsley, finely chopped
- 1 tbsp fresh lemon juice
- Pinch of sea salt
- Black pepper to taste

Make It Your Way

- ◆ Swap cod for haddock, pollock, or coley.
- ◆ Add a sprinkle of chopped dill for a different herbal note.
- ◆ Serve with steamed green beans or roasted courgettes for a full meal.



Simple Pan-Fried Salmon with Steamed Greens

Method

- Heat a non-stick frying pan over medium heat and add 1 tbsp garlic-infused olive oil.
- Place salmon fillets in the pan, skin-side down if using. Cook for 4–5 minutes, then flip and cook for another 3–4 minutes, until cooked through and flakes easily.
- Meanwhile, steam broccoli and green beans for 4–5 minutes until tender but still bright green.
- Arrange greens on plates, top with salmon, drizzle with remaining olive oil, sprinkle with herbs, and add lemon juice if desired.

Smart Swaps

- ◆ Replace greens with steamed spinach or courgettes.
- ◆ Use poached salmon instead of pan-fried for an even gentler dish.

Nutritional Snapshot: Calories: 360; Protein: 33g; Carbohydrates: 4g; Fibre: 3g; Fat: 23g; Salt: 0.15g; Potassium: 870mg; Cholesterol: 80mg;

Ingredients

- 2 salmon fillets (about 150–180 g each), skin on or off
- 1½ tbsp garlic-infused olive oil
- 150 g tenderstem broccoli or broccoli florets
- 150 g green beans, trimmed
- 1 tbsp fresh parsley or dill, chopped
- 1 tbsp fresh lemon juice
- Pinch of sea salt
- Black pepper to taste

Make It Your Way

- ◆ Swap salmon for trout or sea bass for variety.



Time

35 minutes



Serves

4



Digestibility

Gentle

**Flavour
Profile**

**Savoury
&**

Comforting

Turkey Meatballs in a Fresh Tomato Sauce

Method

- Mix turkey mince, oats, egg, parsley, garlic oil, and pepper.
- Shape into 12-14 meatballs.
- Brown in a pan with garlic oil for 4-5 minutes, then bake at 200°C (180°C fan) / Gas Mark 6 for 10 minutes.
- For the sauce, cook carrot in garlic oil, then add tomatoes (or purée) and stock, simmering for 10-12 minutes.
- Stir in herbs and blend if desired.
- Combine meatballs and sauce, and heat for 2-3 minutes before serving.

Smart Swaps

◆ Add finely chopped courgette to the sauce for extra vegetables.

◆ Store in the fridge for up to 3 days.

Nutritional Snapshot: Calories: 280; Protein: 32g; Carbohydrates: 12g; Fibre: 3g; Fat: 11g; Salt: 0.25g; Potassium: 720mg; Cholesterol: 95mg;

Ingredients

For the meatballs:

- 500 g turkey mince (breast meat, lean)
- 2 tbsp gluten-free oats or breadcrumbs
- 1 medium egg
- 1 tbsp fresh parsley, chopped
- 1 tbsp garlic-infused olive oil
- Black pepper to taste

For the sauce:

- 1 tbsp garlic-infused olive oil
- 500 g fresh ripe tomatoes, peeled and chopped
- 1 medium carrot, finely diced
- 250 ml low-sodium chicken or vegetable stock
- 1 tbsp fresh basil, chopped

◆ Swap turkey for chicken mince for a slightly milder taste.



Time
20 minutes



Serves
2



Digestibility
Light

Flavour Profile

Light
&
Aromatic

Garlic-Infused Oil Prawns with Gluten-Free Pasta

Method

- Cook pasta according to packet instructions, reserving 60 ml cooking water before draining.
- While pasta cooks, heat garlic-infused olive oil in a large non-stick pan over medium heat.
- Add courgette and cook for 3–4 minutes until just tender.
- Add prawns and cook for 2–3 minutes per side, until pink and opaque.
- Stir in spinach and cook for 1 minute until wilted.
- Add drained pasta to the pan with reserved water, toss gently, and stir in parsley.
- Finish with lemon juice if using, season, and serve immediately.

Smart Swaps

◆ Replace courgette with steamed green beans for a softer bite.

Nutritional Snapshot: Calories: 410; Protein: 28g; Carbohydrates: 54g; Fibre: 5g; Fat: 11g; Salt: 0.3g; Potassium: 620mg; Cholesterol: 150mg;

Ingredients

- 150 g raw king prawns, peeled and deveined
- 150 g gluten-free spaghetti or linguine
- 2 tbsp garlic-infused olive oil
- 100 g courgette, julienned or finely sliced
- 50 g baby spinach
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh lemon juice
- Pinch of sea salt
- Black pepper to taste

Make It Your Way

◆ Swap prawns for diced chicken breast or firm tofu for a different protein.



Time
2 hours



Serves
4



Digestibility
Gentle

Flavour Profile

Hearty & Aromatic

Beef & Carrot Stew with Herbs

Method

- Heat garlic-infused olive oil in a large heavy-based pan over medium-high heat.
- Brown beef in batches for 2–3 minutes, then remove and set aside.
- Add carrots and parsnips to the pan, cooking for 3–4 minutes.
- Return beef to the pan, pour in stock, add thyme, parsley, bay leaf, and optional seasonings.
- Bring to the boil, reduce heat to low, cover, and simmer gently for 1¾–2 hours, or until beef is tender.
- Remove bay leaf before serving.

Smart Swaps

- ◆ Add diced swede for extra flavour and fibre.
- ◆ Replace parsnips with courgette if you prefer a lighter stew.

Nutritional Snapshot: Calories: 310; Protein: 36g; Carbohydrates: 12g; Fibre: 3g; Fat: 12g; Salt: 0.28g; Potassium: 980mg; Cholesterol: 100mg;

Ingredients

- 1 tbsp garlic-infused olive oil
- 600 g lean stewing beef, cut into 3 cm cubes
- 300 g carrots, peeled and cut into thick slices
- 150 g parsnips, peeled and cut into thick slices
- 750 ml low-sodium beef stock (FODMAP-friendly)
- 1 tbsp fresh parsley, chopped
- 1 tsp fresh thyme leaves (or ½ tsp dried thyme)
- 1 bay leaf
- Pinch of sea salt (optional)
- Black pepper to taste

Make It Your Way

- ◆ Swap beef for lamb shoulder cubes for a richer taste.



Time
45 minutes



Serves
4



Digestibility
Gentle

**Flavour
Profile**

Savoury
&
Colourful

Stuffed Peppers with Quinoa and Minced Beef

Method

- Preheat oven to 190°C (170°C fan) / Gas Mark 5.
- Place quinoa in a small pan with double its volume of water. Bring to the boil, then simmer for 12–15 minutes until tender. Drain and set aside.
- Heat garlic-infused olive oil in a large frying pan, add beef mince, and cook for 5–6 minutes until browned.
- Add carrot, courgette, and stock, then simmer for 5 minutes until vegetables are tender and liquid reduced.
- Stir in cooked quinoa and parsley, season if desired.
- Fill each pepper with the beef and quinoa mixture, place in a baking dish, and cover loosely with foil.
- Bake for 20 minutes until peppers are tender.

Smart Swaps

- ◆ Store in the fridge for up to 3 days

Nutritional Snapshot: Calories: 300; Protein: 26g; Carbohydrates: 20g; Fibre: 5g; Fat: 12g; Salt: 0.22g; Potassium: 880mg; Cholesterol: 70mg;

Ingredients

- 4 large red or yellow bell peppers, tops removed and seeds discarded
- 1 tbsp garlic-infused olive oil
- 400 g lean beef mince (or turkey mince for lighter flavour)
- 100 g quinoa, rinsed
- 1 medium carrot, finely diced
- 1 small courgette, finely diced
- 250 ml low-sodium beef or vegetable stock
- 1 tbsp fresh parsley or coriander, chopped
- Black pepper to taste



Time
50 minutes



Serves
4



Digestibility
Light

**Flavour
Profile**

**Creamy
&
Comforting**

Low-FODMAP Chicken & Mushroom Pie

Method

- Preheat oven to 200°C (180°C fan) / Gas Mark 6.
- Heat garlic-infused olive oil in a large pan over medium heat. Add chicken and cook for 4–5 minutes until lightly browned.
- Add mushrooms and carrot, cooking for a further 3 minutes.
- Pour in milk and chicken stock, bring to a gentle simmer. Stir in cornflour slurry and cook until thickened (about 3–4 minutes).
- Stir in parsley, season if desired, and transfer mixture to an ovenproof pie dish.
- Roll out gluten-free puff pastry to fit dish, place on top, trimming excess. Brush with beaten egg if using.
- Bake for 20–25 minutes until pastry is golden.
- ◆ Add diced courgette for extra vegetables.

Nutritional Snapshot: Calories: 370; Protein: 29g; Carbohydrates: 28g; Fibre: 3g; Fat: 15g; Salt: 0.35g; Potassium: 750mg; Cholesterol: 90mg;

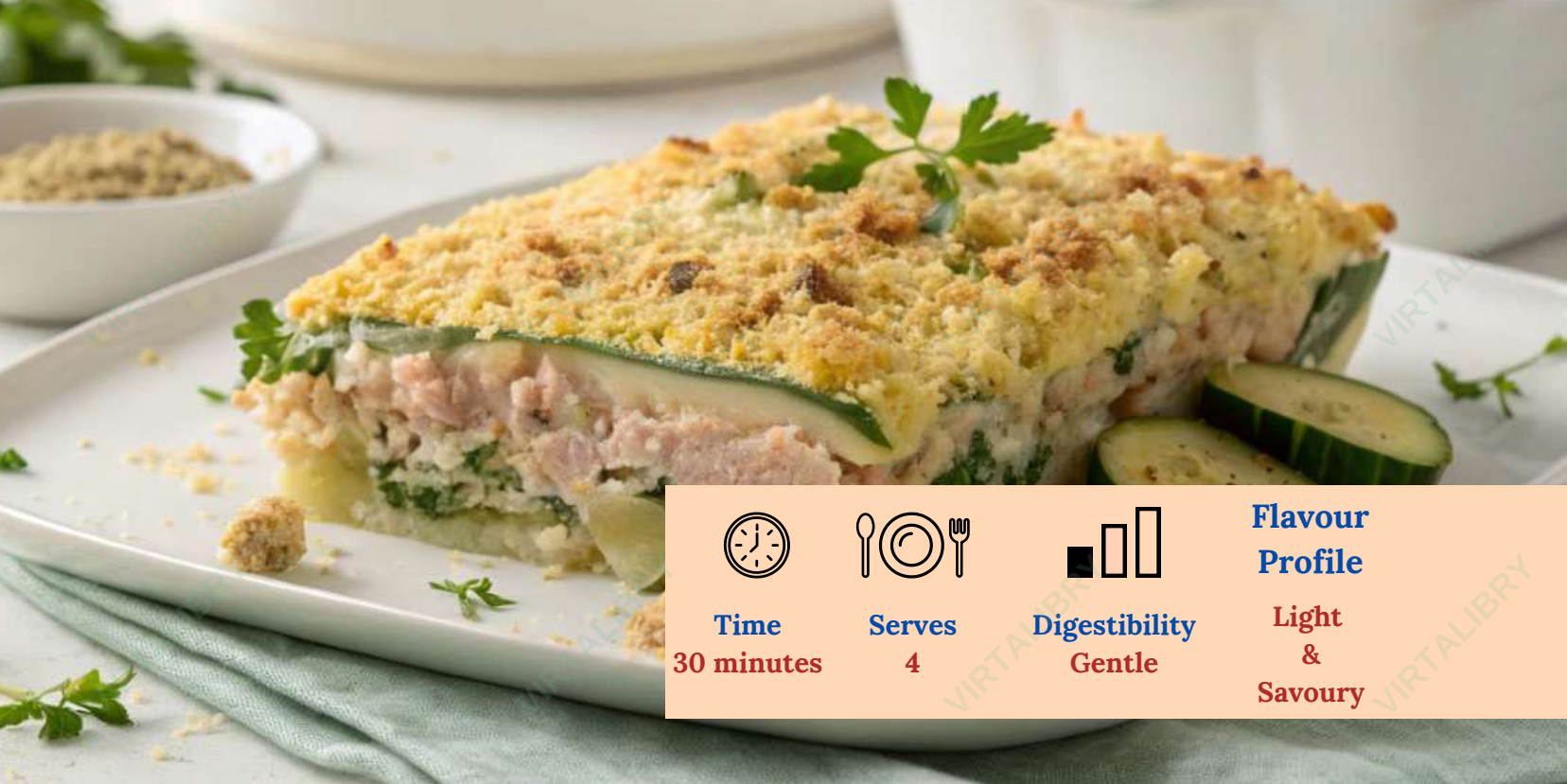
Ingredients

For the filling:

