

Low-FODMAP Diet Cookbook for Beginners

**IBS Relief & Gut Health Support with a 28-Day
Anti-Inflammatory Plan, Low-Histamine & Low-
Glycemic Recipes**



Leonora Key

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Note to the Reader

This book is designed to offer gentle support and flavorful, 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 dinners, 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 doctor 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, flavors, and simple dishes to help you create your own rhythm of eating.***

Your path to better well-being 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 U.S. is full—commutes, family meals, weekend markets, and cozy comfort food. But for anyone with gut sensitivities such as IBS or gastritis, eating can become a source of worry. A cafe sandwich might leave you bloated, a takeout meal 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 flavor, 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 socializing 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-glycemic choices.
- ◆ Keep histamine levels lower for those who benefit from it.
- ◆ Respect additional needs, like gluten-free or low-sodium 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 Chicago who loves the cafe culture but dreads the afternoon crash.
- ◆ The grandparent in Florida who wants to keep cooking Sunday roasts, but with a twist that's easier on the stomach.
- ◆ The college student in Austin 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.
- ◆ Flavors inspired by everyday American kitchens, from zucchini soup to baked cod with herbs.
- ◆ Tips for easy swaps to suit your needs—whether gluten-free, low-sodium, 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 cup of tea, pick a recipe, and enjoy food that’s flavorful, 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-sodium—so you can pick any page and know it’s gentle, balanced, and flavorful.

Recipes here:

- ◆ Blend **low-FODMAP**, low-histamine, and low-GI principles.
- ◆ Avoid common irritants for IBS, gastritis, and sensitive digestion.
- ◆ Offer gluten-free, low-sodium, and low-sugar options.
- ◆ Use fresh, accessible U.S. 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 lunch bags. 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 U.S.—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 gas
- ◆ 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.
- ◆ **Personalization**—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 the stomach and intestines.

Low-FODMAP, gastritis-friendly foods include:

- ◆ Cooked carrots, zucchini, 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 flavors, 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-sodium—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 canned fish (mackerel, sardines)
- ◆ Fermented foods (sauerkraut, kombucha)
- ◆ Alcohol, especially red wine and beer
- ◆ Certain vegetables (spinach, eggplant, tomatoes)

Gentler Choices

Used throughout this book:

- ◆ Fresh white fish (cod, haddock)
- ◆ Fresh poultry
- ◆ Root vegetables (carrots, parsnips, sweet potatoes)
- ◆ Zucchini, 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-Glycemic 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 Glycemic 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 favorites—just choose gentler versions or pair foods to slow their impact. Common U.S. options include:

- ◆ Oatmeal (GF if needed)
- ◆ Sweet potatoes instead of fries
- ◆ 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-Sodium, Sugar-Free

Alongside **low-FODMAP**, low-histamine, and low-GI principles, every recipe here is also gluten-free, low-sodium, 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 celiac 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 U.S. supermarkets.

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

Low-Sodium

Too much salt can leave you sluggish, puffy, or irritate digestion. Here, flavor 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 oatmeal for natural sweetness and color.

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 flavor or variety:

- ◆ People with IBS, gastritis, or sensitive stomachs.
- ◆ Busy cooks needing quick, nourishing meals for U.S. 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 your 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-sodium 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 you're ready.

Week 1 – Gentle Beginnings

Notice which foods feel light and which bring discomfort.

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

Aim for awareness, not perfection.

Week 2 – Building Comfort

Expand your options.

- ◆ Add more **low-FODMAP** veggies (carrots, zucchini, parsnips, green beans).
- ◆ Use herbs and spices for flavor instead of salt.

◆ Keep histamine-friendly snacks handy (rice cakes with pear, lactose-free yogurt 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, fiber, and 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 dinners—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/46enbOp>



Inside your Gentle Eating Bonus Library, you'll find:

- ◆ A weekly Energy & Clarity journal (symptom tracker and meal log)
- ◆ The complete 28-Day Gut-Soothing Plan with all four weeks in detail
- ◆ Printable shopping lists for each week.
- ◆ 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 Gut-Friendly Pantry

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

In the U.S., 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-sodium 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
- ◆ **Veggies:** zucchini → green beans/parsnips; onions → green onion tops/leek greens; tomatoes → roasted red peppers/zucchini purée
- ◆ **Proteins:** aged cheese → mozzarella/lactose-free cream cheese; cured meats → fresh poultry/fish; smoked fish → fresh white fish
- ◆ **Flavor:** garlic → garlic-infused 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 flavor—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 Flavors** – 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, a metal pepper mill, and a silver fork are visible.

Gentle Breakfasts & Easy Starts



Time

20 minutes



Serves

2



Digestibility

Gentle

Flavor Profile

Savory
&
Comforting

The Gentle Full American Breakfast

Instructions

- Preheat the broiler to medium-high.
 - Place tomato halves on a baking sheet, drizzle lightly with olive oil, and broil 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 fiber.

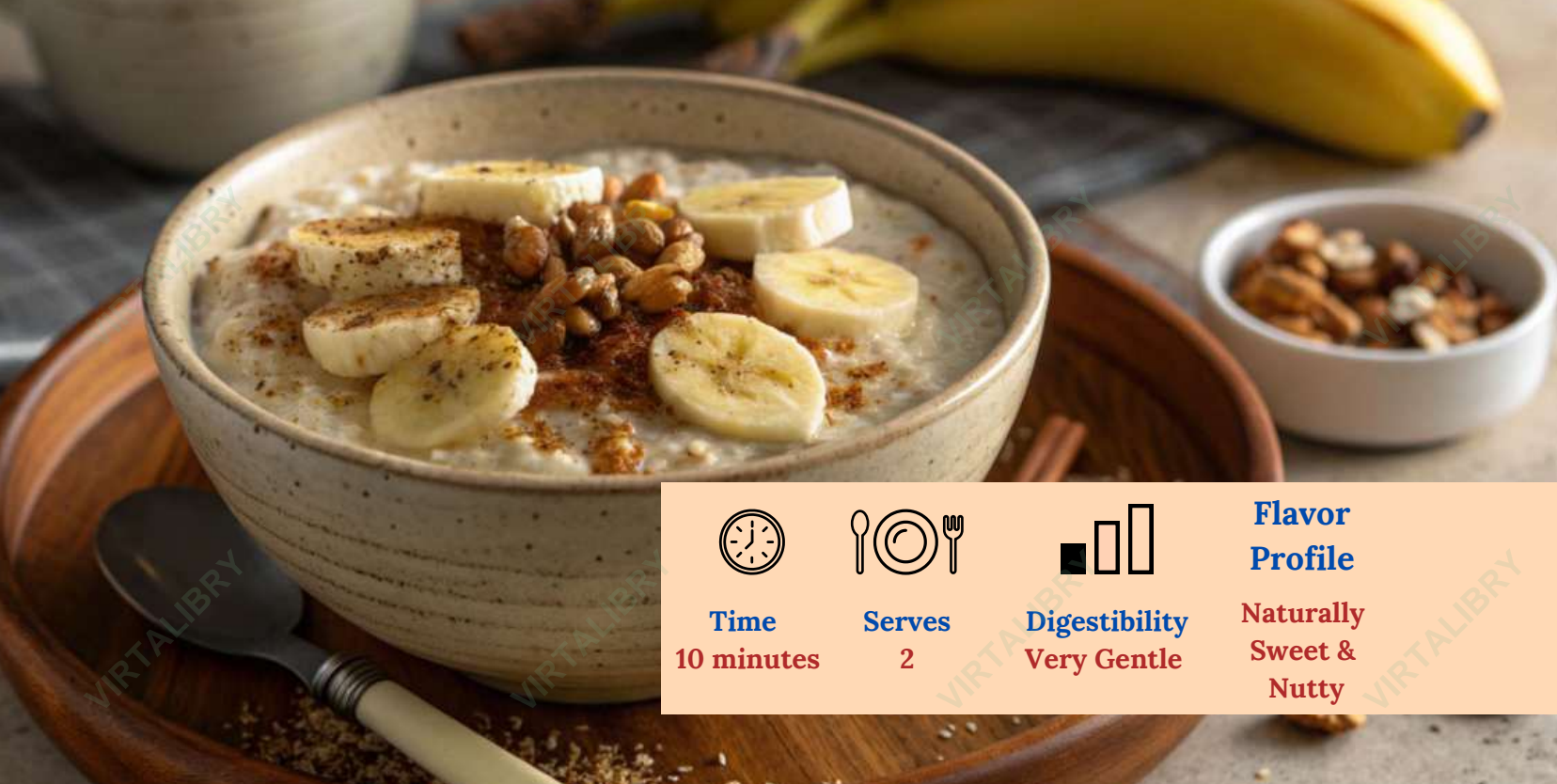
Nutritional Snapshot: Calories: 310; Protein: 18 g; Carbohydrates: 28 g; Fiber: 6 g; Fat: 14 g; Sodium: 35 mg; Potassium: 650 mg; Cholesterol: 370 mg;

Ingredients

- 4 medium eggs
- 4 slices gluten-free, low-sodium bread
- 2 cups (150 g) crimini or white mushrooms, halved
- 2 medium tomatoes, halved (low-histamine option: replace with roasted red bell peppers)
- 3 ½ cups (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 zucchini or red bell peppers if avoiding nightshades.



Time
10 minutes



Serves
2



Digestibility
Very Gentle

Flavor Profile

Naturally
Sweet &
Nutty

Banana & Oat Oatmeal with Walnuts

Instructions

- Combine 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, folding them in gently.
- Remove from heat, stir in cinnamon, and add maple syrup if desired.
- Serve warm, 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.
- ◆ Sprinkle in ground flaxseed for joint and heart health.

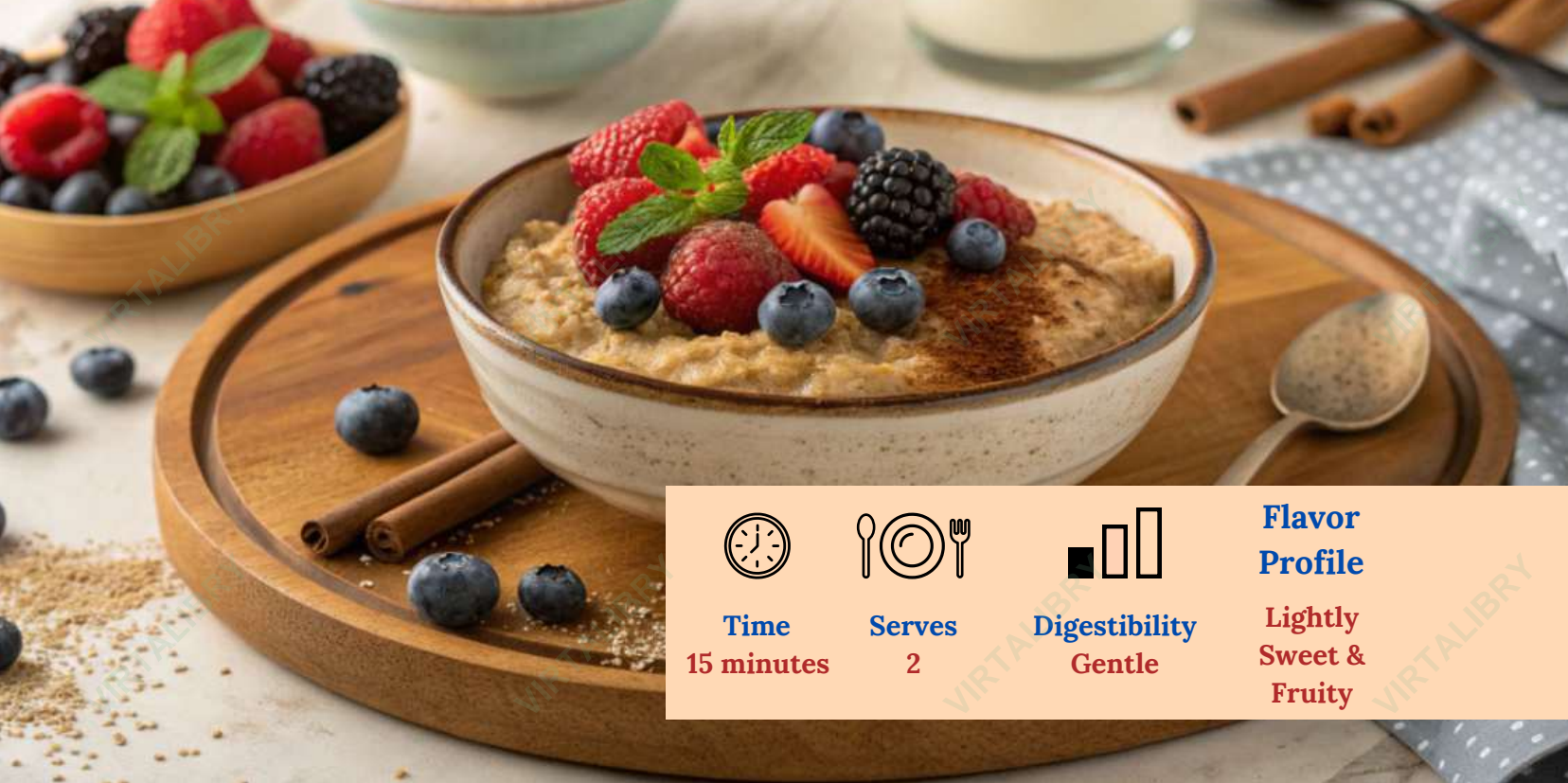
Nutritional Snapshot: Calories: 300; Protein: 9 g; Carbohydrates: 45 g; Fiber: 6 g; Fat: 10 g; Sodium: 35 mg; Potassium: 480 mg; Cholesterol: 0 mg

Ingredients

- 1 cup (80 g) gluten-free rolled oats
- 1 ¾ cups (400 ml) lactose-free milk or fortified unsweetened almond milk
- 1 medium ripe banana, sliced
- ¼ cup (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

Flavor Profile

Lightly
Sweet &
Fruity

Quinoa Porridge with Berries and Cinnamon

Instructions

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

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-healthy fats.

Nutritional Snapshot: Calories: 270; Protein: 8 g; Carbohydrates: 42 g; Fiber: 5 g; Fat: 7 g; Sodium: 50 mg; Potassium: 350 mg; Cholesterol: 0 mg

Ingredients

- ½ cup quinoa, rinsed well (80 g)
- 1 ¼ cups water (300 ml)
- ⅔ cup lactose-free milk or fortified unsweetened almond milk (150 ml)
- ½ cup blueberries or strawberries, fresh or thawed from frozen (80 g)
- 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 tablespoon of pumpkin seeds for crunch and extra minerals.



Time
8 minutes



Serves
2



Digestibility
Very Gentle

Flavor Profile

Creamy & Mild

Simple Scrambled Eggs with FODMAP-Friendly Chives

Instructions

- Crack eggs into a bowl, add milk, and whisk lightly until just combined.
- Heat a non-stick skillet over low-medium heat. Add garlic-infused oil or butter.
- Pour in the egg mixture, sprinkle in chopped chives, and stir gently with a spatula.
- Cook slowly, folding the eggs from the edges toward the center until just set but still soft.
- Serve right away on warm gluten-free toast or alongside wilted greens.
 - ◆ Replace milk with gluten-free oat milk 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 turn rubbery and harder to digest.

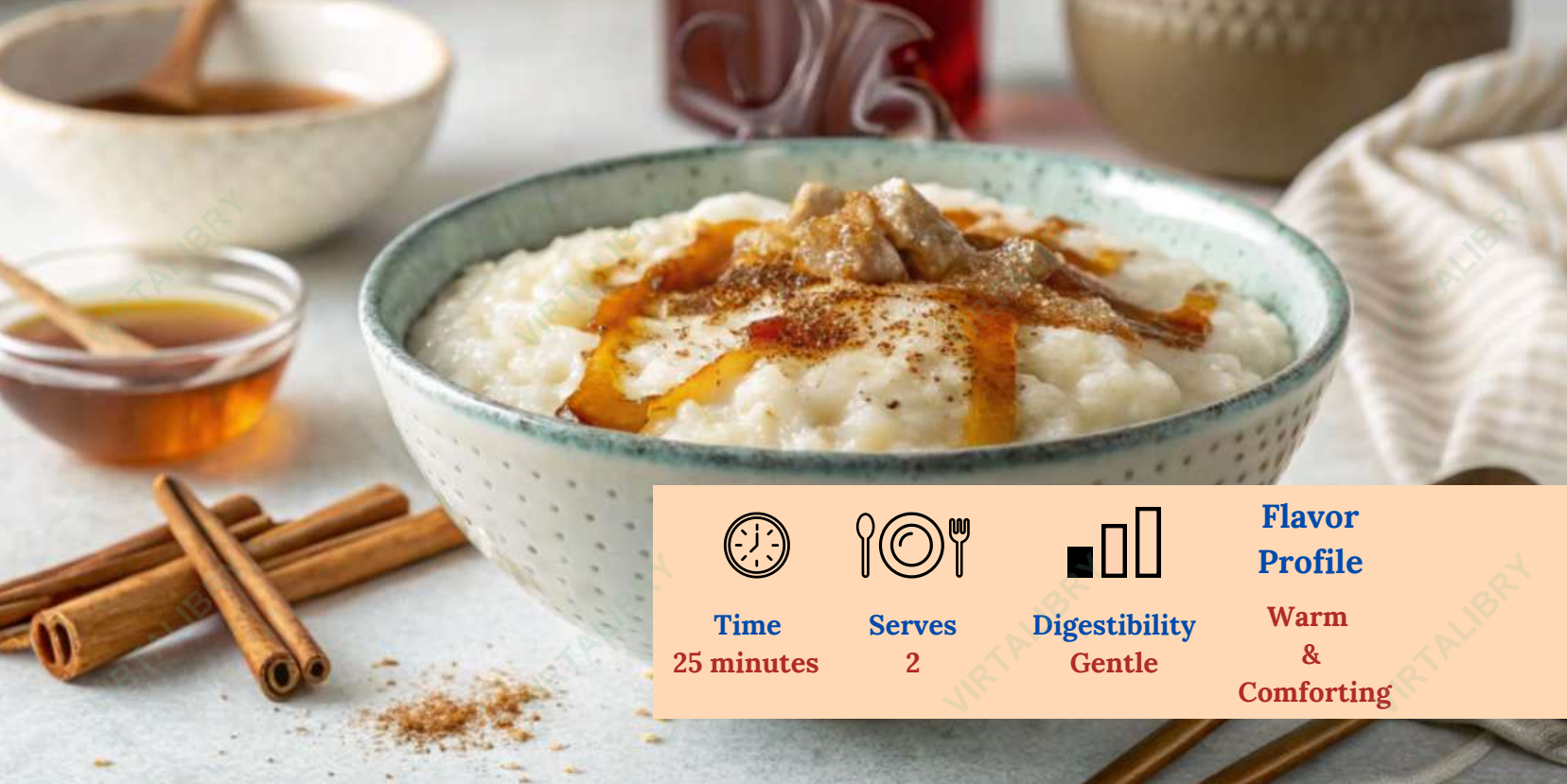
Nutritional Snapshot: Calories: 190; Protein: 13 g; Carbohydrates: 2 g; Fiber: 0 g; Fat: 14 g; Sodium: 150 mg; Potassium: 180 mg; Cholesterol: 370 mg

Ingredients

- 4 medium eggs
- 3 tbsp lactose-free milk or fortified unsweetened almond milk (50 ml)
- 1 tbsp finely chopped green tops of scallions (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.



			Flavor Profile
Time 25 minutes	Serves 2	Digestibility Gentle	Warm & Comforting

Rice Porridge with Ginger and Maple Syrup

Instructions

- Rinse rice under cold water until water runs clear.
- Add rice and water to a medium saucepan, bring to a boil, then reduce the heat and simmer for 15 minutes, stirring occasionally.
- Stir in milk and ginger, then cook for another 5–7 minutes, until the rice is soft and the 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 fiber 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: 5 g; Carbohydrates: 48 g; Fiber: 1 g; Fat: 4 g; Sodium: 50 mg; Potassium: 140 mg; Cholesterol: 0 mg

Ingredients

- ½ cup white rice (80 g)
- 1 ⅔ cups water (400 ml)
- ⅔ cup lactose-free milk or fortified unsweetened almond milk (150 ml)
- 1 tsp freshly grated ginger (or ½ tsp ground ginger for a milder flavor)
- 2 tsp pure maple syrup
- ½ tsp ground cinnamon
- ◆ Swap white rice for brown rice (increase cooking time by 10 minutes) for extra fiber.
- ◆ Replace maple syrup with mashed ripe banana for natural sweetness.
- ◆ Add a sprinkle of pumpkin seeds for crunch.



Time
10 minutes



Serves
2



Digestibility
Gentle

Flavor Profile

Fresh & Savory

Spinach & Tomato Omelet with Fresh Herbs

Instructions

- Whisk eggs and milk in a bowl until just combined. Season with pepper if desired.
- Heat a non-stick skillet 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 red pepper) and cook for another minute.
- Pour in the egg mixture, scatter with fresh herbs, and tilt the pan to spread evenly.
- Cook gently until the edges are set, then fold the omelet in half and serve immediately.

Smart Swaps

- ◆ Replace a fresh tomato with a 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: 13 g; Carbohydrates: 3 g; Fiber: 1 g; Fat: 13 g; Sodium: 150 mg; Potassium: 330 mg; Cholesterol: 370 mg

Ingredients

- 4 medium eggs
- 3 tbsp lactose-free milk or fortified unsweetened almond milk (40 ml)
- 2 cups baby spinach (50 g)
- 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 zucchini for a gentler texture.



Time
45 minutes



Serves
2



Digestibility
Very Gentle

Flavor Profile

Sweet
&
Warming

Baked Sweet Potato with a Sprinkle of Cinnamon

Instructions

- Preheat oven to 400°F.
- 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 parchment-lined baking sheet.
- Bake for 40–45 minutes, or until tender 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: 3 g; Carbohydrates: 36 g; Fiber: 5 g; Fat: 1 g; Sodium: 30 mg; Potassium: 540 mg; Cholesterol: 0 mg

Ingredients

- 2 medium sweet potatoes (9–10 oz / 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 yogurt 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

Flavor Profile

Fresh
&
Fruity

Blueberry & Lemon Smoothie

Instructions

- 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 fiber and omega-3.
- ◆ Blend in a handful of baby spinach for added nutrients without changing flavor 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 yogurt for a thicker, more filling smoothie.

Nutritional Snapshot: Calories: 130; Protein: 6 g; Carbohydrates: 18 g; Fiber: 3 g; Fat: 4 g; Sodium: 60 mg; Potassium: 210 mg; Cholesterol: 5 mg

Ingredients

- 1 cup blueberries, fresh or frozen (150 g)
- 1 cup lactose-free milk or fortified unsweetened almond milk (250 ml)
- ½ cup lactose-free Greek-style yogurt or unsweetened coconut yogurt (100 g)
- 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.



			Flavor Profile
Time 5 minutes	Serves 2	Digestibility Very Gentle	Creamy & Fresh

Coconut Yogurt with Sliced Kiwi and Pumpkin Seeds

Instructions

- Divide the coconut yogurt 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 yogurt 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: 4 g; Carbohydrates: 18 g; Fiber: 4 g; Fat: 10 g; Sodium: 40 mg; Potassium: 360 mg; Cholesterol: 0 mg

Ingredients

- 1 cup plain unsweetened coconut yogurt (250 g)
- 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 fiber and omega-3.
- ◆ Drizzle with 1 tsp pure maple syrup if you prefer a sweeter flavor.



Soups & Salads



			Flavor Profile
Time 30 minutes	Serves 2	Digestibility Gentle	Mild & Comforting

Creamy Leek & Potato Soup

Instructions

- 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 a boil, reduce the 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: 4 g; Carbohydrates: 28 g; Fiber: 4 g; Fat: 5 g; Sodium: 200 mg; Potassium: 680 mg; Cholesterol: 0 mg

Ingredients

- 2 tbsp garlic-infused olive oil
- 1 ½ cups green leek tops only, finely sliced (150 g)
- 3 ½ cups potatoes, peeled and diced (500 g)
- 3 cups low-sodium vegetable stock, FODMAP-friendly (750ml)
- ⅔ cup lactose-free milk or fortified unsweetened almond milk (150 ml)
- 1 tbsp fresh parsley, chopped
- Black pepper to taste

Make It Your Way

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



			Flavor Profile
Time 25 minutes	Serves 4	Digestibility Very Gentle	Lightly Sweet & Warming

Simple Carrot & Ginger Soup

Instructions

- Heat garlic-infused olive oil in a large saucepan over medium heat.
- Add carrots and ginger, cooking for 3–4 minutes to release flavor.
- Pour in vegetable stock, bring to a 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 flavor.
- ◆ Add a little extra milk for a thinner, easier-to-eat soup.

Nutritional Snapshot: Calories: 110; Protein: 2 g; Carbohydrates: 20 g; Fiber: 5 g; Fat: 3 g; Sodium: 150 mg; Potassium: 500 mg; Cholesterol: 0 mg

Ingredients

- 1 tbsp garlic-infused olive oil
- 4 cups carrots, peeled and chopped (500 g)
- 1 tsp freshly grated ginger (or ½ tsp ground ginger for a milder flavor)
- 3 cups low-sodium vegetable stock, FODMAP-friendly (750ml)
- ⅔ cup lactose-free milk or fortified unsweetened almond milk (150 ml)
- 1 tbsp fresh cilantro or parsley, chopped

Make It Your Way

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



Time
25 minutes



Serves
4



Digestibility
Gentle

Flavor Profile

Light
&
Comforting

Chicken & Rice Noodle Soup

Instructions

- 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 a boil. Reduce the heat and simmer for 10 minutes.
- Add carrots and green beans, cooking for another 5 minutes.
- Stir in rice noodles and cook according to package directions (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 freshly grated ginger for extra warmth.