- 1 tbsp garlic-infused olive oil
- 400 g skinless chicken breast, diced
- 200 g chestnut or white mushrooms, sliced
- 1 medium carrot, diced
- 200 ml lactose-free milk
- 200 ml low-sodium chicken stock (FODMAP-friendly)
- 1 tbsp cornflour, mixed with 2 tbsp cold water
- 1 tbsp fresh parsley, chopped
- Black pepper to taste (optional)

For the topping:

- 200 g gluten-free puff pastry
- 1 medium egg, beaten (for glaze – optional)



Time
30 minutes



Serves
4



Digestibility
Gentle

Flavour Profile

Light
&
Savoury

Tuna and Courgette Bake

Method

- Preheat the oven to 190°C (170°C fan) / Gas Mark 5.
- Sauté courgette slices in garlic oil for 4-5 minutes.
- In a bowl, whisk eggs and milk, then stir in oats, parsley, and seasoning.
- Gently combine the tuna and courgettes with the egg mixture.
- Pour into a greased baking dish and bake for 20-25 minutes until golden.
- Let it cool slightly before serving.

Smart Swaps

- ◆ Use finely grated courgette for a softer texture.
- ◆ Replace tuna with poached white fish for milder flavour.

◆ Store in the fridge for up to 3 days.

Nutritional Snapshot: Calories: 230; Protein: 24g; Carbohydrates: 8g; Fibre: 2g; Fat: 11g; Salt: 0.28g; Potassium: 550mg; Cholesterol: 165mg;

Ingredients

- 2 tbsp garlic-infused olive oil
- 2 medium courgettes (about 300 g), thinly sliced
- 2 x 145 g tins tuna in spring water, drained
- 3 large eggs
- 150 ml lactose-free milk or fortified almond milk
- 40 g gluten-free oats or breadcrumbs
- 1 tbsp fresh parsley or dill, chopped
- Pinch of sea salt (optional)
- Black pepper to taste

Make It Your Way

- ◆ Add diced red pepper for extra colour and sweetness.
- ◆ Swap tuna for cooked salmon or chicken.



Time
1 hour
20 minutes



Serves
4



Digestibility
Gentle

**Flavour
Profile**

**Herb-Infused
&
Savoury**

Roast Pork with Sage and Rosemary

Method

- Preheat oven to 200°C (180°C fan) / Gas Mark 6.
- Rub pork loin with garlic-infused olive oil, rosemary, sage, and optional pepper.
- Place pork in a roasting tin and pour stock around (not over) the meat.
- Roast for 50–55 minutes, or until internal temperature reaches 70°C.
- Remove pork from oven, cover loosely with foil, and rest for 15 minutes before slicing.

Smart Swaps

- ◆ Slice pork thinner after roasting for easier chewing.
- ◆ Serve with mashed sweet potato or roasted parsnips for a softer side.
- ◆ Store sliced pork in the fridge for up to 3 days. Reheat gently with a little stock to keep moist.

Nutritional Snapshot: Calories: 270; Protein: 36g; Carbohydrates: 1g; Fibre: 0g; Fat: 13g; Salt: 0.18g; Potassium: 610mg; Cholesterol: 95mg;

Ingredients

- 800 g lean pork loin, trimmed of excess fat
- 2 tbsp garlic-infused olive oil
- 1 tbsp fresh rosemary leaves, finely chopped
- 1 tbsp fresh sage leaves, finely chopped
- 150 ml low-sodium vegetable or chicken stock
- Black pepper to taste

Make It Your Way

- ◆ Add chunks of carrot, parsnip, or courgette to the roasting tin for a one-pan meal.
- ◆ Swap rosemary for thyme if you prefer a softer herbal flavour.
- ◆ Use pork tenderloin for a leaner and faster-cooking cut.



Time
45 minutes



Serves
4



Digestibility
Gentle

**Flavour
Profile**

**Warm
&
Aromatic**

Spiced Chicken Thighs with Roasted Fennel

Method

- Preheat the oven to 200°C (180°C fan).
- Mix garlic oil, paprika, and cumin (if using) and rub over the chicken.
- Arrange fennel and carrots in a roasting tin, place the chicken on top, and pour in stock.
- Roast for 35–40 minutes, basting halfway, until the chicken is cooked through and the vegetables are tender.
- Garnish with parsley before serving.

Smart Swaps

◆ Use chicken drumsticks instead of thighs for variety.

◆ Add a sprinkle of pumpkin seeds before serving for crunch.

◆ Store in the fridge for up to 3 days. Reheat thoroughly before serving.

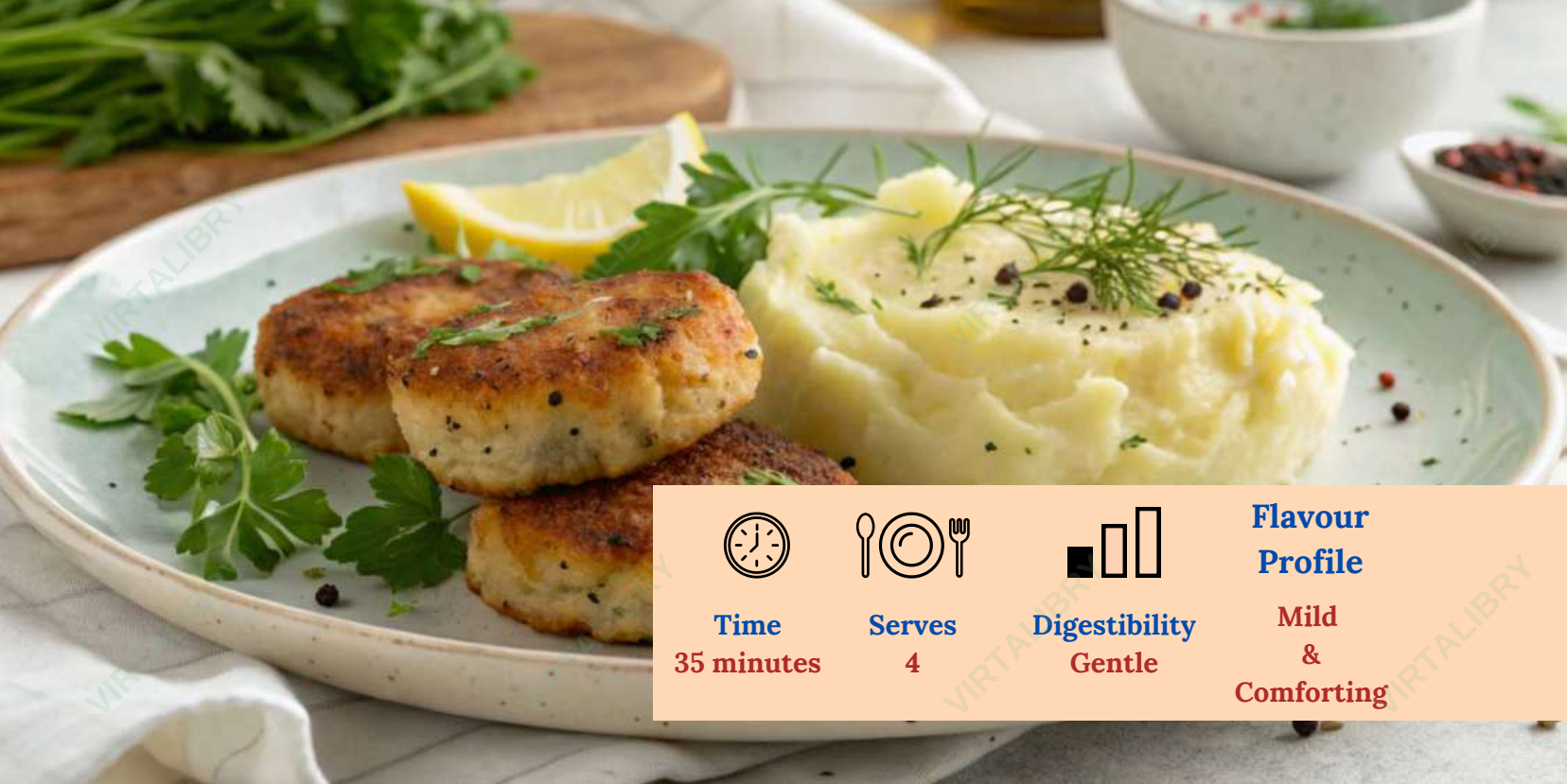
Nutritional Snapshot: Calories: 330; Protein: 32g; Carbohydrates: 7g; Fibre: 2g; Fat: 20g; Salt: 0.25g; Potassium: 680mg; Cholesterol: 140mg;

Ingredients

- 8 skinless, bone-in chicken thighs (about 900 g)
- 2 tbsp garlic-infused olive oil
- 1 tsp ground paprika
- ½ tsp ground cumin
- 2 medium fennel bulbs, trimmed and cut into wedges
- 2 medium carrots, peeled and cut into thick batons
- 150 ml low-sodium chicken stock
- 1 tbsp fresh parsley, chopped, for garnish
- Black pepper to taste

Make It Your Way

◆ Swap fennel for parsnip or courgette if you prefer a milder taste.



Time
35 minutes



Serves
4



Digestibility
Gentle

Flavour Profile

Mild
&
Comforting

Simple Fish Cakes with Mashed Potato

Method

- Boil 300g potatoes for 10-12 minutes, then mash.
- Steam or poach fish fillets for 5-6 minutes and flake.
- In a bowl, combine mashed potatoes, fish, parsley, garlic oil, egg, breadcrumbs, and pepper.
- Shape into 8 patties and cook in garlic oil for 3-4 minutes per side until golden.
- For the mash, boil the remaining 400g potatoes, mash with milk and butter/oil, and season.
- Serve the fish cakes with the mash and steamed greens.

Smart Swaps

- ◆ Swap white fish for salmon for a richer flavour.
- ◆ Add a squeeze of lemon to the fish cakes before serving for freshness.