Nutritional Snapshot: Calories: 210; Protein: 20 g; Carbohydrates: 22 g; Fiber: 3 g; Sodium: 250 mg; Fat: 5 g; Potassium: 420 mg; Cholesterol: 55 mg

Ingredients

- 1 tbsp garlic-infused olive oil
- 2 medium chicken breasts, diced (about 10 oz / 300 g)
- 3 ½ oz rice noodles (100 g)
- 1 medium carrot, julienned
- 3 ½ oz green beans, trimmed and halved (100 g)
- 5 cups low-sodium chicken stock (1.2 liters)
- 1 tbsp fresh parsley or cilantro, chopped
- Black pepper to taste

Make It Your Way

- ◆ Swap green beans for zucchini strips for variety.



			Flavor Profile
Time 25 minutes	Serves 4	Digestibility Gentle	Fresh & Aromatic

Hearty Tomato & Basil Soup

Instructions

- 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 a 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 flavor.
- ◆ Serve with a side of mashed sweet potato for a more filling meal.

Nutritional Snapshot: Calories: 120; Protein: 3 g; Carbohydrates: 19 g; Fiber: 4 g; Fat: 4 g; Sodium: 180 mg; Potassium: 540 mg; Cholesterol: 0 mg

Ingredients

- 1 tbsp garlic-infused olive oil
- 1 ½ lbs. fresh ripe tomatoes, roughly chopped (700 g)
- 1 medium carrot, peeled and chopped
- 3 cups low-sodium vegetable stock (750 ml)
- 2 tbsp fresh basil leaves, plus extra for garnish
- ⅔ cup lactose-free milk or fortified unsweetened almond milk (150 ml)
- Black pepper to taste
- ◆ Swap all or part of the tomatoes for roasted red peppers for a gentler, low-histamine version.



			Flavor Profile
Time 20 minutes	Serves 4	Digestibility Very Gentle	Light & Refreshing

Zucchini & Mint Soup

Instructions

- Heat garlic-infused olive oil in a large saucepan over medium heat.
- Add zucchini (and potato if using) and cook for 3–4 minutes, stirring occasionally.
- Pour in vegetable stock, bring to a 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 flavor.
- ◆ Replace part of the zucchini with leek tops 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: 3 g; Carbohydrates: 13 g; Fiber: 3 g; Fat: 3 g; Sodium: 150 mg; Potassium: 420 mg; Cholesterol: 0 mg

Ingredients

- 1 tbsp garlic-infused olive oil
- 1 lb zucchini, chopped (500 g)
- 1 medium potato, peeled and diced (about 5 oz / 150 g)
- 3 cups low-sodium vegetable stock (750 ml)
- ⅔ cup lactose-free milk or fortified unsweetened almond milk (150 ml)
- 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

Flavor Profile

Crisp & Refreshing

Cucumber & Dill Salad

Instructions

- Place cucumber slices in a large bowl.
- In a small jar or bowl, whisk together garlic-infused olive oil, vinegar (or lemon juice), and 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 flavors develop.

Smart Swaps

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

Nutritional Snapshot: Calories: 80; Protein: 1 g; Carbohydrates: 5 g; Fiber: 2 g; Fat: 6 g; Sodium: 50 mg; Potassium: 300 mg; Cholesterol: 0 mg

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 flavor twist.
- ◆ Sprinkle with pumpkin seeds or sunflower seeds for added texture.



Time
10 minutes



Serves
2



Digestibility
Light

Flavor Profile

Fresh & Sweet-Savory

Spinach & Strawberry Salad with Balsamic Glaze

Instructions

- 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 a 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: 3 g; Carbohydrates: 9 g; Fiber: 3 g; Fat: 9 g; Sodium: 50 mg; Potassium: 470 mg; Cholesterol: 0 mg

Ingredients

- 3 cups baby spinach, washed (80 g)
- 1 cup fresh strawberries, hulled and sliced (120 g)
- 1 tbsp pumpkin seeds or sunflower seeds
- 1 tbsp garlic-infused olive oil
- 1 tbsp low-sodium 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

Flavor Profile

Earthy & Satisfying

Quinoa & Roasted Root Vegetable Salad

Instructions

- Preheat oven to 400°F.
- Place chopped root vegetables on a baking sheet, 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 package directions (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 cilantro or dill for a flavor change.

Nutritional Snapshot: Calories: 230; Protein: 6 g; Carbohydrates: 35 g; Fiber: 6 g; Fat: 7 g; Sodium: 70 mg; Potassium: 680 mg; Cholesterol: 0 mg

Ingredients

- ¾ cup quinoa, rinsed (150g)
- 1 lb mixed root vegetables (carrots, parsnips, rutabaga), peeled and cut into ¾-inch chunks (500 g)
- 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 3 ½ oz steamed green beans (100 g) for extra color and freshness.



Time
15 minutes



Serves
2



Digestibility
Light

Flavor Profile

Fresh & Zesty

Chicken & Arugula Salad with Lemon Dressing

Instructions

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

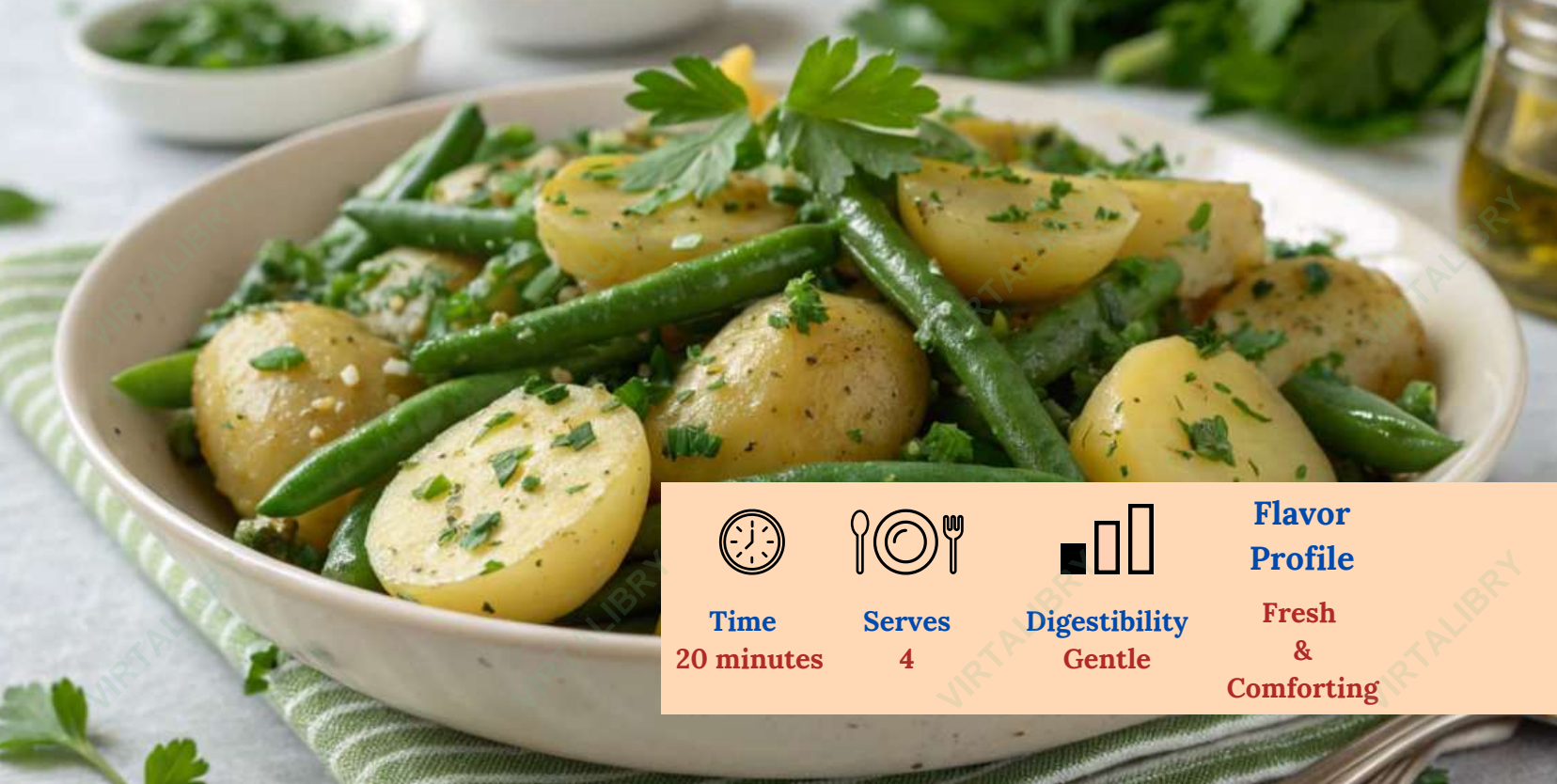
Smart Swaps

- ◆ Swap arugula for a mix of lamb's lettuce and baby spinach for a milder flavor.
- ◆ Replace pear with blueberries for a fruity twist.
- ◆ Add 1 tbsp chopped fresh parsley or dill for extra freshness.

Nutritional Snapshot: Calories: 280; Protein: 27 g; Carbohydrates: 6 g; Fiber: 2 g; Fat: 16 g; Sodium: 150 mg; Potassium: 610 mg; Cholesterol: 75 mg

Ingredients

- 2 medium chicken breasts, cooked and sliced (about 9 oz / 250 g; poached, grilled, or roasted without skin)
- 2 cups fresh arugula, washed (60 g)
- 1 cup cucumber, thinly sliced (100 g)
- ½ medium ripe pear, thinly sliced (80 g)
- 1 tbsp pumpkin seeds or sunflower seeds
- 1 ½ tbsp garlic-infused olive oil
- 1 tbsp fresh lemon juice
- Pinch of sea salt
- Black pepper to taste



			Flavor Profile
Time 20 minutes	Serves 4	Digestibility Gentle	Fresh & Comforting

Green Bean & Potato Salad with Olive Oil

Instructions

- Place potatoes in a saucepan, cover with cold water, and bring to a 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 zucchini ribbons for a softer bite.
- ◆ Store in the fridge for up to 2 days.

Nutritional Snapshot: Calories: 160; Protein: 3 g; Carbohydrates: 25 g; Fiber: 4 g; Fat: 6 g; Sodium: 80 mg; Potassium: 610 mg; Cholesterol: 0 mg

Ingredients

- 14 oz baby new potatoes, scrubbed and halved (400 g)
- 7 oz green beans, trimmed and halved (200 g)
- 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 flavor change.



Time
15 minutes



Serves
2



Digestibility
Gentle

Flavor Profile

Earthy
&
Tangy

Lentil & Carrot Salad with a Mustard Vinaigrette

Instructions

- 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 ones for a softer salad.
- ◆ Replace lentils with cooked quinoa for a legume-free option.
- ◆ Swap parsley for dill for a fresher herbal note.

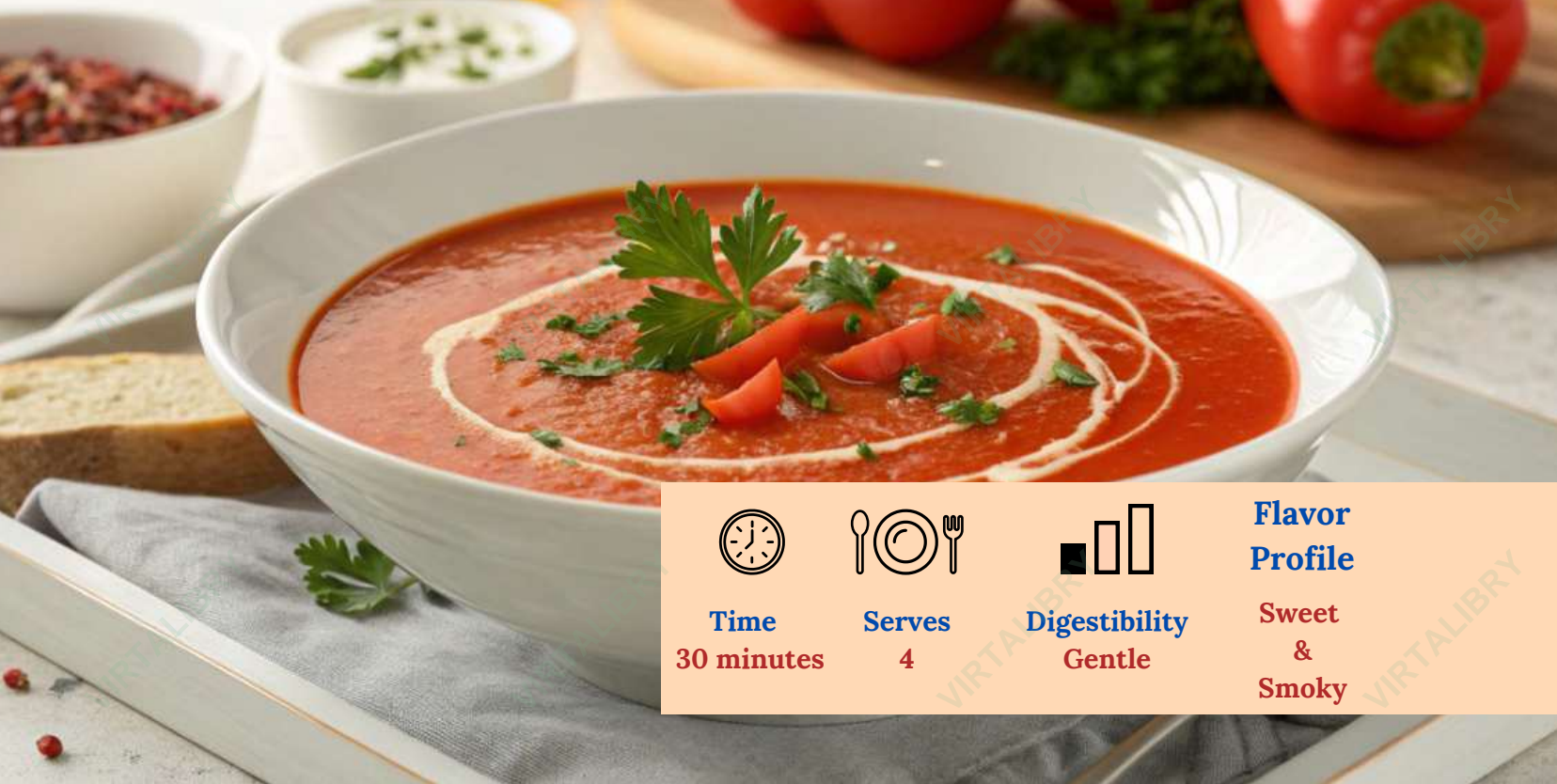
Nutritional Snapshot: Calories: 140; Protein: 5 g; Carbohydrates: 17 g; Fiber: 4 g; Fat: 6 g; Sodium: 120 mg; Potassium: 420 mg; Cholesterol: 0 mg

Ingredients

- ½ cup canned brown or green lentils, drained and rinsed (80 g)
- 2 medium carrots, peeled and grated or julienned
- 1 tbsp fresh parsley or cilantro, chopped
- 1 tbsp garlic-infused olive oil
- 1 tsp whole-grain 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.