Nutritional Snapshot: Calories: 390; Protein: 30g; Carbohydrates: 45g; Fibre: 5g; Fat: 11g; Salt: 0.3g; Potassium: 980mg; Cholesterol: 90mg;

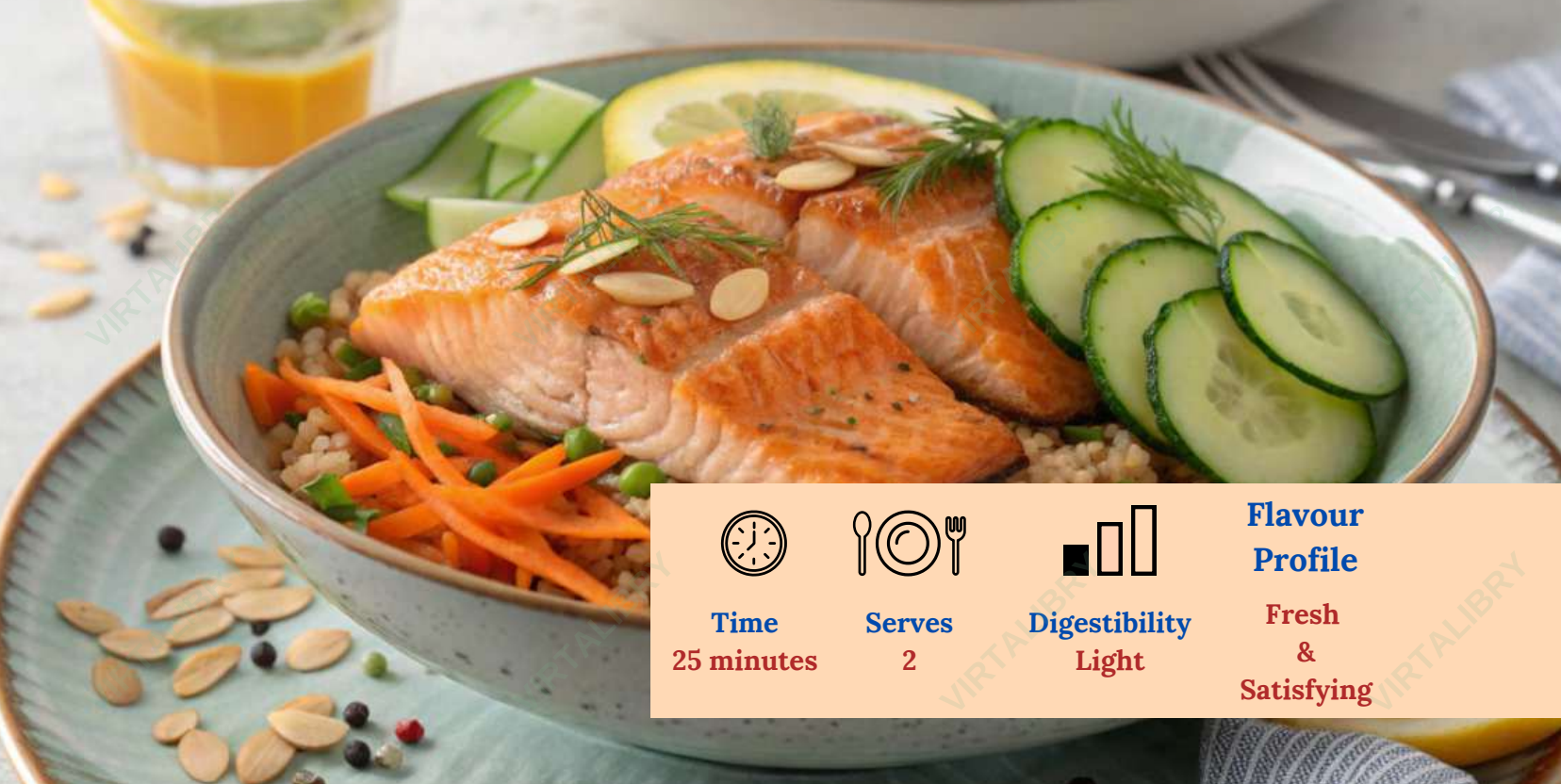
Ingredients

For the fish cakes:

- 400 g white fish fillets (cod, haddock, or pollock), skinless and boneless
- 300 g white potatoes, peeled and diced
- 1 tbsp garlic-infused olive oil
- 1 tbsp fresh parsley or dill, chopped
- 1 large egg, beaten
- 40 g gluten-free breadcrumbs or ground oats
- Black pepper to taste

For the mash (optional side):

- 400 g white potatoes, peeled and diced
- 50 ml lactose-free milk or fortified almond milk
- 1 tsp lactose-free butter



Time
25 minutes



Serves
2



Digestibility
Light

Flavour Profile

Fresh
&
Satisfying

Salmon and Rice Bowl with Cucumber

Method

- Cook brown rice or quinoa according to packet instructions, then keep warm.
- Heat garlic-infused olive oil in a non-stick pan over medium heat. Cook salmon fillets for 4–5 minutes per side (skin-side down first if using), until just cooked through and flaking easily.
- Divide rice between two bowls, top with cucumber, carrot, and salmon.
- Sprinkle with dill or parsley, add pumpkin seeds if using, and finish with optional lemon juice. Serve immediately.

Smart Swaps

◆ Add steamed green beans or spinach for extra vegetables.

◆ Drizzle with a little maple syrup and lemon for a sweet-tangy dressing.

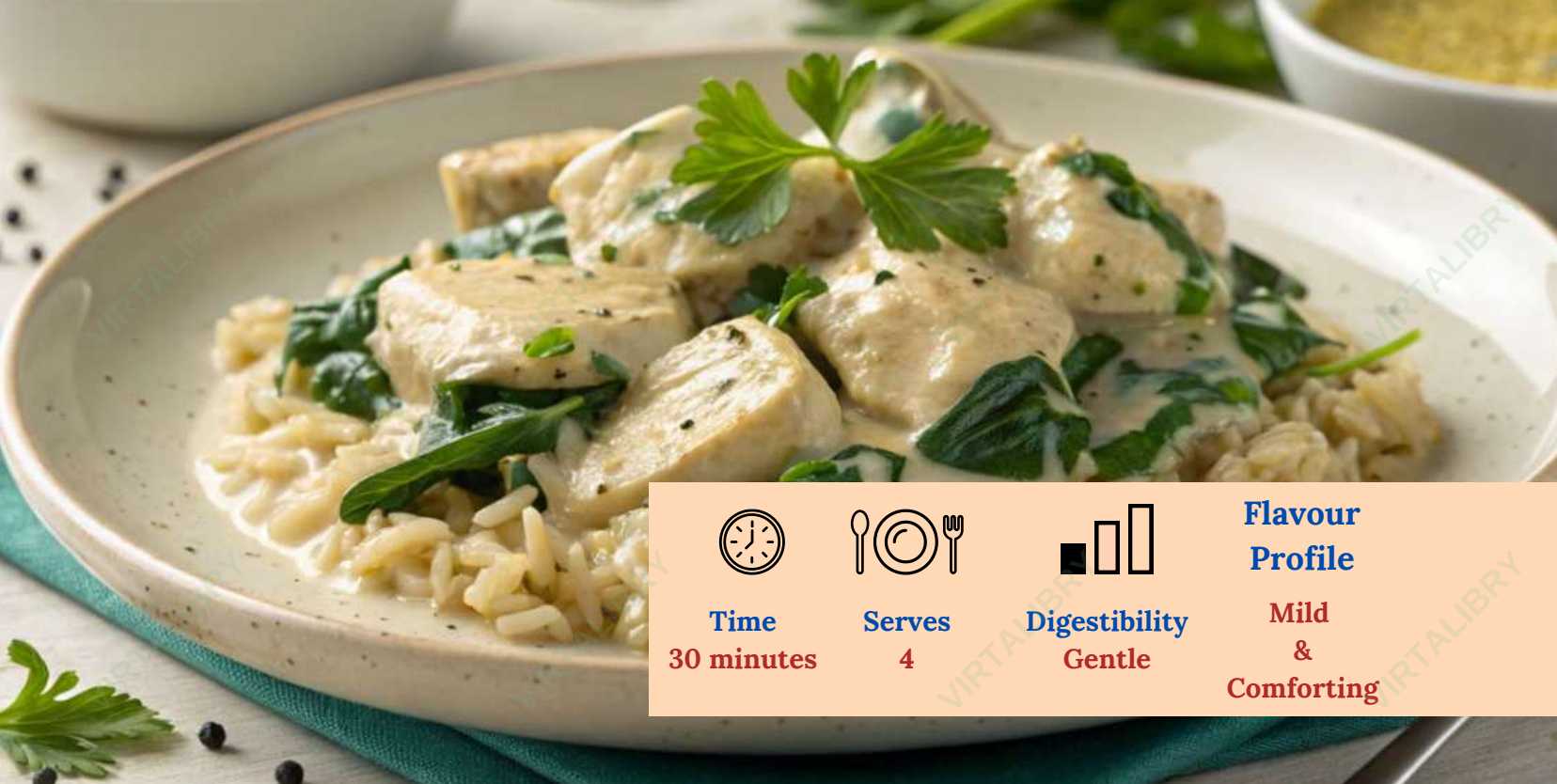
Nutritional Snapshot: Calories: 430; Protein: 34g; Carbohydrates: 32g; Fibre: 4g; Fat: 19g; Salt: 0.18g; Potassium: 970mg; Cholesterol: 80mg;

Ingredients

- 2 salmon fillets (about 150–180 g each), skin on or off
- 1 tbsp garlic-infused olive oil
- 120 g cooked brown rice or quinoa
- 100 g cucumber, thinly sliced or cut into ribbons
- 1 medium carrot, julienned or grated
- 1 tbsp fresh dill or parsley, chopped
- 1 tbsp toasted pumpkin seeds
- 1 tbsp fresh lemon juice
- Pinch of sea salt (optional)
- Black pepper to taste

Make It Your Way

◆ Swap salmon for trout or poached chicken for variety.



Time
30 minutes



Serves
4



Digestibility
Gentle

Flavour Profile

Mild & Comforting

Creamy Chicken & Rice with Spinach

Method

- Cook brown rice as per instructions.
- In a pan, cook chicken in garlic oil for 6-7 minutes.
- Add stock and milk, bring to a simmer, then stir in cornflour slurry and cook to thicken.
- Add spinach and cook until wilted.
- Stir in the cooked rice, parsley, and pepper, then serve.

Smart Swaps

- ◆ Replace spinach with cooked green beans or kale (well-cooked for tenderness).
- ◆ Drizzle with a little maple syrup and lemon for a sweet-tangy dressing.
- ◆ Add diced courgette or carrot for extra vegetables.
- ◆ Add extra milk for a creamier sauce.

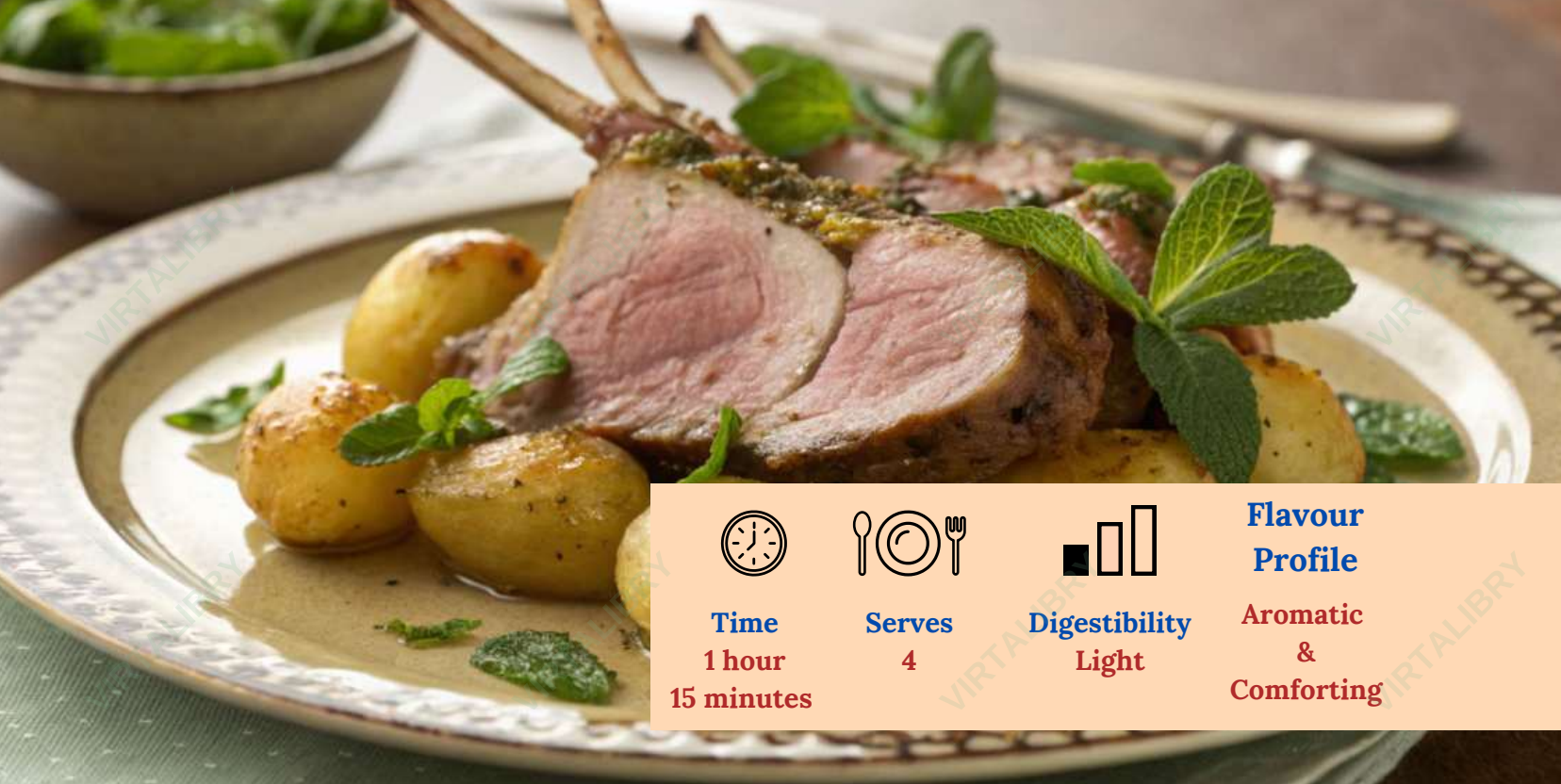
Nutritional Snapshot: Calories: 390; Protein: 35g; Carbohydrates: 36g; Fibre: 4g; Fat: 11g; Salt: 0.26g; Potassium: 960mg; Cholesterol: 85mg;