Time
30 minutes



Serves
4



Digestibility
Gentle

Flavor Profile

Sweet
&
Smoky

Roasted Red Pepper Soup

Instructions

- If roasting from fresh: Preheat oven to 425°F. Roast peppers for 20 minutes until charred, then transfer to a bowl, cover, and peel after 10 minutes.
- In a large saucepan, heat garlic-infused olive oil. Add carrot and cook for 3–4 minutes.
- Add roasted peppers and vegetable stock. Bring to a boil, then reduce heat and simmer for 10–12 minutes.
- Stir in 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 mashed sweet potato for a more filling meal.
- ◆ Add ½ tsp smoked paprika for a deeper flavor.

Nutritional Snapshot: Calories: 110; Protein: 3 g; Carbohydrates: 17 g; Fiber: 4 g; Fat: 4 g; Sodium: 150 mg; Potassium: 520 mg; Cholesterol: 0 mg

Ingredients

- 1 tbsp garlic-infused olive oil
- 4 large red bell peppers, roasted, peeled, and deseeded (or 17 oz ready-roasted peppers in brine/juice, no vinegar) (480 g)
- 1 medium carrot, peeled and chopped
- 3 cups low-sodium vegetable stock (750 ml)
- ⅔ cup lactose-free milk or fortified unsweetened almond milk (150 ml)
- 1 tbsp fresh parsley or basil, chopped
- Black pepper to taste



Time
15 minutes



Serves
2



Digestibility
Light

Flavor Profile

Fresh & Protein-Rich

Tuna & Green Bean Salad with a Light Dressing

Instructions

- 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 garlic-infused olive oil, lemon juice, and seasonings.
- Arrange green beans, cucumber, and tuna on plates.
- Drizzle with dressing, sprinkle with herbs, and serve immediately.

Smart Swaps

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

Nutritional Snapshot: Calories: 210; Protein: 26 g; Carbohydrates: 4 g; Fiber: 2 g; Fat: 10 g; Sodium: 120mg; Potassium: 590 mg; Cholesterol: 50 mg

Ingredients

- 5 oz fresh tuna steak, grilled or poached (150 g)
- 5 oz green beans, trimmed and halved (150 g)
- 3 oz cucumber, thinly sliced (80 g)
- 1 tbsp fresh parsley or dill, chopped
- 1 ½ 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

Flavor Profile

Light
&
Nutty

Cold Noodle Salad with Chicken and Sesame

Instructions

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

Smart Swaps

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

Nutritional Snapshot: Calories: 330; Protein: 25 g; Carbohydrates: 34 g; Fiber: 3 g; Sodium: 160 mg; Fat: 11 g; Potassium: 460 mg; Cholesterol: 55 mg

Ingredients

- 3 ½ oz gluten-free rice noodles or 100% buckwheat soba (100 g)
- 7 oz cooked chicken breast, shredded (200 g)
- 3 ½ oz cucumber, julienned (100 g)
- 3 oz carrot, julienned (80g)
- 1 tbsp sesame seeds, lightly toasted
- 1 ½ 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 color.



			Flavor Profile
Time 15 minutes	Serves 2	Digestibility Light	Creamy & Satisfying

Roasted Chicken and Avocado Salad

Instructions

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

Smart Swaps

- ◆ Add a few slices of ripe pear or a handful of blueberries for a fruity note.
- ◆ Swap spinach for lamb's lettuce or arugula for variety.
- ◆ Sprinkle with toasted pumpkin seeds for extra crunch.
- ◆ Use poached chicken instead of roasted for an even softer texture.
- ◆ Mash avocado lightly for easier chewing.

Nutritional Snapshot: Calories: 320; Protein: 27 g; Carbohydrates: 5 g; Fiber: 4 g; Fat: 21 g; Sodium: 140 mg; Potassium: 810 mg; Cholesterol: 65 mg

Ingredients

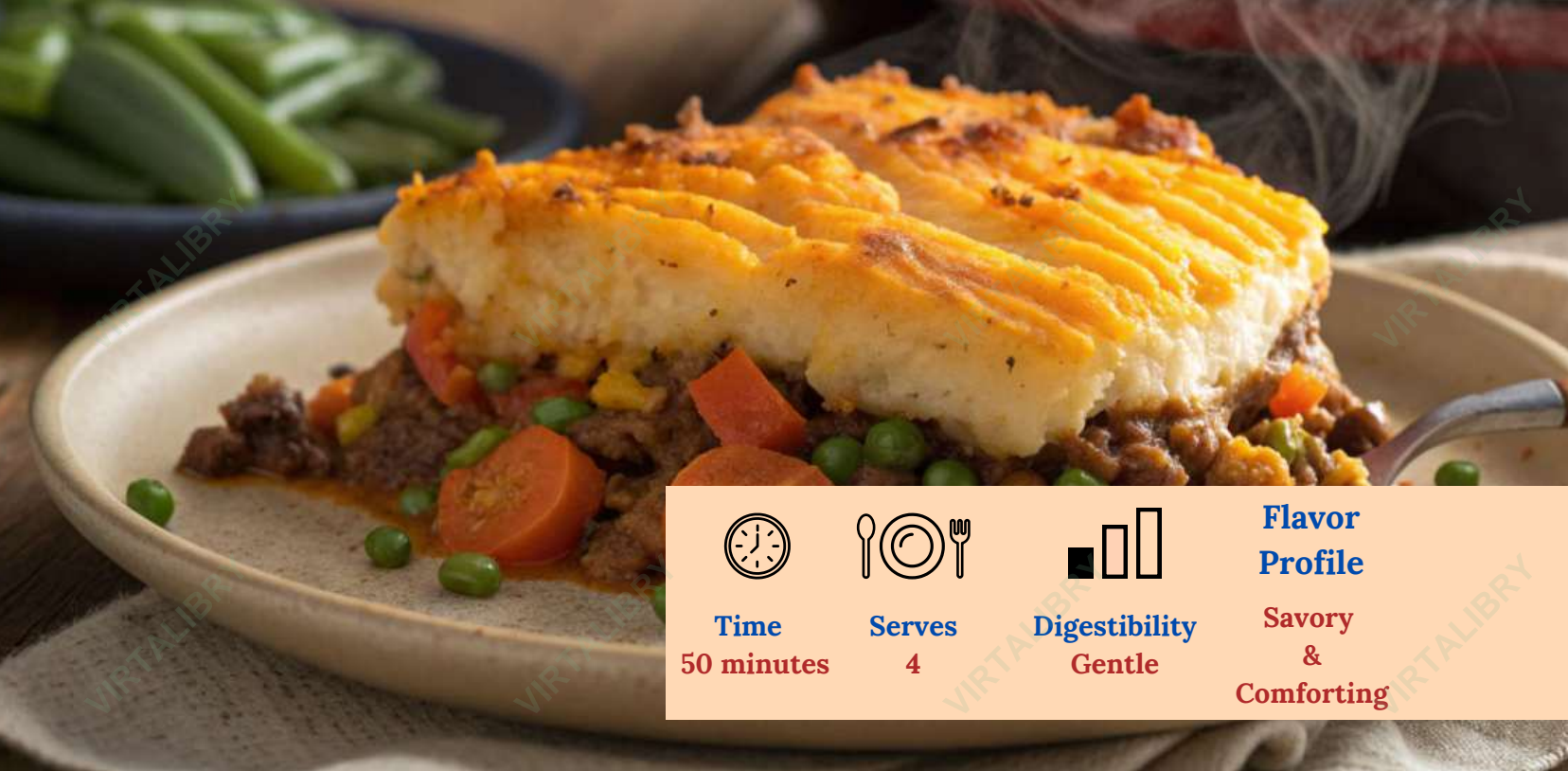
- 7 oz cooked roasted chicken breast, sliced (200 g)
- 1 medium ripe avocado, peeled and sliced
- 2 cups baby spinach or mixed salad greens (60 g)
- 3 oz cucumber, thinly sliced (80 g)
- 1 tbsp fresh parsley or dill, chopped
- 1 ½ tbsp garlic-infused olive oil
- 1 tbsp fresh lemon juice
- Pinch of sea salt
- Black pepper to taste

Make It Your Way

- ◆ Add roasted sweet potato cubes for a more filling meal.



Comforting Dinners



Time
50 minutes



Serves
4



Digestibility
Gentle

Flavor Profile

Savory & Comforting

Shepherd's Pie with a Sweet Potato Topping

Instructions

- Preheat oven to 400°F.
- Place sweet potatoes in a saucepan of boiling water and cook for 12–15 minutes, until tender. Drain, mash with garlic oil and milk, then set aside.
- Heat garlic-infused olive oil in a large skillet over medium heat. Add ground lamb and cook until browned, breaking it up with a spoon.
- Stir in carrot, green beans, parsley, tomato paste, and stock. Simmer for 10 minutes, until vegetables are tender and liquid has reduced slightly.
- Transfer filling to an ovenproof dish and spread mashed sweet potato on top.
- Bake for 20 minutes, until the topping is lightly golden. Serve hot.

Nutritional Snapshot: Calories: 380; Protein: 28g; Carbohydrates: 35 g; Fiber: 6 g; Sodium: 280 mg; Fat: 14 g; Potassium: 890 mg; Cholesterol: 75 mg

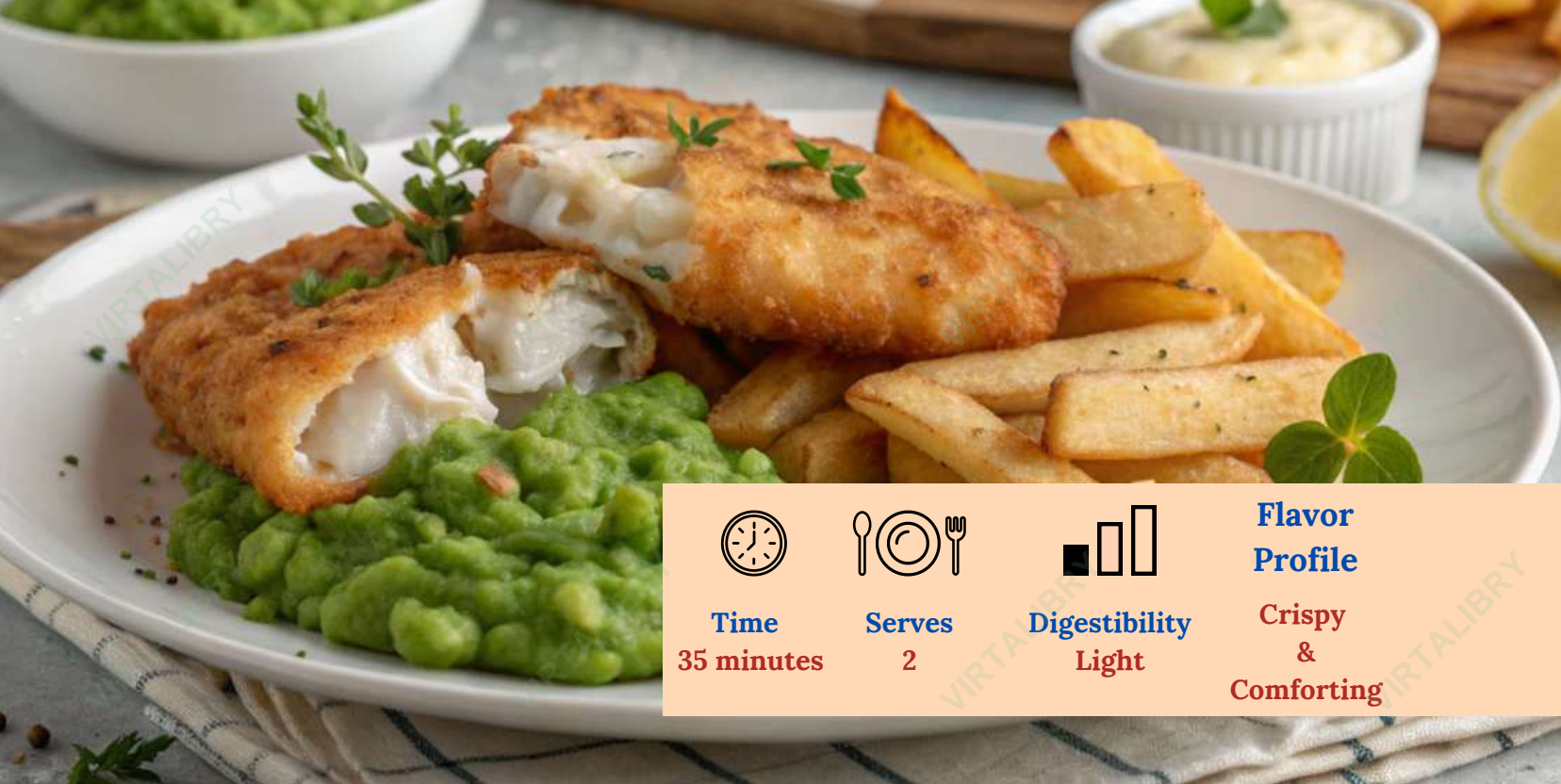
Ingredients

For the topping:

- 1 ¾ lbs sweet potatoes, peeled and diced (800 g)
- 1 tbsp garlic-infused olive oil
- 3 tbsp lactose-free milk or fortified almond milk (50 ml)

For the filling:

- 1 tbsp garlic-infused olive oil
- 1 lb lean ground lamb (or ground beef, if preferred) (500g)
- 1 medium carrot, finely diced
- 3 ½ oz green beans, chopped into ½-inch pieces (100 g) (or zucchini for variety)
- 1 tbsp fresh parsley, chopped
- 2 tbsp tomato paste
- 1 cup low-sodium beef or vegetable stock (250 ml)
- Black pepper to taste



			Flavor Profile
Time 35 minutes	Serves 2	Digestibility Light	Crispy & Comforting

Fish and Chips with Mushy Peas

Instructions

- Preheat oven to 400°F.
- Place fries on a baking sheet, toss with garlic-infused olive oil, and bake for 25–30 minutes, turning halfway, until golden and tender.
- Prepare fish by coating each fillet in flour, dipping it into beaten egg, then covering with breadcrumbs. Place on a lined baking sheet 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, then mash with butter, mint, and pepper until the desired texture is reached.
- Serve fish with fries and mushy peas immediately.

◆ Swap cod for pollock or whiting for a more budget-friendly option

Nutritional Snapshot: Calories: 480; Protein: 36 g; Carbohydrates: 55 g; Fiber: 7 g; Sodium: 350 mg; Fat: 14 g; Potassium: 940 mg; Cholesterol: 110 mg

Ingredients

For the chips:

- 14 oz white potatoes, cut into thick fries (400 g)
- 1 tbsp garlic-infused olive oil

For the fish:

- 2 fillets cod or haddock, skinless and boneless (about 5 oz / 150 g each)
- ¼ cup all-purpose flour (40 g)
- 1 medium egg, beaten
- ½ cup gluten-free breadcrumbs (50 g)
- 1 tbsp garlic-infused olive oil

For the mushy peas:

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



Time
1 hour



Serves
4



Digestibility
Gentle

Flavor Profile

Zesty & Aromatic

Lemon & Herb Roasted Chicken with Thyme

Instructions

- Preheat oven to 400°F.
- Place chicken in a roasting pan. Drizzle with garlic-infused olive oil and season with pepper.
- Place lemon halves and thyme sprigs inside the cavity.
- Pour stock into the pan, then roast for 50–60 minutes, basting occasionally, until juices run clear and chicken is fully cooked (165°F internal temperature).
- Remove from oven, let rest for 10 minutes, carve, and sprinkle with parsley before serving.

Smart Swaps

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

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

Nutritional Snapshot: Calories: 310; Protein: 40 g; Carbohydrates: 2 g; Fiber: 0 g; Fat: 15 g; Sodium: 220 mg; Potassium: 410 mg; Cholesterol: 115 mg

Ingredients

- 1 whole chicken, skin on, preferably free-range (about 3 ¼ lbs / 1.5 kg)
- 2 tbsp garlic-infused olive oil
- 1 lemon, halved
- 4 sprigs fresh thyme (or 1 tsp dried thyme)
- 2 tbsp fresh parsley, chopped
- ¾ cup low-sodium chicken stock (200 ml)
- Black pepper to taste

Make It Your Way

◆ Replace thyme with rosemary for a stronger herbal flavor.

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



Time
20 minutes



Serves
2



Digestibility
Gentle

Flavor Profile

Light
&
Fresh

Baked Cod with Olive Oil and Parsley

Instructions

- Preheat oven to 400°F.
- Place cod fillets on a lined baking sheet.
- 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.
- Drizzle with lemon juice just before serving.

Smart Swaps

- ◆ Use smaller fillets for easier portion sizes.
- ◆ Replace lemon juice with roasted red pepper purée for a low-acid finish.
- ◆ Pair with mashed sweet potato for extra fiber 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: 32 g; Carbohydrates: 0 g; Fiber: 0 g; Fat: 9 g; Sodium: 120 mg; Potassium: 630 mg; Cholesterol: 70 mg

Ingredients

- 2 cod fillets, skinless and boneless (about 5–6 oz / 150–180 g each)
- 1 ½ 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 whiting.
- ◆ Add a sprinkle of chopped dill for a different herbal note.
- ◆ Serve with steamed green beans or roasted zucchini for a full meal.



Time
15 minutes



Serves
2



Digestibility
Gentle

Flavor Profile

Rich & Fresh

Simple Pan-Fried Salmon with Steamed Greens

Instructions

- Heat a non-stick skillet 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 flaking 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 zucchini.
- ◆ Use poached salmon instead of pan-fried for an even gentler dish.

Nutritional Snapshot: Calories: 360; Protein: 33 g; Carbohydrates: 4 g; Fiber: 3 g; Fat: 23 g; Sodium: 150 mg; Potassium: 870 mg; Cholesterol: 80 mg

Ingredients

- 2 salmon fillets (about 5–6 oz / 150–180 g each), skin on or off
- 1 ½ tbsp garlic-infused olive oil
- 5 oz tenderstem broccoli or broccoli florets (150 g)
- 5 oz green beans, trimmed (150 g)
- 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

Flavor Profile

Savory
&
Comforting

Turkey Meatballs in a Fresh Tomato Sauce

Instructions

- In a bowl, mix ground turkey, oats, egg, parsley, garlic oil, and pepper.
- Shape into 12–14 meatballs.
- Brown in a skillet with garlic oil for 4–5 minutes, then transfer to the oven and bake at 400°F for 10 minutes.
- For the sauce, cook the carrot in garlic oil, then add tomatoes (or purée) and stock. Simmer for 10–12 minutes.
- Stir in basil and blend if desired.
- Combine meatballs and sauce, then heat them together for 2–3 minutes before serving.

Smart Swaps

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

◆ Store in the fridge for up to 3 days.

Nutritional Snapshot: Calories: 280; Protein: 32 g; Carbohydrates: 12 g; Fiber: 3 g; Sodium: 250 mg; Fat: 11 g; Potassium: 720 mg; Cholesterol: 95 mg

Ingredients

- 1 lb lean ground turkey (breast meat) (500 g)
- 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
- 1 lb fresh ripe tomatoes, peeled and chopped (500 g)
- 1 medium carrot, finely diced
- 1 cup low-sodium chicken or vegetable stock (250 ml)
- 1 tbsp fresh basil, chopped
- ◆ Swap turkey for ground chicken for a slightly milder flavor.



Time
20 minutes



Serves
2



Digestibility
Light

Flavor Profile

Light & Aromatic

Garlic-Infused Oil Shrimp with Gluten-Free Pasta

Instructions

- Cook pasta according to package directions, reserving $\frac{1}{4}$ cup cooking water before draining.
- While pasta cooks, heat garlic-infused olive oil in a large non-stick skillet over medium heat.
- Add zucchini and cook for 3–4 minutes, until just tender.
- Add shrimp 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, season, and serve immediately.

Smart Swaps

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

Nutritional Snapshot: Calories: 410; Protein: 28 g; Carbohydrates: 54 g; Fiber: 5 g; Sodium: 300 mg; Fat: 11 g; Potassium: 620 mg; Cholesterol: 150 mg

Ingredients

- 5 oz raw large shrimp, peeled and deveined (150 g)
- 5 oz gluten-free spaghetti or linguine (150 g)
- 2 tbsp garlic-infused olive oil
- $3\frac{1}{2}$ oz zucchini, julienned or thinly sliced (100 g)
- $1\frac{3}{4}$ oz baby spinach (50 g)
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh lemon juice
- Pinch of sea salt
- Black pepper to taste

Make It Your Way

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



Time
2 hours



Serves
4



Digestibility
Gentle

Flavor Profile

Hearty & Aromatic

Beef & Carrot Stew with Herbs

Instructions

- Heat garlic-infused olive oil in a large heavy-based pot over medium-high heat.
- Brown beef in batches for 2–3 minutes, then remove and set aside.
- Add carrots and parsnips to the pot and cook for 3–4 minutes.
- Return beef to the pot, pour in stock, and add thyme, parsley, bay leaf, and seasonings.
- Bring to a boil, reduce the heat to low, cover, and simmer gently for 1 ¾–2 hours, or until the beef is tender.
- Remove bay leaf before serving.

Smart Swaps

- ◆ Add diced rutabaga for extra flavor and fiber.
- ◆ Replace parsnips with zucchini if you prefer a lighter stew.

Nutritional Snapshot: Calories: 310; Protein: 36 g; Carbohydrates: 12 g; Fiber: 3 g; Sodium: 280 mg; Fat: 12 g; Potassium: 980 mg; Cholesterol: 100 mg

Ingredients

- 1 tbsp garlic-infused olive oil
- 1 ½ lbs lean stewing beef, cut into 1 ¼-inch cubes (600 g)
- 10 oz carrots, peeled and cut into thick slices (300 g)
- 5 oz parsnips, peeled and cut into thick slices (150 g)
- 3 cups low-sodium beef stock, FODMAP-friendly (750 ml)
- 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

Flavor Profile

Savory
&
Colorful

Stuffed Peppers with Quinoa and Ground Beef

Instructions

- Preheat oven to 375°F.
- Place quinoa in a small saucepan with double its volume of water. Bring to a boil, then simmer for 12–15 minutes, until tender. Drain and set aside.
- Heat garlic-infused olive oil in a large skillet, add ground beef, and cook for 5–6 minutes, until browned.
- Add carrot, zucchini, and stock, then simmer for 5 minutes, until vegetables are tender and liquid has reduced.
- Stir in cooked quinoa and parsley, season with pepper 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.
- ◆ Store in the fridge for up to 3 days

Nutritional Snapshot: Calories: 300; Protein: 26 g; Carbohydrates: 20 g; Fiber: 5 g; Sodium: 220 mg; Fat: 12 g; Potassium: 880 mg; Cholesterol: 70 mg

Ingredients

- 4 large red or yellow bell peppers, tops removed and seeds discarded
- 1 tbsp garlic-infused olive oil
- 14 oz lean ground beef (or ground turkey for a lighter flavor) (400 g)
- ½ cup quinoa, rinsed (100g)
- 1 medium carrot, finely diced
- 1 small zucchini, finely diced
- 1 cup low-sodium beef or vegetable stock (250 ml)
- 1 tbsp fresh parsley or cilantro, chopped
- Black pepper to taste



			Flavor Profile
Time 50 minutes	Serves 4	Digestibility Light	Creamy & Comforting

Low-FODMAP Chicken & Mushroom Pie

Instructions

- Preheat oven to 400°F.
- Heat garlic-infused olive oil in a large skillet over medium heat. Add chicken and cook for 4–5 minutes, until lightly browned.
- Add mushrooms and carrot, cooking for another 3 minutes.
- Pour in milk and chicken stock, bring to a gentle simmer. Stir in cornstarch 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 the dish, place on top, trimming excess. Brush with beaten egg if using.
- Bake for 20–25 minutes, until pastry is golden.
 - ◆ Add diced zucchini for extra vegetables.