Ingredients

- 1 tbsp garlic-infused olive oil
- 500 g skinless chicken breast, cut into bite-sized pieces
- 150 g uncooked brown rice (or quinoa for quicker cooking)
- 200 g fresh spinach, washed
- 200 ml lactose-free milk
- 250 ml low-sodium chicken stock
- 1 tbsp cornflour mixed with 2 tbsp cold water (for thickening)
- 1 tbsp fresh parsley, chopped
- Black pepper to taste

Make It Your Way

- ◆ Use turkey breast instead of chicken for variety.



Time
1 hour
15 minutes



Serves
4



Digestibility
Light

**Flavour
Profile**

**Aromatic
&
Comforting**

Roast Lamb with Mint and New Potatoes

Method

- Preheat the oven to 200°C (180°C fan) / Gas Mark 6.
- Rub the lamb with garlic oil, mint, parsley, and pepper.
- Arrange potatoes in a roasting tin, drizzle with oil, and place the lamb on top.
- Pour stock around the vegetables.
- Roast for 45–50 minutes, then rest the lamb for 15 minutes.
- Slice, garnish with mint, and serve with the potatoes.

Smart Swaps

- ◆ Use lamb shoulder cooked slowly for a more tender texture.
- ◆ Replace potatoes with sweet potatoes for a lower GI.

Nutritional Snapshot: Calories: 410; Protein: 34g; Carbohydrates: 21g; Fibre: 3g; Fat: 21g; Salt: 0.25g; Potassium: 880mg; Cholesterol: 105mg;

Ingredients

- 800 g lamb leg or lamb rump, trimmed of excess fat
- 2 tbsp garlic-infused olive oil
- 1 tbsp fresh mint leaves, finely chopped
- 1 tbsp fresh parsley, finely chopped
- 500 g baby new potatoes, scrubbed and halved
- 150 ml low-sodium lamb or vegetable stock
- Black pepper to taste

Make It Your Way

- ◆ Add carrots or parsnips to the roasting tin for extra vegetables.
- ◆ Swap parsley for rosemary if you prefer a stronger herbal note.



Time
30 minutes



Serves
4



Digestibility
Light

Flavour Profile

Fresh
&
Light

Chicken & Vegetable Skewers

Method

- If using wooden skewers, soak them in water for 20 minutes to prevent burning.
- In a bowl, mix garlic-infused olive oil, lemon juice (if using), thyme, and optional pepper. Add chicken cubes and toss to coat.
- Thread chicken and vegetables alternately onto skewers.
- Preheat grill or oven to 200°C (180°C fan)
- Grill or bake skewers for 15–18 minutes, turning halfway, until chicken reaches an internal temperature of 75°C and vegetables are tender.

Smart Swaps

- ◆ Replace lemon juice with a drizzle of maple syrup for a sweeter glaze.
- ◆ Use only softer vegetables like courgette and mushrooms for easier chewing.

Nutritional Snapshot: Calories: 250; Protein: 32g; Carbohydrates: 6g; Fibre: 2g; Fat: 11g; Salt: 0.18g; Potassium: 710mg; Cholesterol: 80mg;

Ingredients

- 500 g skinless chicken breast, cut into 3 cm cubes
- 2 tbsp garlic-infused olive oil
- 1 tbsp fresh lemon juice
- 1 tsp fresh thyme leaves
- 1 medium courgette, cut into thick half-moons
- 1 medium red or yellow bell pepper, cut into 3 cm chunks
- 8 medium button mushrooms
- 150 g cherry tomatoes
- Black pepper to taste

Make It Your Way

- ◆ Swap chicken for turkey breast or firm white fish.
- ◆ Add parboiled baby potatoes for extra fibre and slow-release carbs.



Time
25 minutes



Serves
4



Digestibility
Gentle

Flavour Profile

Juicy & Satisfying

Lean Beef Burger with Gluten-Free Bun

Method

- Mix beef mince, parsley, egg (if using), and pepper in a bowl.
- Shape into 4 patties, slightly wider than the buns.
- Cook in a frying pan with garlic oil for 4-5 minutes per side.
- Lightly warm the buns.
- Assemble burgers with lettuce, patty, toppings, and cucumber, then serve.

Smart Swaps

- ◆ Use roasted red pepper slices instead of cheese for a dairy-free, flavourful topping.
- ◆ Use turkey or chicken mince for a lighter option.
- ◆ Serve without the bun, over mashed sweet potato for a softer, lower-GI meal.

Nutritional Snapshot: Calories: 310; Protein: 27g; Carbohydrates: 22g; Fibre: 3g; Fat: 13g; Salt: 0.28g; Potassium: 500mg; Cholesterol: 80mg;

Ingredients

- 500 g lean beef mince (5% fat or less)
- 1 tbsp garlic-infused olive oil
- 1 tbsp fresh parsley, finely chopped
- 1 medium egg
- 4 gluten-free burger buns
- 4 leaves of butterhead lettuce or little gem lettuce
- 4 slices cucumber or courgette ribbons
- 4 slices mild lactose-free cheese (optional)
- Black pepper to taste

Make It Your Way

- ◆ Swap beef for turkey mince for a lighter burger.
- ◆ Add grilled courgette or aubergine slices for extra veg.



Time
20 minutes



Serves
2



Digestibility
Light

Flavour Profile

Tender & Aromatic

Lamb Cutlets with Green Beans

Method

- Rub lamb cutlets with garlic-infused olive oil, rosemary, and optional pepper.
- Heat a non-stick frying pan or griddle over medium-high heat. Cook cutlets for 3–4 minutes per side for medium doneness, or adjust to preference.
- While lamb cooks, steam green beans for 4–5 minutes until tender-crisp.
- Arrange lamb and beans on plates, garnish with parsley, and drizzle with optional lemon juice. Serve immediately.

Smart Swaps

- ◆ Use lamb loin steaks for a more tender option.
- ◆ Best enjoyed fresh. Cooked lamb can be refrigerated for up to 2 days and reheated gently.

Nutritional Snapshot: Calories: 350; Protein: 34g; Carbohydrates: 5g; Fibre: 2g; Fat: 22g; Salt: 0.22g; Potassium: 590mg; Cholesterol: 90mg;

Ingredients

- 4 lamb cutlets (about 75–80 g each), trimmed of excess fat
- 1 tbsp garlic-infused olive oil
- 1 tsp fresh rosemary leaves, finely chopped (or thyme for a softer flavour)
- 200 g green beans, trimmed
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh lemon juice
- Pinch of sea salt (optional)
- Black pepper to taste

Make It Your Way

- ◆ Swap rosemary for mint for a more traditional lamb pairing.
- ◆ Add steamed carrots or courgettes for extra vegetables.
- ◆ Serve with mashed sweet potato for a more filling, low-GI side.



Vegetarian & Vegan Mains



Time
20 minutes



Serves
2



Digestibility
Light

Flavour Profile

Fresh & Zesty

Tofu & Veggie Stir-Fry with Ginger

Method

- Heat garlic oil in a pan, cook tofu for 4-5 minutes until golden, then set aside.
- Add ginger, courgette, and carrots to the pan and stir-fry for 3-4 minutes.
- Return the tofu to the pan, add spinach/pak choi, tamari, and water.
- Stir-fry for 1-2 minutes until the greens are wilted.
- Sprinkle with sesame seeds (if using) and pepper, then serve.

Smart Swaps

- ◆ Add red pepper strips for extra colour and sweetness.
- ◆ Use steamed green beans instead of courgette for variety.
- ◆ Use silken tofu for a softer, creamier result.

Nutritional Snapshot: Calories: 260; Protein: 16g; Carbohydrates: 12g; Fibre: 4g; Fat: 17g; Salt: 0.4g; Potassium: 540mg; Cholesterol: 0mg;

Ingredients

- 200 g firm tofu, drained and cubed
- 1½ tbsp garlic-infused olive oil
- 1 tbsp fresh ginger, finely grated
- 100 g courgette, sliced into half-moons
- 100 g carrots, cut into thin batons
- 75 g baby spinach or pak choi leaves
- 2 tbsp tamari (gluten-free)
- 1 tbsp water
- 1 tsp toasted sesame seeds
- Black pepper to taste

Make It Your Way

- ◆ Swap tofu for tempeh or cooked chicken breast.



Time
35 minutes



Serves
4



Digestibility
Gentle

Flavour Profile

Mildly
Spiced &
Comforting

Lentil Curry with Carrot and Sweet Potato

Method

- Heat garlic-infused olive oil in a large saucepan over medium heat.
- Add carrots and sweet potato, cook for 5 minutes, stirring occasionally.
- Stir in turmeric, cumin (if using), lentils, vegetable stock, and coconut milk.
- Bring to the boil, reduce heat, and simmer for 18–20 minutes until vegetables are tender.
- Stir in fresh coriander/parsley, season with optional pepper, and serve warm.

Smart Swaps

- ◆ Use butternut squash instead of sweet potato for variety.
- ◆ Serve with soft-cooked rice instead of crusty bread.
- ◆ Store in the fridge for up to 3 days.