Nutritional Snapshot: Calories: 370; Protein: 29 g; Carbohydrates: 28 g; Fiber: 3 g; Sodium: 350 mg; Fat: 15 g; Potassium: 750 mg; Cholesterol: 90 mg

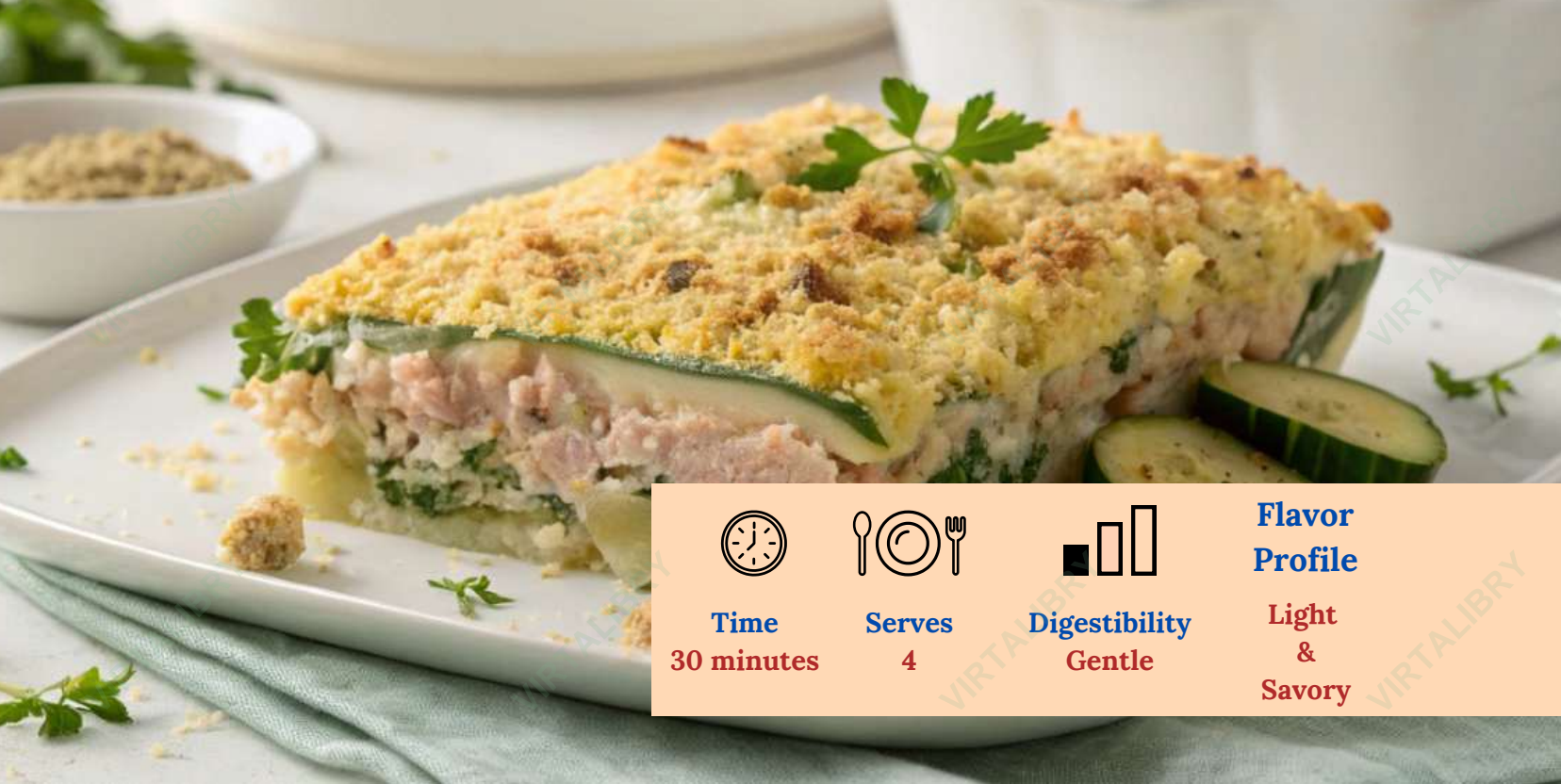
Ingredients

For the filling:

- 1 tbsp garlic-infused olive oil
- 14 oz skinless chicken breast, diced (400 g)
- 7 oz cremini or white mushrooms, sliced (200 g)
- 1 medium carrot, diced
- ¾ cup lactose-free milk (200 ml)
- ¾ cup low-sodium chicken stock (200 ml)
- 1 tbsp cornstarch mixed with 2 tbsp cold water
- 1 tbsp fresh parsley, chopped
- Black pepper to taste (optional)

For the topping:

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



Time
30 minutes



Serves
4



Digestibility
Gentle

Flavor Profile

Light
&
Savory

Tuna and Zucchini Bake

Instructions

- Preheat oven to 375°F.
- Sauté zucchini slices in garlic oil for 4–5 minutes.
- In a bowl, whisk eggs and milk, then stir in oats, parsley, and seasoning.
- Gently fold tuna and zucchini into the egg mixture.
- Pour into a greased baking dish and bake for 20–25 minutes, until golden.
- Let cool slightly before serving.

Smart Swaps

- ◆ Use finely grated zucchini for a softer texture.
- ◆ Swap tuna for cooked salmon or chicken.
- ◆ Replace tuna with poached white fish for a milder flavor.
- ◆ Store in the fridge for up to 3 days.

Nutritional Snapshot: Calories: 230; Protein: 24 g; Carbohydrates: 8 g; Fiber: 2 g; Sodium: 280 mg; Fat: 11 g; Potassium: 550 mg; Cholesterol: 165 mg

Ingredients

- 2 tbsp garlic-infused olive oil
- 2 medium zucchini, thinly sliced (about 10 oz / 300 g)
- 2 cans tuna in spring water, drained (about 5 oz / 145 g each)
- 3 large eggs
- ⅓ cup lactose-free milk or fortified unsweetened almond milk (150 ml)
- ½ cup gluten-free oats or breadcrumbs (40 g)
- 1 tbsp fresh parsley or dill, chopped
- Pinch of sea salt (optional)
- Black pepper to taste

Make It Your Way

- ◆ Add diced red bell pepper for extra color and sweetness.



Time
1 hour
20 minutes



Serves
4



Digestibility
Gentle

Flavor Profile

Herb-Infused & Savory

Roast Pork with Sage and Rosemary

Instructions

- Preheat oven to 400°F.
- Rub pork loin with garlic-infused olive oil, rosemary, sage, and optional pepper.
- Place pork in a roasting pan and pour stock around (not over) the meat.
- Roast for 50–55 minutes, or until internal temperature reaches 160°F.
- 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: 36 g; Carbohydrates: 1 g; Fiber: 0 g; Sodium: 180 mg; Fat: 13 g; Potassium: 610 mg; Cholesterol: 95 mg

Ingredients

- 1 ¾ lbs lean pork loin, trimmed of excess fat (800 g)
- 2 tbsp garlic-infused olive oil
- 1 tbsp fresh rosemary leaves, finely chopped
- 1 tbsp fresh sage leaves, finely chopped
- ⅓ cup low-sodium vegetable or chicken stock (150 ml)
- Black pepper to taste

Make It Your Way

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



Time
45 minutes



Serves
4



Digestibility
Gentle

Flavor Profile

Warm
&
Aromatic

Spiced Chicken Thighs with Roasted Fennel

Instructions

- Preheat oven to 400°F.
- Mix garlic oil, paprika, and cumin, then rub over the chicken.
- Arrange fennel and carrots in a roasting pan, place chicken on top, and pour in stock.
- Roast for 35–40 minutes, basting halfway, until chicken is cooked through and 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: 32 g; Carbohydrates: 7 g; Fiber: 2 g; Sodium: 250 mg; Fat: 20 g; Potassium: 680 mg; Cholesterol: 140 mg

Ingredients

- 8 skinless, bone-in chicken thighs (about 2 lbs / 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
- ⅔ cup low-sodium chicken stock (150 ml)
- 1 tbsp fresh parsley, chopped, for garnish
- Black pepper to taste

Make It Your Way

- ◆ Swap fennel for parsnip or zucchini if you prefer a milder flavor.



Time
35 minutes



Serves
4



Digestibility
Gentle

Flavor Profile

Mild
&
Comforting

Simple Fish Cakes with Mashed Potatoes

Instructions

- Boil 300 g (10 ½ oz) potatoes for 10–12 minutes, then mash.
- Steam or poach fish fillets for 5–6 minutes, then flake into pieces.
- 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 400 g (14 oz) potatoes, mash with milk and butter, and season.
- Serve the fish cakes with mashed potatoes and steamed greens.

Smart Swaps

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

Nutritional Snapshot: Calories: 390; Protein: 30 g; Carbohydrates: 45 g; Fiber: 5 g; Sodium: 300 mg; Fat: 11 g; Potassium: 980 mg; Cholesterol: 90 mg

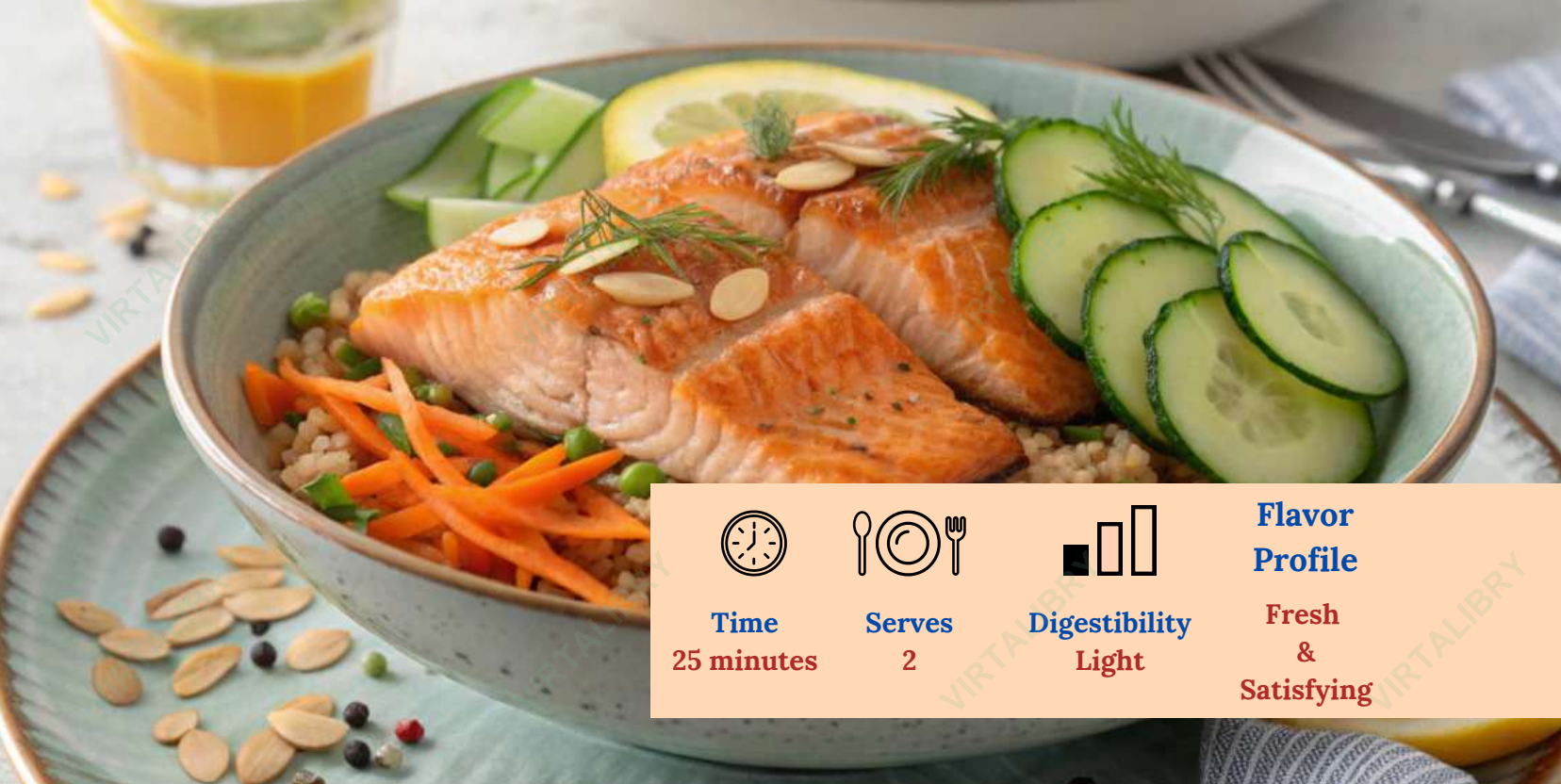
Ingredients




For the fish cakes:

- 14 oz white fish fillets (cod, haddock, or pollock), skinless and boneless (400 g)
- 10 ½ oz white potatoes, peeled and diced (300 g)
- 1 tbsp garlic-infused olive oil
- 1 tbsp fresh parsley or dill, chopped
- 1 large egg, beaten
- ¼ cup breadcrumbs or ground oats (40 g)
- Black pepper to taste

For the mash (optional side):

- 14 oz white potatoes, peeled and diced (400 g)
- 3 tbsp lactose-free milk or fortified almond milk (50 ml)
- 1 tsp lactose-free butter



			Flavor Profile
Time 25 minutes	Serves 2	Digestibility Light	Fresh & Satisfying

Salmon and Rice Bowl with Cucumber

Instructions

- Cook brown rice or quinoa according to package directions, then keep warm.
- Heat garlic-infused olive oil in a non-stick skillet 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, then 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