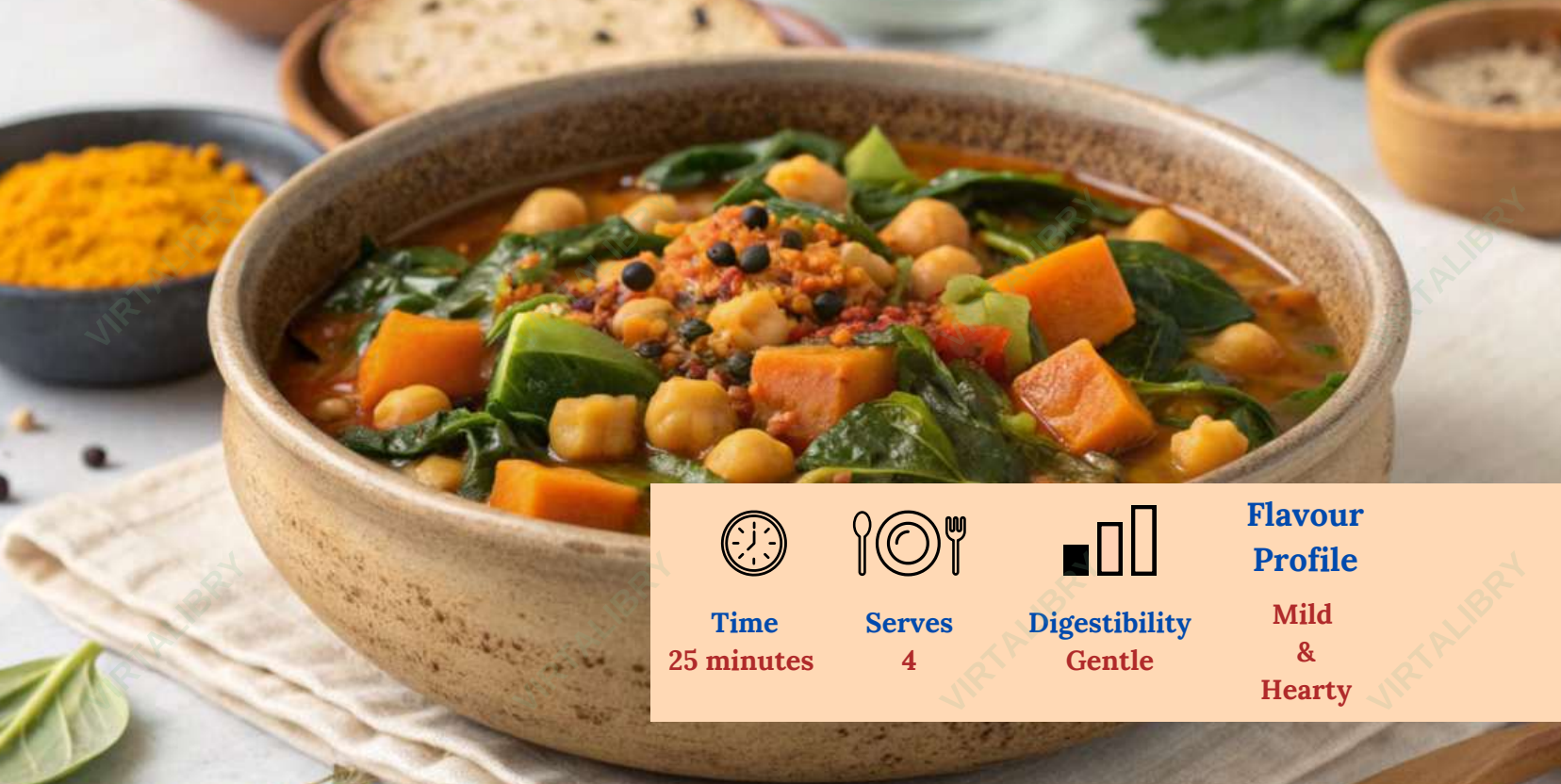
Nutritional Snapshot: Calories: 280; Protein: 7g; Carbohydrates: 41g; Fibre: 8g; Fat: 10g; Salt: 0.22g; Potassium: 880mg; Cholesterol: 0mg;

Ingredients

- 1 tbsp garlic-infused olive oil
- 150 g carrots, peeled and diced
- 300 g sweet potato, peeled and diced
- 150 g canned green or brown lentils, rinsed and drained
- 400 ml low-sodium vegetable stock
- 150 ml coconut milk
- 1 tsp ground turmeric
- ½ tsp ground cumin
- 1 tbsp fresh coriander or parsley, chopped
- Black pepper to taste

Make It Your Way

- ◆ Add spinach in the last 2 minutes for extra greens.



Chickpea & Spinach Stew

Method

- Heat garlic-infused olive oil in a medium saucepan over medium heat.
- Add carrot and courgette, cook for 4–5 minutes until slightly softened.
- Stir in chickpeas, vegetable stock, coconut milk, turmeric, and paprika (if using).
- Simmer gently for 10 minutes until vegetables are tender.
- Add spinach, cook for 1–2 minutes until wilted, then stir in fresh herbs.
- Season with optional pepper and serve warm.

Smart Swaps

- ◆ Use diced sweet potato instead of courgette for a sweeter stew.
- ◆ Serve with soft-cooked brown rice for a more filling, low-GI option.

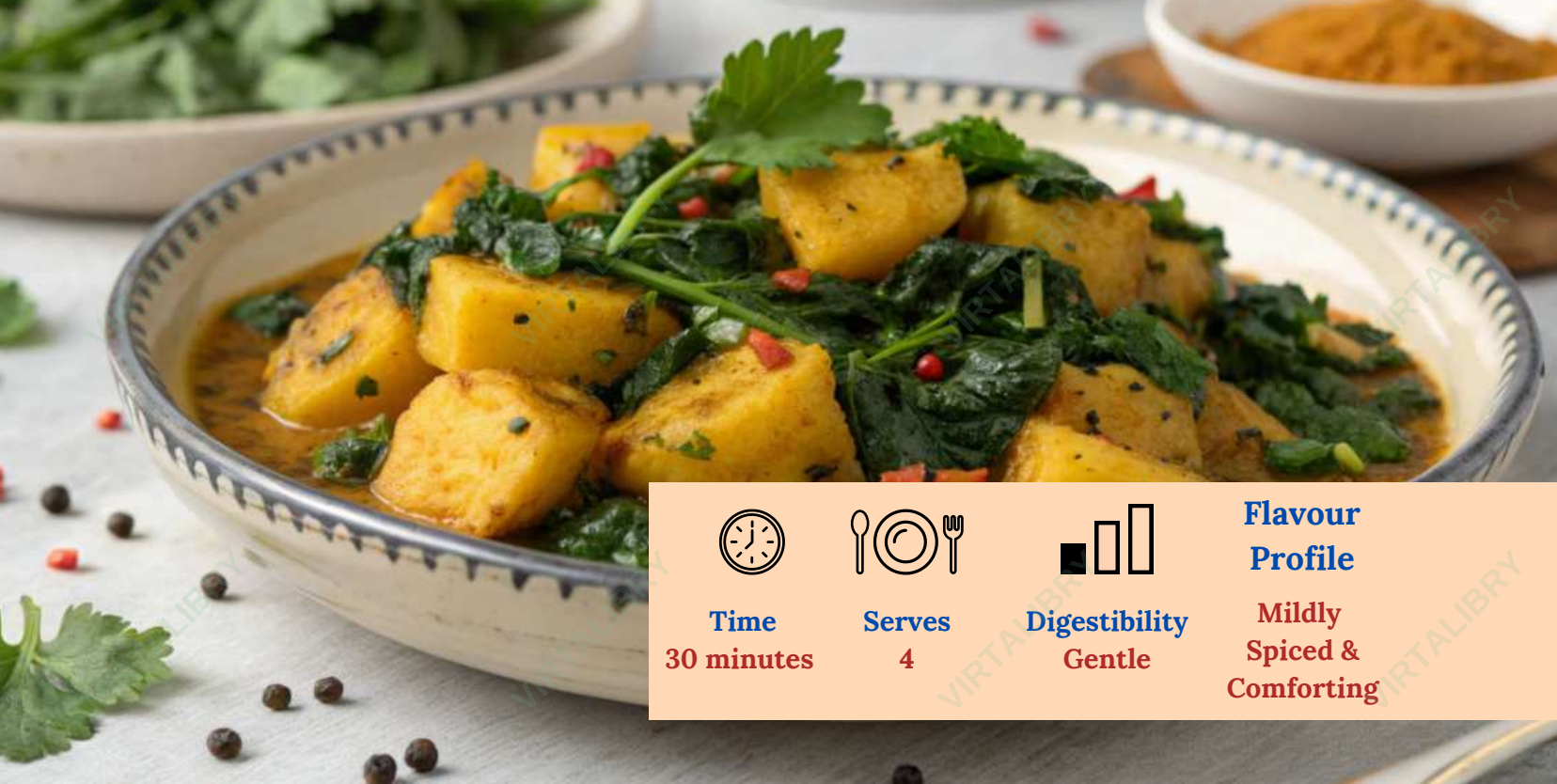
Nutritional Snapshot: Calories: 240; Protein: 8g; Carbohydrates: 27g; Fibre: 7g; Fat: 11g; Salt: 0.21g; Potassium: 470mg; Cholesterol: 0mg;

Ingredients

- 1 tbsp garlic-infused olive oil
- 1 medium carrot, diced
- 150 g courgette, diced
- 200 g canned chickpeas, rinsed and drained
- 300 ml low-sodium vegetable stock
- 150 ml coconut milk
- 100 g fresh spinach, washed
- 1 tsp ground turmeric
- ½ tsp sweet paprika
- 1 tbsp fresh parsley or coriander, chopped
- Black pepper to taste

Make It Your Way

- ◆ Swap spinach for baby kale or Swiss chard.
- ◆ Add pumpkin seeds on top for extra crunch and nutrients.



Time
30 minutes



Serves
4



Digestibility
Gentle

Flavour Profile

Mildly
Spiced &
Comforting

Potato & Kale Saag

Method

- Heat garlic-infused olive oil in a large non-stick pan over medium heat.
- Add potatoes and carrot, cooking for 5 minutes until lightly golden.
- Stir in turmeric, cumin, and ground coriander (if using). Cook for 1 minute until fragrant.
- Pour in vegetable stock, bring to the boil, then reduce heat and simmer for 10–12 minutes until potatoes are tender.
- Add kale and cook for 3–4 minutes until wilted.
- Stir in lactose-free yoghurt, season with optional pepper, and garnish with fresh coriander before serving.

Smart Swaps

◆ Use sweet potato instead of white potato for a lower GI.

Nutritional Snapshot: Calories: 210; Protein: 6g; Carbohydrates: 33g; Fibre: 6g; Fat: 7g; Salt: 0.23g; Potassium: 920mg; Cholesterol: 2mg;

Ingredients

- 1 tbsp garlic-infused olive oil
- 400 g white potatoes, peeled and cut into 2 cm cubes
- 150 g kale, stems removed and leaves chopped
- 1 medium carrot, diced
- 300 ml low-sodium vegetable stock
- 150 ml lactose-free plain yoghurt or coconut yoghurt
- 1 tsp ground turmeric
- ½ tsp ground cumin
- ½ tsp ground coriander
- 1 tbsp fresh coriander leaves, chopped, for garnish
- Black pepper to taste

Make It Your Way

◆ Swap kale for baby spinach for a softer texture.



Time
1 hour
10 minutes



Serves
6



Digestibility
Gentle

Flavour Profile

Savoury
&
Comforting

Lentil Loaf with a Tomato Glaze

Method

- Preheat the oven to 180°C (160°C fan) / Gas Mark 4 and line a loaf tin.
- Sauté carrot and courgette in garlic oil for 4-5 minutes.
- In a bowl, mash lentils, then add the sautéed vegetables, oats, flax mixture, parsley, spices, and stock.
- Mix well and press into the loaf tin.
- Mix the glaze ingredients and spread over the top.
- Bake for 45-50 minutes, then let it rest for 10 minutes before slicing.

Smart Swaps

◆ Add finely chopped mushrooms for a deeper flavour.

◆ Store in the fridge for up to 4 days

Nutritional Snapshot: Calories: 210; Protein: 9g; Carbohydrates: 30g; Fibre: 7g; Fat: 7g; Salt: 0.19g; Potassium: 540mg; Cholesterol: 0mg;

Ingredients

- 1 tbsp garlic-infused olive oil
- 1 medium carrot, grated
- 150 g courgette, grated and squeezed of excess moisture
- 200 g cooked green or brown lentils
- 100 g gluten-free oats
- 2 tbsp ground flaxseed mixed with 6 tbsp warm water
- 2 tbsp fresh parsley, chopped
- 1 tsp ground turmeric
- ½ tsp sweet paprika
- 100 ml vegetable stock
- Black pepper to taste

For the glaze:

- 3 tbsp roasted red pepper purée
- 1 tsp maple syrup
- ½ tsp apple cider vinegar



Time
40 minutes



Serves
4



Digestibility
Gentle

**Flavour
Profile**

**Aromatic
&
Comforting**

Simple Roasted Vegetable Platter with Rosemary

Method

- Preheat oven to 200°C (180°C fan) / Gas Mark 6.
- Arrange carrots, parsnips, courgette, and swede on a large baking tray.
- Drizzle with garlic-infused olive oil, sprinkle with rosemary, and toss well.
- Roast for 30–35 minutes, turning once, until vegetables are golden and tender.
- Garnish with fresh parsley before serving.

Smart Swaps

◆ Add pumpkin or butternut squash for a sweeter note.

◆ Sprinkle with toasted pumpkin seeds before serving for crunch.

Smart Storage Tip

◆ Store in the fridge for up to 3 days. Reheat in the oven to maintain texture.

Nutritional Snapshot: Calories: 140; Protein: 3g; Carbohydrates: 19g; Fibre: 6g; Fat: 6g; Salt: 0.08g; Potassium: 770mg; Cholesterol: 0mg;

Ingredients

- 2 medium carrots, peeled and cut into batons
- 2 parsnips, peeled and cut into batons
- 1 medium courgette, cut into thick half-moons
- 1 small swede, peeled and diced
- 2 tbsp garlic-infused olive oil
- 1 tbsp fresh rosemary leaves, finely chopped
- 1 tbsp fresh parsley, chopped (for garnish)
- Pinch of sea salt
- Black pepper to taste

Make It Your Way

◆ Swap rosemary for thyme for a softer flavour.



Time
15 minutes



Serves
2



Digestibility
Gentle

Flavour Profile

Nutty
&
Light

Buckwheat Noodles with a Sesame Dressing

Method

- Cook buckwheat noodles according to packet instructions, then rinse under cold water and drain well.
- In a small bowl, whisk together sesame oil, garlic-infused olive oil, tamari, maple syrup, and ginger.
- Toss noodles with dressing, cucumber, and carrot until well coated.
- Sprinkle with sesame seeds (if using) and optional pepper before serving.

Smart Swaps

- ◆ Swap cucumber for lightly steamed courgette if you want a warmer dish.
- ◆ Top with strips of cooked chicken or tofu for extra protein.
- ◆ Lightly steam vegetables for a softer texture.

Nutritional Snapshot: Calories: 320; Protein: 9g; Carbohydrates: 50g; Fibre: 4g; Fat: 12g; Salt: 0.36g; Potassium: 380mg; Cholesterol: 0mg;

Ingredients

- 120 g 100% buckwheat soba noodles
- 1 tbsp toasted sesame oil
- 1 tbsp garlic-infused olive oil
- 1 tbsp tamari (gluten-free soy sauce)
- 1 tsp maple syrup
- 1 tsp fresh ginger, finely grated
- 100 g cucumber, cut into thin ribbons or matchsticks
- 1 medium carrot, julienned
- 1 tbsp toasted sesame seeds
- Black pepper to taste

Make It Your Way

- ◆ Add steamed green beans or pak choi for more greens.
- ◆ Can be stored in the fridge for up to 24 hours



Time
30 minutes



Serves
4



Digestibility
Light

Flavour Profile

**Creamy
& Mildly
Spiced**

Cauliflower & Coconut Curry

Method

- Heat garlic-infused olive oil in a medium saucepan over medium heat.
- Add carrot, cauliflower, and courgette. Cook for 4–5 minutes, stirring occasionally.
- Stir in turmeric and coriander (if using), then add vegetable stock and coconut milk.
- Bring to a gentle simmer and cook for 12–15 minutes until vegetables are tender.
- Stir in fresh herbs, season with optional pepper, and serve warm.

Smart Swaps

- ◆ Stir in baby spinach in the last 2 minutes for extra greens.
- ◆ Use mashed sweet potato stirred into the sauce for creaminess.
- ◆ Store in the fridge for up to 3 days.

Nutritional Snapshot: Calories: 190; Protein: 4g; Carbohydrates: 18g; Fibre: 5g; Fat: 12g; Salt: 0.19g; Potassium: 590mg; Cholesterol: 0mg;

Ingredients

- 1 tbsp garlic-infused olive oil
- 1 medium carrot, diced
- 250 g cauliflower florets
- 100 g courgette, diced
- 300 ml low-sodium vegetable stock
- 200 ml coconut milk
- 1 tsp ground turmeric
- ½ tsp ground coriander
- 1 tbsp fresh parsley or coriander, chopped
- Black pepper to taste

Make It Your Way

- ◆ Add diced sweet potato for a heartier curry.
- ◆ Swap cauliflower for broccoli florets for variety.



Time
30 minutes



Serves
4



Digestibility
Light

Flavour Profile

Savoury & Satisfying

Black Bean Burgers on GF Buns

Method

- Sauté carrot and courgette in half the garlic oil for 3-4 minutes.
- In a bowl, mash black beans, then add the sautéed vegetables, oats, flax mixture, paprika, parsley, and pepper.
- Shape into 4 patties.
- Cook the patties in the remaining oil for 3-4 minutes per side.
- Serve on toasted buns with desired toppings.

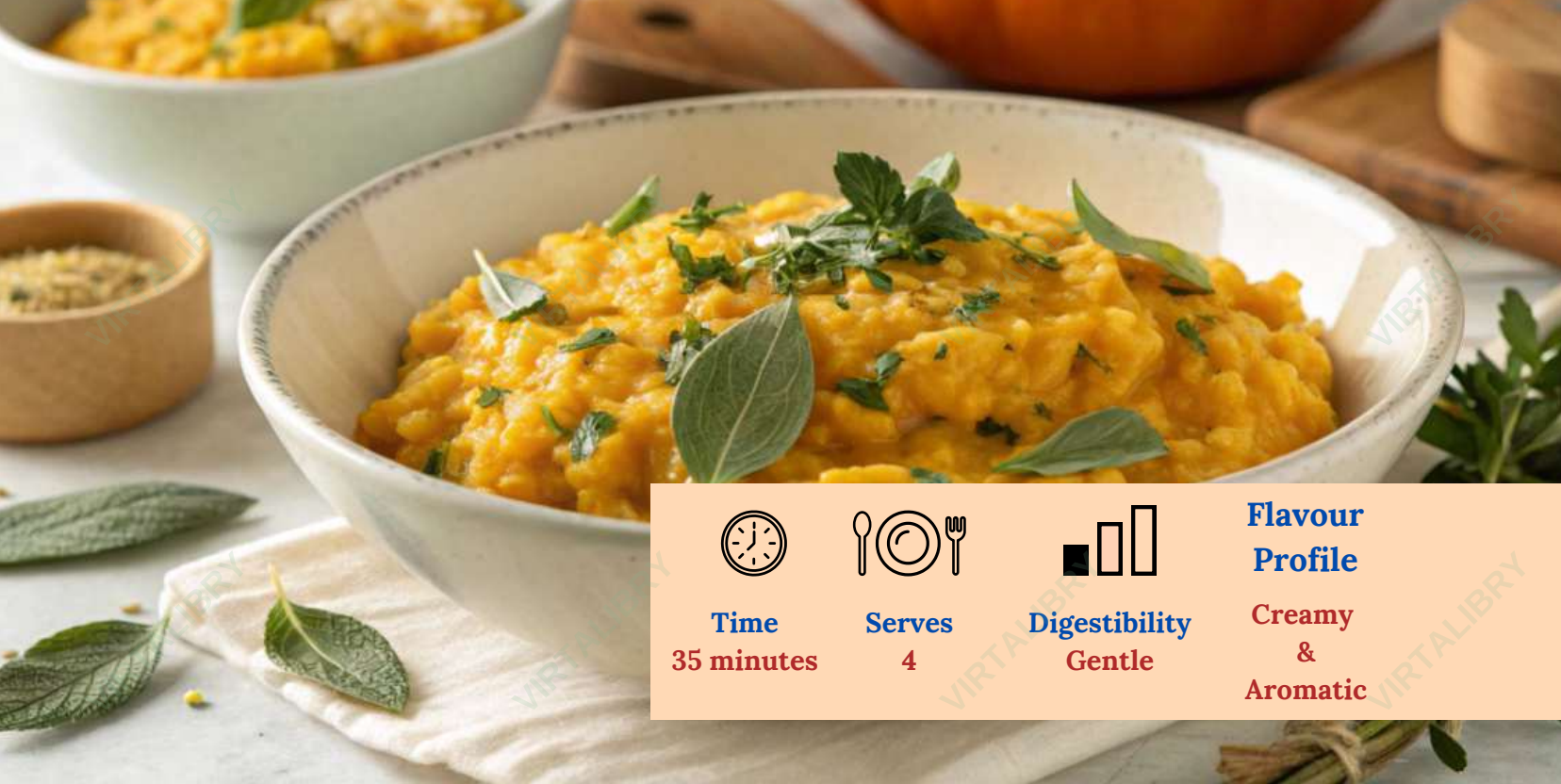
Smart Swaps

- ◆ Swap black beans for mashed chickpeas.
- ◆ Add roasted red pepper strips for extra flavour.
- ◆ Use mashed sweet potato instead of oats for a softer texture.
- ◆ Use well-cooked vegetables for a softer bite.

Nutritional Snapshot: Calories: 280; Protein: 11g; Carbohydrates: 43g; Fibre: 9g; Fat: 7g; Salt: 0.22g; Potassium: 680mg; Cholesterol: 0mg;

Ingredients

- 1 tbsp garlic-infused olive oil
- 1 small carrot, grated
- 150 g courgette, grated and squeezed of excess water
- 400 g canned black beans, rinsed and drained
- 60 g gluten-free oats
- 1 tbsp ground flaxseed + 3 tbsp warm water (flax “egg” binder)
- 1 tsp sweet paprika (optional)
- 1 tbsp fresh parsley, chopped
- 4 gluten-free burger buns
- Lettuce leaves, cucumber slices, or other gentle toppings of choice
- Black pepper to taste



Time
35 minutes



Serves
4



Digestibility
Gentle

Flavour Profile

Creamy & Aromatic

Pumpkin Risotto with Sage

Method

- Heat garlic oil in a pan, add pumpkin cubes, and cook for 5 minutes.
- Stir in arborio rice and cook for 1-2 minutes.
- Gradually add vegetable stock, a ladle at a time, stirring until the rice is tender (18-20 minutes).
- Stir in milk, sage, and parsley, and cook for another 2 minutes until creamy.
- Garnish with whole sage leaves and serve.

Smart Swaps

- ◆ Add baby spinach in the last 2 minutes for extra greens.
- ◆ Sprinkle with toasted pumpkin seeds before serving for crunch.
- ◆ Replace arborio rice with quinoa for a higher-protein version.
- ◆ Store in the fridge for up to 3 days.

Nutritional Snapshot: Calories: 280; Protein: 6g; Carbohydrates: 52g; Fibre: 4g; Fat: 6g; Salt: 0.21g; Potassium: 420mg; Cholesterol: 0mg;

Ingredients

- 1 tbsp garlic-infused olive oil
- 300 g pumpkin, peeled and diced into 1 cm cubes
- 150 g arborio rice (naturally gluten-free)
- 750 ml low-sodium vegetable stock (FODMAP-friendly)
- 150 ml lactose-free milk or fortified almond milk (unsweetened)
- 1 tbsp fresh sage leaves, finely chopped
- 1 tbsp fresh parsley, chopped
- Black pepper to taste

Make It Your Way

- ◆ Swap pumpkin for butternut squash for a sweeter note.



Snacks & Sweet Finishes



Time
30 minutes



Serves
12 bars



Digestibility
Light

Flavour Profile

Lightly
Sweet &
Nutty

Low-GI Flapjack Bars

Method

- Preheat oven to 180°C (160°C fan) / Gas Mark 4. Line a 20×20 cm baking tin with parchment paper.
- In a large bowl, mash bananas until smooth. Stir in maple syrup and oil/butter.
- Add oats, almonds (if using), cinnamon, and fruit. Mix until well combined.
- Press mixture evenly into the prepared tin.
- Bake for 18–20 minutes until lightly golden. Cool completely before slicing into bars.

Smart Swaps

- ◆ Add a sprinkle of desiccated coconut for a tropical note.
- ◆ Mash fruit extra smoothly for an even texture.
- ◆ Store in an airtight container at room temperature for up to 4 days.