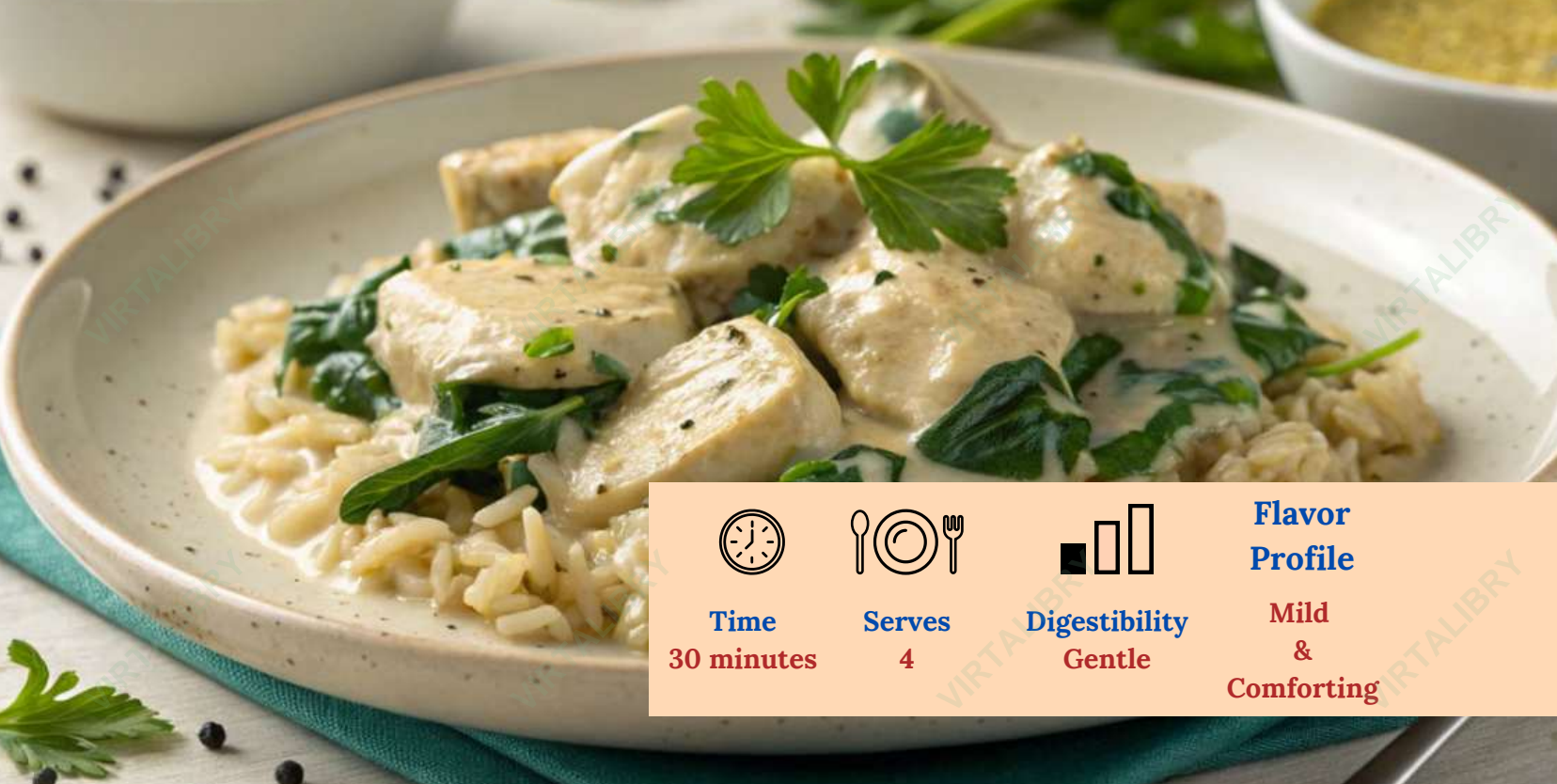
◆ Add steamed green beans or spinach for extra vegetables.

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

Nutritional Snapshot: Calories: 430; Protein: 34 g; Carbohydrates: 32 g; Fiber: 4 g; Sodium: 180 mg; Fat: 19 g; Potassium: 970 mg; Cholesterol: 80 mg

Ingredients

- 2 salmon fillets (about 5–6 oz / 150–180 g each), skin on or off
- 1 tbsp garlic-infused olive oil
- 4 oz cooked brown rice or quinoa (120 g)
- 3 ½ oz cucumber, thinly sliced or cut into ribbons (100 g)
- 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
- ◆ Swap salmon for trout or poached chicken for variety.



			Flavor Profile
Time 30 minutes	Serves 4	Digestibility Gentle	Mild & Comforting

Creamy Chicken & Rice with Spinach

Instructions

- Cook brown rice according to package directions.
- In a skillet, cook chicken in garlic oil for 6–7 minutes.
- Add stock and milk, bring to a simmer, then stir in cornstarch slurry and cook until thickened.
- Add spinach and cook until wilted.
- Stir in cooked rice, parsley, and pepper, then serve.

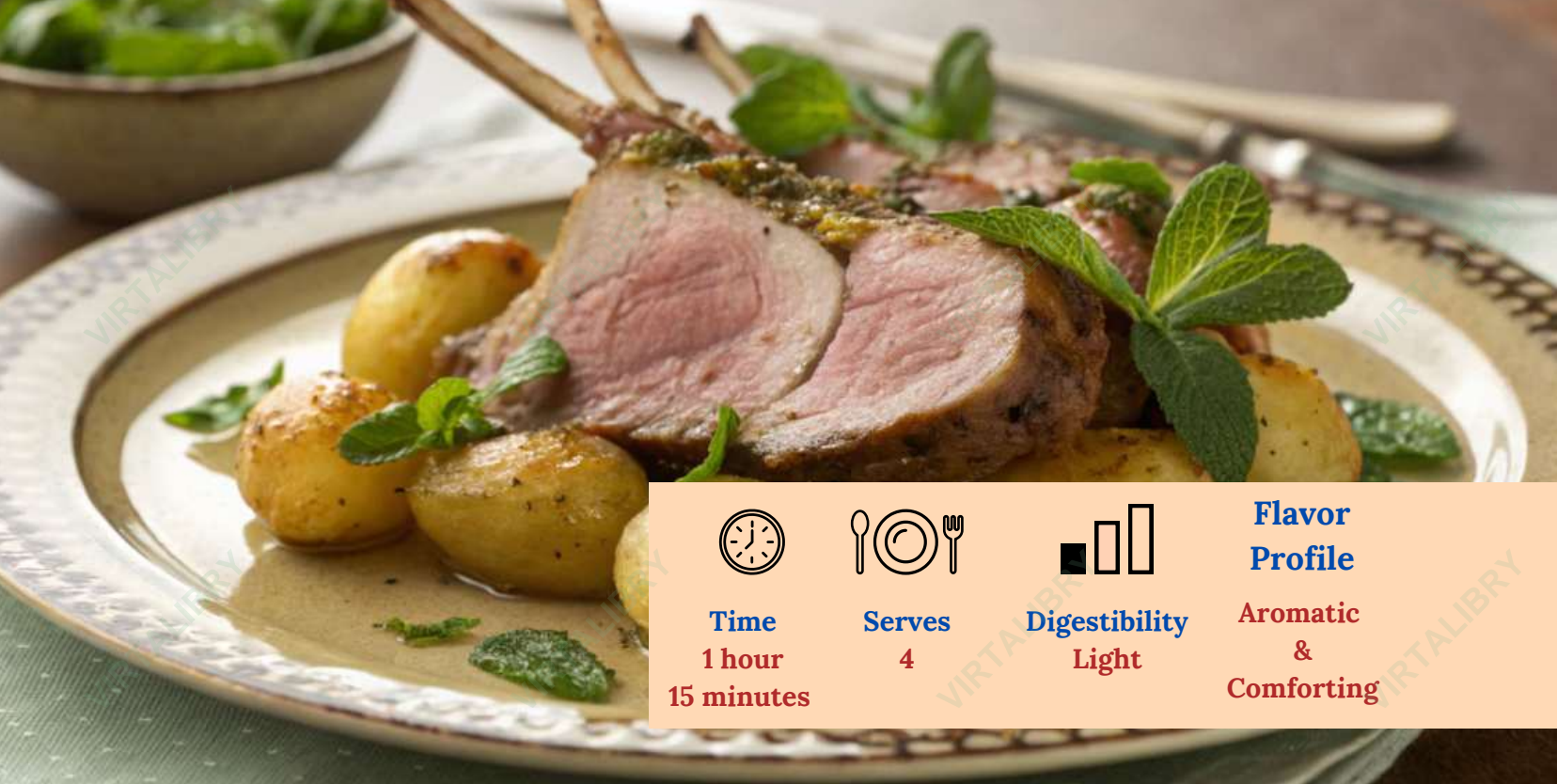
Smart Swaps

- ◆ 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 zucchini or carrot for extra vegetables.

Nutritional Snapshot: Calories: 390; Protein: 35 g; Carbohydrates: 36 g; Fiber: 4 g; Sodium: 260 mg; Fat: 11 g; Potassium: 960 mg; Cholesterol: 85 mg

Ingredients

- 1 tbsp garlic-infused olive oil
- 1 lb skinless chicken breast (or turkey breast), cut into bite-sized pieces (500 g)
- ¾ cup uncooked brown rice (or quinoa for quicker cooking) (150 g)
- 7 oz fresh spinach, washed (200 g)
- ¾ cup lactose-free milk (200 ml)
- 1 cup low-sodium chicken stock (250 ml)
- 1 tbsp cornstarch mixed with 2 tbsp cold water (for thickening)
- 1 tbsp fresh parsley, chopped
- Black pepper to taste



Time
1 hour
15 minutes



Serves
4



Digestibility
Light

Flavor Profile

Aromatic & Comforting

Roast Lamb with Mint and New Potatoes

Instructions

- Preheat oven to 400°F.
- Rub lamb with garlic oil, mint, parsley, and pepper.
- Arrange potatoes in a roasting pan, drizzle with olive oil, and place the lamb on top.
- Pour stock around the vegetables.
- Roast for 45–50 minutes, then let the lamb rest 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 option.

Nutritional Snapshot: Calories: 410; Protein: 34 g; Carbohydrates: 21 g; Fiber: 3 g; Sodium: 250 mg; Fat: 21 g; Potassium: 880 mg; Cholesterol: 105 mg

Ingredients

- 1 ¾ lbs 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
- 1 lb baby new potatoes, scrubbed and halved (500 g)
- ⅔ cup low-sodium lamb or vegetable stock (150 ml)
- Black pepper to taste

Make It Your Way

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



Time
30 minutes



Serves
4



Digestibility
Light

Flavor Profile

Fresh
&
Light

Chicken & Vegetable Skewers

Instructions

- If using wooden skewers, soak them in water for 20 minutes to prevent burning.
- In a bowl, mix garlic-infused olive oil, lemon juice, thyme, and optional pepper. Add chicken cubes and toss to coat.
- Thread chicken and vegetables alternately onto skewers.
- Preheat grill or oven to 400°F.
- Grill or bake skewers for 15–18 minutes, turning halfway, until chicken reaches an internal temperature of 165°F and vegetables are tender.

Smart Swaps

◆ Add parboiled baby potatoes for extra fiber and slow-release carbs.

◆ Replace lemon juice with a drizzle of maple syrup for a sweeter glaze.

Nutritional Snapshot: Calories: 250; Protein: 32 g; Carbohydrates: 6 g; Fiber: 2 g; Sodium: 180 mg; Fat: 11 g; Potassium: 710 mg; Cholesterol: 80 mg

Ingredients

- 1 lb skinless chicken breast, cut into 1 ¼-inch cubes (500 g)
- 2 tbsp garlic-infused olive oil
- 1 tbsp fresh lemon juice
- 1 tsp fresh thyme leaves
- 1 medium zucchini, cut into thick half-moons
- 1 medium red or yellow bell pepper, cut into 1 ¼-inch chunks
- 8 medium button mushrooms
- 5 oz cherry tomatoes (150 g)
- Black pepper to taste

Make It Your Way

◆ Swap chicken for turkey breast or firm white fish.



Time
25 minutes



Serves
4



Digestibility
Gentle

Flavor Profile

Juicy
&
Satisfying

Lean Beef Burger with Gluten-Free Bun

Instructions

- In a bowl, mix ground beef, parsley, egg (if using), and pepper.
- Shape into 4 patties, slightly wider than the buns.
- Cook in a skillet 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, flavorful topping.
- ◆ Use ground turkey or ground chicken for a lighter option.
- ◆ Serve without the bun, over mashed sweet potato, for a softer, lower-GI meal.

Nutritional Snapshot: Calories: 310; Protein: 27 g; Carbohydrates: 22 g; Fiber: 3 g; Sodium: 280 mg; Fat: 13 g; Potassium: 500 mg; Cholesterol: 80 mg

Ingredients

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

Make It Your Way

- ◆ Swap beef for ground turkey for a lighter burger.
- ◆ Add grilled zucchini or eggplant slices for extra veggies.



Time
20 minutes



Serves
2



Digestibility
Light

Flavor Profile

Tender & Aromatic

Lamb Chops with Green Beans

Instructions

Instructions

- Rub lamb cutlets with garlic-infused olive oil, rosemary, and optional pepper.
- Heat a non-stick skillet or grill pan over medium-high heat. Cook cutlets for 3–4 minutes per side for medium doneness, or adjust to your 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

- ◆ Serve with mashed sweet potato for a more filling, lower-GI side.
- ◆ Use lamb loin steaks for a more tender option.