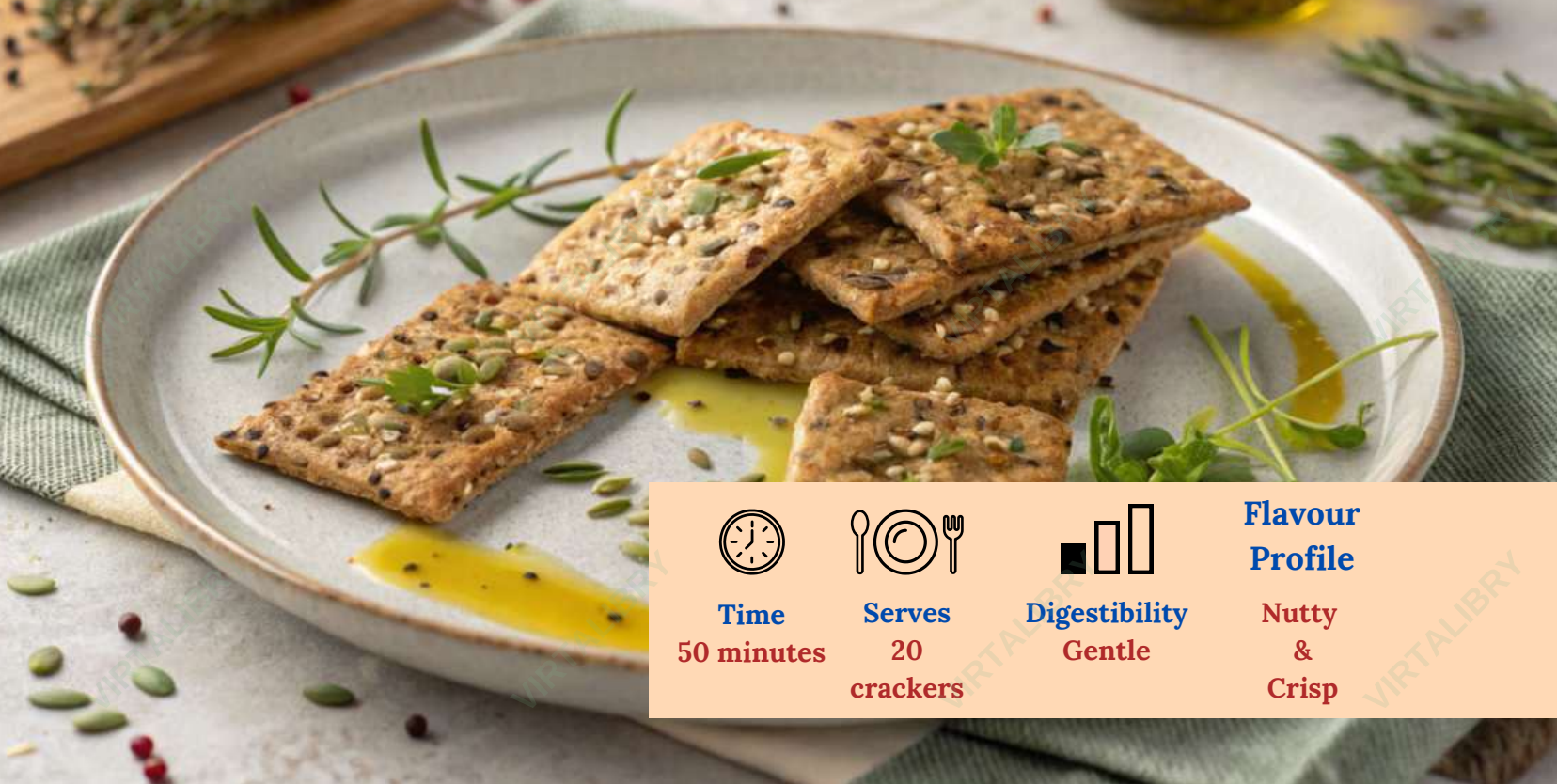
Nutritional Snapshot: Calories: 140; Protein: 3g; Carbohydrates: 21g; Fibre: 3g; Fat: 5g; Salt: 0.02g; Potassium: 150mg; Cholesterol: 0mg;

Ingredients

- 200 g gluten-free rolled oats
- 50 g ground almonds (optional)
- 2 medium ripe bananas, mashed
- 3 tbsp maple syrup
- 2 tbsp garlic-infused olive oil or melted lactose-free butter
- 1 tsp ground cinnamon (optional)
- 50 g blueberries or chopped dried apricots

Make It Your Way

- ◆ Swap bananas for unsweetened applesauce for a milder flavour.
- ◆ Use pumpkin seeds instead of almonds for a nut-free version.



Time

50 minutes



Serves

**20
crackers**



Digestibility

Gentle

**Flavour
Profile**

**Nutty
&
Crisp**

Flaxseed Crackers with Olive Oil

Method

- Preheat oven to 180°C (160°C fan) / Gas Mark 4. Line a large baking tray with parchment paper.
- In a bowl, mix ground flaxseed, water, olive oil, herbs (if using), and salt/pepper into a thick dough. Let sit for 10 minutes to thicken.
- Place dough between two sheets of parchment paper and roll out thinly (about 2–3 mm).
- Remove top sheet, score into cracker shapes with a knife, and bake for 35–40 minutes until crisp, turning tray halfway through.
- Cool completely before breaking into crackers.

Smart Swaps

- ◆ Roll dough slightly thicker for a softer bite.
- ◆ Serve with lactose-free cream cheese or mashed avocado for easy eating.

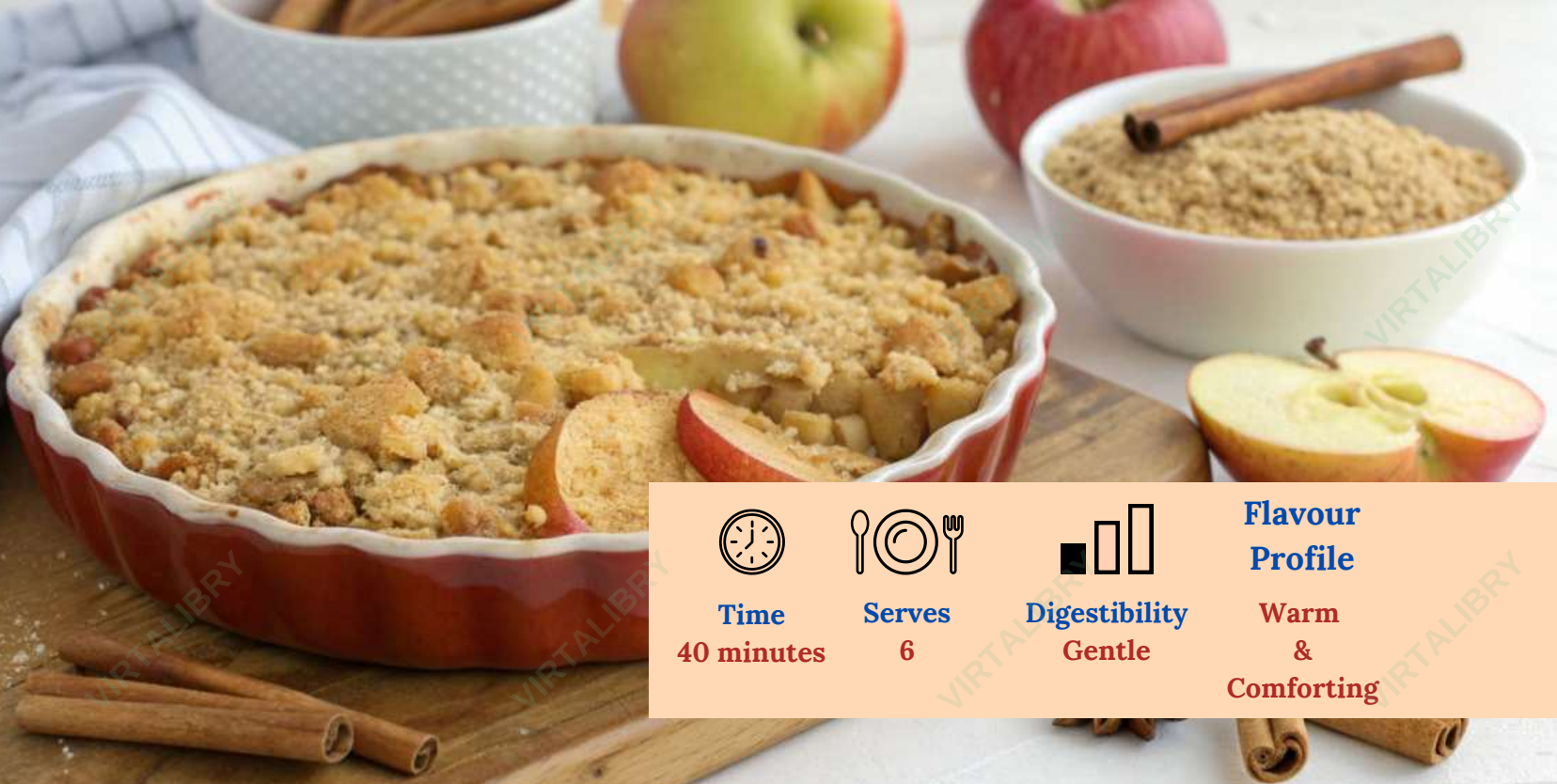
Nutritional Snapshot: Calories: 50; Protein: 2g; Carbohydrates: 1g; Fibre: 2g; Fat: 4g; Salt: 0.02g; Potassium: 45mg; Cholesterol: 0mg;

Ingredients

- 120 g ground golden flaxseed
- 120 ml water
- 1 tbsp extra-virgin olive oil (or garlic-infused olive oil for extra aroma)
- ½ tsp dried rosemary or thyme (optional)
- Pinch of sea salt (optional)
- Black pepper to taste

Make It Your Way

- ◆ Add a pinch of sweet paprika for a warm flavour.
- ◆ Sprinkle with sesame seeds before baking for extra crunch.
- ◆ Use dried dill instead of rosemary for a lighter note.
- ◆ Store in an airtight container for up to 1 week.



Time

40 minutes



Serves

6



Digestibility

Gentle

**Flavour
Profile**

**Warm
&**

Comforting

Apple Crumble (GF, Low-GI)

Method

- Preheat the oven to 180°C (160°C fan) / Gas Mark 4.
- Toss apple slices with lemon juice, maple syrup, and cinnamon, then spread in a baking dish.
- In another bowl, mix oats, almond flour, olive oil/butter, maple syrup, and salt until crumbly.
- Sprinkle this topping over the apples.
- Bake for 25–30 minutes until the apples are tender and the topping is golden. Serve warm.

Smart Swaps

- ◆ Add a handful of blueberries or raspberries to the apple filling for a fruity twist.
- ◆ Swap almond flour for sunflower seed flour for a nut-free version.
- ◆ Use pear instead of apple for a lower-histamine alternative.

Nutritional Snapshot: Calories: 220; Protein: 4g; Carbohydrates: 33g; Fibre: 5g; Fat: 9g; Salt: 0.04g; Potassium: 230mg; Cholesterol: 0mg;

Ingredients

For the filling:

- 4 medium dessert apples (Braeburn or Cox for natural sweetness), peeled, cored, and sliced
- 1 tbsp maple syrup (optional)
- 1 tsp ground cinnamon
- 1 tbsp lemon juice

For the crumble topping:

- 120 g gluten-free rolled oats
- 50 g almond flour (ground almonds)
- 3 tbsp extra-virgin olive oil or melted lactose-free butter
- 2 tbsp maple syrup
- Pinch of sea salt (optional)

Smart Storage Tip

- ◆ Store in the fridge for up to 3 days.



Time
5 minutes



Serves
2



Digestibility
Gentle

Flavour Profile

Naturally Sweet & Creamy

Banana "Nice" Cream

Method

- Place frozen banana slices into a food processor or high-speed blender.
- Add milk, cinnamon, and vanilla (if using).
- Blend until smooth and creamy, scraping down the sides as needed.
- Serve immediately for soft-serve texture, or freeze for 1–2 hours for a firmer consistency.

Smart Swaps

- ◆ Let bananas thaw for 5 minutes before blending for a softer texture.
- ◆ Serve slightly softened for easier eating.
- ◆ Mix in a spoonful of smooth nut butter for extra creaminess and protein.
- ◆ Store in a sealed container in the freezer for up to 1 month. Let sit at room temperature for 10 minutes before scooping.

Nutritional Snapshot: Calories: 110; Protein: 1g; Carbohydrates: 27g; Fibre: 3g; Fat: 5g; Salt: 0.01g; Potassium: 400mg; Cholesterol: 0mg;

Ingredients

- 2 medium ripe bananas, sliced and frozen overnight
- 2 tbsp lactose-free milk or unsweetened almond milk
- ½ tsp ground cinnamon (optional)
- ½ tsp pure vanilla extract (optional)

Smart Storage Tip

- ◆ Add a handful of frozen blueberries for a fruity twist.
- ◆ Blend in 1 tsp cocoa powder for a chocolatey version.
- ◆ Sprinkle with pumpkin seeds or chopped walnuts before serving for crunch.



Time

25 minutes



Serves

2



Digestibility

Gentle

**Flavour
Profile**

**Warm
&
Comforting**

Baked Apple with Cinnamon

Method

- Preheat the oven to 180°C (160°C fan) / Gas Mark 4.
- Place the apple halves cut-side up in a small ovenproof dish.
- Mix the maple syrup (if using) with the cinnamon and drizzle over the apples.
- Sprinkle with nuts or seeds and raisins (if using).
- Bake for 18–20 minutes until the apples are tender and lightly caramelised.
- Serve warm, perhaps with a spoonful of plain yoghurt.

Smart Swaps

◆ Add a splash of warm lactose-free milk for a creamy finish.

◆ Store in the fridge for up to 3 days. Reheat gently before serving.

Nutritional Snapshot: Calories: 120; Protein: 2g; Carbohydrates: 23g; Fibre: 4g; Fat: 4g; Salt: 0.01g; Potassium: 250mg; Cholesterol: 0mg;

Ingredients

- 2 medium dessert apples (such as Braeburn or Cox for natural sweetness), halved and cored
- 1 tsp maple syrup (optional)
- ½ tsp ground cinnamon
- 2 tbsp chopped walnuts or pumpkin seeds (optional)
- 2 tbsp raisins or dried blueberries (small amount, for the low-FODMAP phase)

Smart Storage Tip

◆ Swap apples for pears for a softer-tasting option.

◆ Add a pinch of ground cloves or nutmeg for a warming aroma.

◆ Serve with a spoonful of coconut or lactose-free yoghurt.



Time
10 minutes



Serves
4



Digestibility
Gentle

Flavour Profile

Sweet
&
Tangy

Simple Berry Compote

Method

- Place berries, maple syrup (if using), water, and cinnamon in a small saucepan.
- Heat over medium heat for 5–7 minutes, stirring occasionally, until berries soften and release their juices.
- Lightly mash with a fork for a chunkier texture or blend for smooth sauce.
- Serve warm or chilled.

Smart Swaps

◆ Mash berries well for a smoother texture that's easier to eat.

◆ Serve warm over porridge or lactose-free yoghurt for comfort.

◆ Avoid seeds if needed by straining through a fine sieve.

◆ Store in the fridge for up to 5 days.

Nutritional Snapshot: Calories: 40; Protein: 0.5g; Carbohydrates: 10g; Fibre: 2g; Fat: 0.2g; Salt: 0.01g; Potassium: 90mg; Cholesterol: 0mg;

Ingredients

- 250 g fresh or frozen blueberries, raspberries, or strawberries (low-FODMAP portion)
- 1–2 tbsp maple syrup (optional, adjust to taste)
- 1–2 tbsp water
- ½ tsp ground cinnamon (optional)

Smart Storage Tip

◆ Mix two types of berries for a more complex flavour.

◆ Add a few slices of peeled pear for natural sweetness.

◆ Stir in a few fresh mint leaves after cooking for freshness.



Time
2 minutes



Serves
1



Digestibility
Very Gentle

Flavour Profile

Creamy & Lightly Sweet

Coconut Yoghurt with Maple Syrup

Method

- Spoon coconut yoghurt into a serving bowl.
- Drizzle with maple syrup.
- Add any optional toppings if desired.

Smart Swaps

- ◆ Use a softer fruit topping like stewed apple or pear for easier chewing.
- ◆ Top with finely chopped nuts or seeds for gentle crunch.

Smart Storage Tip

- ◆ Best eaten fresh, but can be stored in the fridge for up to 24 hours once topped.

Nutritional Snapshot: Calories: 120; Protein: 1g; Carbohydrates: 8g; Fibre: 1g; Fat: 10g; Salt: 0.03g; Potassium: 90mg; Cholesterol: 0mg;

Ingredients

- 150 g plain unsweetened coconut yoghurt (carton, not canned, for lower histamine)
- 1 tsp pure maple syrup
- Optional toppings: a few blueberries, sliced ripe banana, or pumpkin seeds

Smart Storage Tip

- ◆ Swap maple syrup for date syrup for a richer sweetness.
- ◆ Use pear slices instead of banana for a lower-histamine option.
- ◆ Sprinkle with a pinch of cinnamon for warmth.

A Note of Thanks

Thank you for welcoming this book into your home — and perhaps into the quiet rhythm of your everyday meals.

It means a great deal that you've spent time here, exploring not just recipes, but ways to support your digestion with kindness, curiosity, and ease. Eating with sensitivity — whether to **FODMAPs**, histamine, or simply your body's own signals — is not about restriction. It is about listening. And listening takes patience, compassion, and practice.

This book was never meant to overwhelm you with rules or keep you measuring every bite. It was written to feel doable — and to feel good.

If even one dish here has helped you enjoy a meal without worry, brought you steady energy through the day, or simply made you smile at the table, then this book has done what it came to do.

The meals you've tried are more than just **low-FODMAP**, low-histamine, or low-GI combinations. They are quiet acts of care. Small, everyday choices that respect your digestion, your energy, and the life you want to live — without asking for perfection.

My hope is that this book meets you where you are — not asking you to start over, but walking alongside you as you discover what feels gentle, sustainable, and joyful.

Let these pages stay close:

- ◆ On the kitchen counter, ready for inspiration.
- ◆ In your shopping bag, guiding your choices.
- ◆ Beside you on quieter days, when you still want to nourish yourself with care.

Most of all:

Keep cooking in a way that feels kind.

Keep resting when your body asks for it.

And keep savouring this season of life — slowly, gently, and with confidence in every bite.

With sincere gratitude,

Leonora Key

About the Author

Hello, I'm Leonora Key — and I believe that eating well isn't about rules, labels, or chasing perfection.

It's about listening to your body's quiet messages.

It's about finding a rhythm that feels natural.

It's about choosing food that supports you — gently, steadily, and with pleasure.

For me, food has always been a way to restore balance and bring comfort, especially in seasons of change. Whether it's managing digestion, lifting a tired mood, or simply finding joy in a familiar flavour, I've seen how a thoughtful meal can make all the difference.

I didn't learn this in a professional kitchen.

I learned it at home — in the warmth of my mum's kitchen, where fresh herbs hung by the window, a pot simmered quietly on the hob, and the unspoken lesson was that care often begins with something warm on your plate.

Over the years, I've written several books in the **EatWell 50+** series, each one created to make nourishing yourself feel simple, sustainable, and joyful. This book — **FODMAP Diet Book for Beginners** — continues that same mission, bringing together three guiding principles:

- ◆ The calm support of low-FODMAP, low-histamine, and low-GI eating
- ◆ The reassurance of every recipe meeting GF, LF, LGI, LH, LS standards
- ◆ The warmth of familiar UK flavours made gentler for digestion

If this book has helped you enjoy food with less worry, feel more at ease in your body, or simply added a new favourite dish to your week, then I am deeply honoured. You are the reason I write.

Would you like to explore more ways to cook with kindness for your digestion?

Visit my author page to discover other titles in the EatWell 50+ series:

<https://www.amazon.com/author/key.leonora-book>



Thank you for letting me be part of your kitchen — and your story.

There is so much more to enjoy.

In your own time.

In your own way.

With heartfelt gratitude,

Leonora Key

"For everything I know about love and nourishment — thank you, Mum."

Conclusion

You're Not Starting Over — You're Moving Forward with Care

If you've read this far — thank you.

You've explored over 60 recipes designed to bring calm to your digestion, steadiness to your energy, and confidence to your kitchen. You've honoured your time, your wellbeing, and your intention to care for yourself — gently, without pressure.

This book was never about strict rules or perfection.

It was about remembering:

*You don't have to do things perfectly. You don't have to change everything at once.
You just have to keep showing up — gently, intentionally, and with care.*

If even one recipe here has helped you enjoy a meal without worry, added a little lightness to your day, or reminded you that food can be both satisfying and gentle, then this book has done its quiet work.

If this book has found a place in your kitchen, your reflections — even brief — in an Amazon review can help others find their way to it.

Thank you for taking a moment to share your experience. It truly means a great deal.

Tuck a few favourites into your weekly rhythm.

Repeat the same dish with joy, not guilt.

And when energy is low or motivation dips, return to a recipe you trust — one that holds the rhythm for you and lets you simply enjoy the moment.

You are not alone on this journey.

The **EatWell 50+ series** is here to support you — through each new season, each gentle shift, and each choice to put kindness above pressure.

To support you beyond these pages, I've created the **Gentle Eating Bonus Library** — a calm, printable resource designed to help you keep cooking with confidence, clarity, and ease.

Download it here:

<http://bit.ly/4mDtUHW>



Inside, you'll find:

- ◆ The complete 28-Day Gut-Soothing Plan (Weeks 1–4)
- ◆ Printable shopping lists for each week.
- ◆ A printable Energy & Clarity journal to track what feels good
- ◆ Gut-Friendly Kitchen Toolkit — Food Lists, Swaps, and Portion Planning Templates

Already downloaded yours? Lovely — you're on your way.
 I'm truly honoured to be a part of your kitchen and your story.
 Thank you for trusting me with your time, your meals, and your health.

With warmth and steady encouragement,

Leonora

Week 1 – Sample 7-Day Gut-Soothing Plan

(All recipes meet the five key principles: GF, LF, LGI, LH, LS)

Day	Breakfast	Lunch	Dinner	Snack/Dessert
1	Banana & Oat Porridge with Walnuts	Chicken & Arugula Salad with Lemon Dressing	Lemon & Herb Roasted Chicken with Thyme	Simple Berry Compote
2	Blueberry & Lemon Smoothie	Quinoa & Roasted Root Vegetable Salad	Shepherd's Pie with a Sweet Potato Topping	Coconut Yoghurt with Maple Syrup
3	Quinoa Porridge with Berries and Cinnamon	Lentil & Carrot Salad with a Mustard Vinaigrette	Baked Cod with Olive Oil and Parsley	Low-GI Flapjack Bars
4	Spinach & Tomato Omelette with Fresh Herbs	Green Bean & Potato Salad with Olive Oil	Turkey Meatballs in a Fresh Tomato Sauce	Apple Crumble (GF, Low-GI)
5	Rice Porridge with Ginger and Maple Syrup	Roasted Red Pepper Soup	Beef & Carrot Stew with Herbs	Simple Berry Compote
6	Simple Scrambled Eggs with FODMAP-Friendly Chives	Chicken & Vegetable Skewers	Simple Pan-Fried Salmon with Steamed Greens	Baked Apple with Cinnamon
7	Baked Sweet Potato with a Sprinkle of Cinnamon	Cucumber & Dill Salad with FODMAP-Friendly Vinaigrette	Low-FODMAP Chicken & Mushroom Pie	Banana "Nice" Cream

If you'd like to keep going, you'll find Weeks 1–4 of the plan — along with printable shopping lists and other gentle tools — in your *Gentle Eating Bonus Library*.