Nutritional Snapshot: Calories: 350; Protein: 34 g; Carbohydrates: 5 g; Fiber: 2 g; Sodium: 220 mg; Fat: 22 g; Potassium: 590 mg; Cholesterol: 90 mg

Ingredients

- 4 lamb cutlets (about 2 ½–3 oz / 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 milder flavor)
- 7 oz green beans, trimmed (200 g)
- 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 zucchini for extra vegetables.



Vegetarian & Vegan Mains



Time
20 minutes



Serves
2



Digestibility
Light

Flavor Profile

Fresh
&
Zesty

Tofu & Veggie Stir-Fry with Ginger

Instructions

- Heat garlic oil in a pan, cook tofu for 4–5 minutes until golden, then set aside.
- Add ginger, zucchini, and carrots to the pan and stir-fry for 3–4 minutes.
- Return tofu to the pan, add spinach or bok choy, tamari, and water.
- Stir-fry for 1–2 minutes, until the greens are wilted.
- Sprinkle with sesame seeds and pepper, then serve.

Smart Swaps

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

Nutritional Snapshot: Calories: 260; Protein: 16 g; Carbohydrates: 12 g; Fiber: 4 g; Sodium: 400 mg; Fat: 17 g; Potassium: 540 mg; Cholesterol: 0 mg

Ingredients

- 7 oz firm tofu, drained and cubed (200 g)
- 1 ½ tbsp garlic-infused olive oil
- 1 tbsp fresh ginger, finely grated
- 3 ½ oz zucchini, sliced into half-moons (100 g)
- 3 ½ oz carrots, cut into thin batons (100 g)
- 2 ½ oz baby spinach or bok choy leaves (75 g)
- 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

Flavor Profile

Mildly Spiced & Comforting

Lentil Curry with Carrot and Sweet Potato

Instructions

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

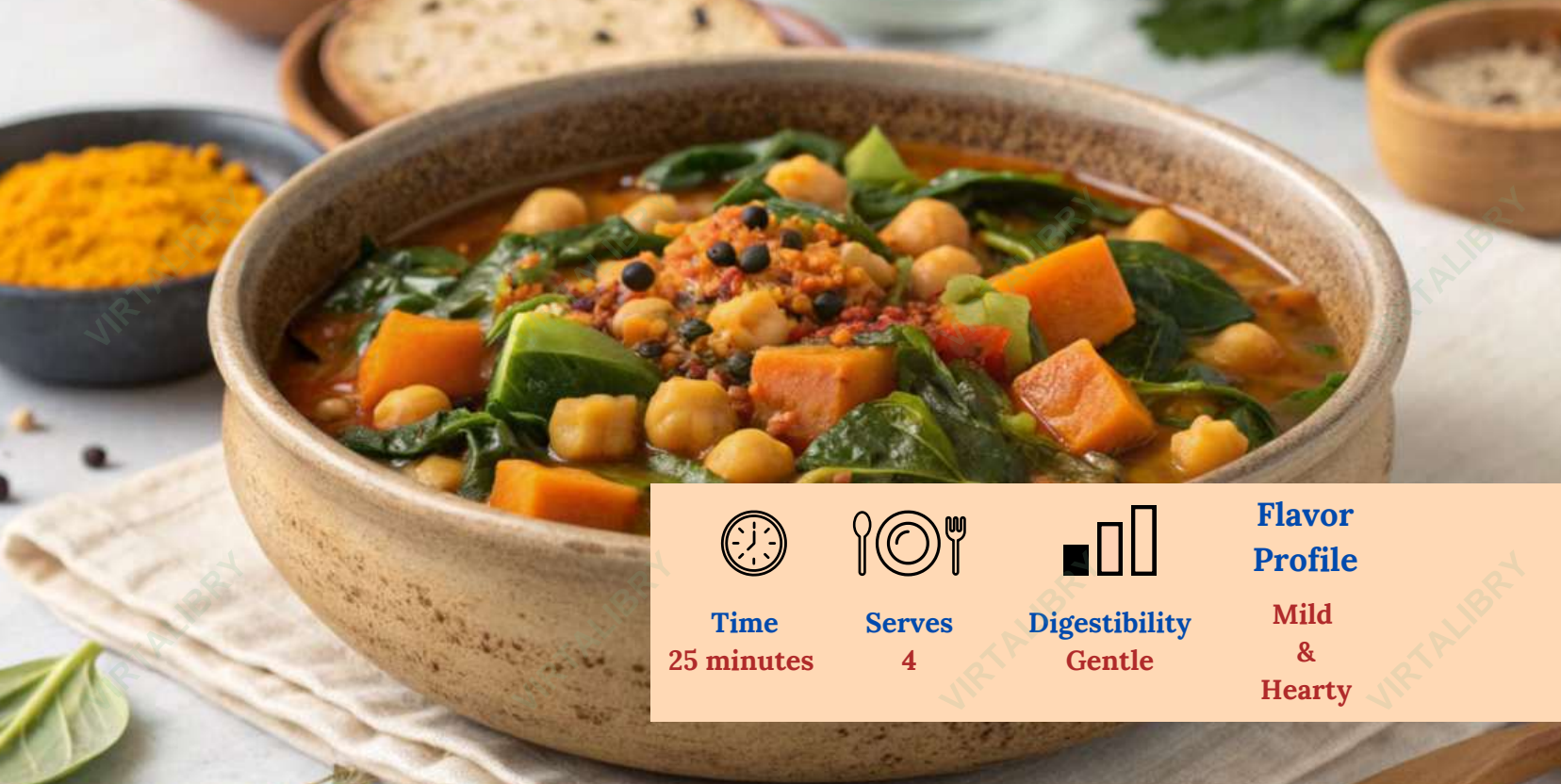
Nutritional Snapshot: Calories: 280; Protein: 7 g; Carbohydrates: 41 g; Fiber: 8 g; Sodium: 220 mg; Fat: 10 g; Potassium: 880 mg; Cholesterol: 0 mg

Ingredients

- 1 tbsp garlic-infused olive oil
- 5 oz carrots, peeled and diced (150 g)
- 10 ½ oz sweet potato, peeled and diced (300 g)
- 5 oz canned green or brown lentils, rinsed and drained (150 g)
- 1 ⅔ cups low-sodium vegetable stock (400 ml)
- ⅔ cup coconut milk (150 ml)
- 1 tsp ground turmeric
- ½ tsp ground cumin
- 1 tbsp fresh cilantro or parsley, chopped
- Black pepper to taste

Make It Your Way

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



			Flavor Profile
Time 25 minutes	Serves 4	Digestibility Gentle	Mild & Hearty

Chickpea & Spinach Stew

Instructions

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

Smart Swaps

◆ Use diced sweet potato instead of zucchini for a sweeter stew.

◆ Serve with soft-cooked brown rice for a more filling, low-GI option.

Nutritional Snapshot: Calories: 240; Protein: 8 g; Carbohydrates: 27 g; Fiber: 7 g; Sodium: 210 mg; Fat: 11 g; Potassium: 470 mg; Cholesterol: 0 mg

Ingredients

- 1 tbsp garlic-infused olive oil
- 1 medium carrot, diced
- 5 oz zucchini, diced (150 g)
- 7 oz canned chickpeas, rinsed and drained (200 g)
- 1 ¼ cups low-sodium vegetable stock (300 ml)
- ⅔ cup coconut milk (150 ml)
- 3 ½ oz fresh spinach, washed
- 1 tsp ground turmeric
- ½ tsp sweet paprika
- 1 tbsp fresh parsley or cilantro, 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

Flavor Profile

Mildly Spiced & Comforting

Potato & Kale Saag

Instructions

- 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. Cook for 1 minute, until fragrant.
- Pour in vegetable stock, bring to a boil, then reduce the heat and simmer for 10–12 minutes, until potatoes are tender.
- Add kale and cook for 3–4 minutes, until wilted.
- Stir in yogurt, season with pepper if desired, and garnish with fresh cilantro before serving.

Smart Swaps

- ◆ Swap kale for baby spinach for a softer texture.
- ◆ Use sweet potato instead of white potato for a lower-GI option.

Nutritional Snapshot: Calories: 210; Protein: 6 g; Carbohydrates: 33 g; Fiber: 6 g; Sodium: 230 mg; Fat: 7 g; Potassium: 920 mg; Cholesterol: 2 mg

Ingredients

- 1 tbsp garlic-infused olive oil
- 14 oz white potatoes, peeled and cut into ¾-inch cubes (400 g)
- 5 oz kale, stems removed and leaves chopped (150 g)
- 1 medium carrot, diced
- 1 ¼ cups low-sodium vegetable stock (300 ml)
- ⅔ cup lactose-free plain yogurt or unsweetened coconut yogurt (150 ml)
- 1 tsp ground turmeric
- ½ tsp ground cumin
- ½ tsp ground coriander
- 1 tbsp fresh cilantro leaves, chopped, for garnish
- Black pepper to taste



Time
1 hour
10 minutes



Serves
6



Digestibility
Gentle

Flavor Profile

Savory
&
Comforting

Lentil Loaf with a Tomato Glaze

Instructions

- Preheat oven to 350°F and line a loaf pan.
- Sauté carrot and zucchini in garlic oil for 4–5 minutes.
- In a bowl, mash lentils, then add sautéed vegetables, oats, flax mixture, parsley, spices, and stock.
- Mix well and press into the loaf pan.
- Mix the glaze ingredients and spread over the top.
- Bake for 45–50 minutes, then let rest for 10 minutes before slicing.

Smart Swaps

- ◆ Add finely chopped mushrooms for a deeper flavor.
- ◆ Store in the fridge for up to 4 days.

Nutritional Snapshot: Calories: 210; Protein: 9 g; Carbohydrates: 30 g; Fiber: 7 g; Sodium: 190 mg; Fat: 7 g; Potassium: 540 mg; Cholesterol: 0 mg

Ingredients

- 1 tbsp garlic-infused olive oil
- 1 medium carrot, grated
- 5 oz zucchini, grated and squeezed of excess moisture
- 7 oz cooked green or brown lentils (200 g)
- 1 cup gluten-free oats (100 g)
- 2 tbsp ground flaxseed mixed with 6 tbsp warm water
- 2 tbsp fresh parsley, chopped
- 1 tsp ground turmeric
- ½ tsp sweet paprika
- ⅓ cup 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

Flavor Profile

Aromatic
&
Comforting

Simple Roasted Vegetable Platter with Rosemary

Instructions

- Preheat oven to 400°F.
- Arrange carrots, parsnips, zucchini, and rutabaga on a large baking sheet.
- 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: 3 g; Carbohydrates: 19 g; Fiber: 6 g; Fat: 6 g; Sodium: 80 mg; Potassium: 770 mg; Cholesterol: 0 mg

Ingredients

- 2 medium carrots, peeled and cut into batons
- 2 parsnips, peeled and cut into batons
- 1 medium zucchini, cut into thick half-moons
- 1 small rutabaga, 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 flavor.



Time
15 minutes



Serves
2



Digestibility
Gentle

Flavor Profile

Nutty
&
Light

Buckwheat Noodles with a Sesame Dressing

Instructions

- Cook buckwheat noodles according to package directions, 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 and optional pepper before serving.

Smart Swaps

- ◆ Swap cucumber for lightly steamed zucchini if you prefer 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: 9 g; Carbohydrates: 50 g; Fiber: 4 g; Sodium: 360 mg; Fat: 12 g; Potassium: 380 mg; Cholesterol: 0 mg




Ingredients

- 4 oz 100% buckwheat soba noodles (120 g)
- 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
- 3 ½ oz 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 bok choy for more greens.
- ◆ Can be stored in the fridge for up to 24 hours.



			Flavor Profile
Time 30 minutes	Serves 4	Digestibility Light	Creamy & Mildly Spiced

Cauliflower & Coconut Curry

Instructions

- Heat garlic-infused olive oil in a medium saucepan over medium heat.
- Add carrot, cauliflower, and zucchini. Cook for 4–5 minutes, stirring occasionally.
- Stir in turmeric and coriander, 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 pepper if desired, and serve warm.

Smart Swaps

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

Nutritional Snapshot: Calories: 190; Protein: 4 g; Carbohydrates: 18 g; Fiber: 5 g; Sodium: 190 mg; Fat: 12 g; Potassium: 590 mg; Cholesterol: 0 mg




Ingredients

- 1 tbsp garlic-infused olive oil
- 1 medium carrot, diced
- 9 oz cauliflower florets (250 g)
- 3 ½ oz zucchini, diced (100 g)
- 1 ¼ cups low-sodium vegetable stock (300 ml)
- ¾ cup coconut milk (200 ml)
- 1 tsp ground turmeric
- ½ tsp ground coriander
- 1 tbsp fresh parsley or cilantro, chopped
- Black pepper to taste

Make It Your Way

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



			Flavor Profile
Time 30 minutes	Serves 4	Digestibility Light	Savory & Satisfying

Black Bean Burgers on Gluten-Free Buns

Instructions

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

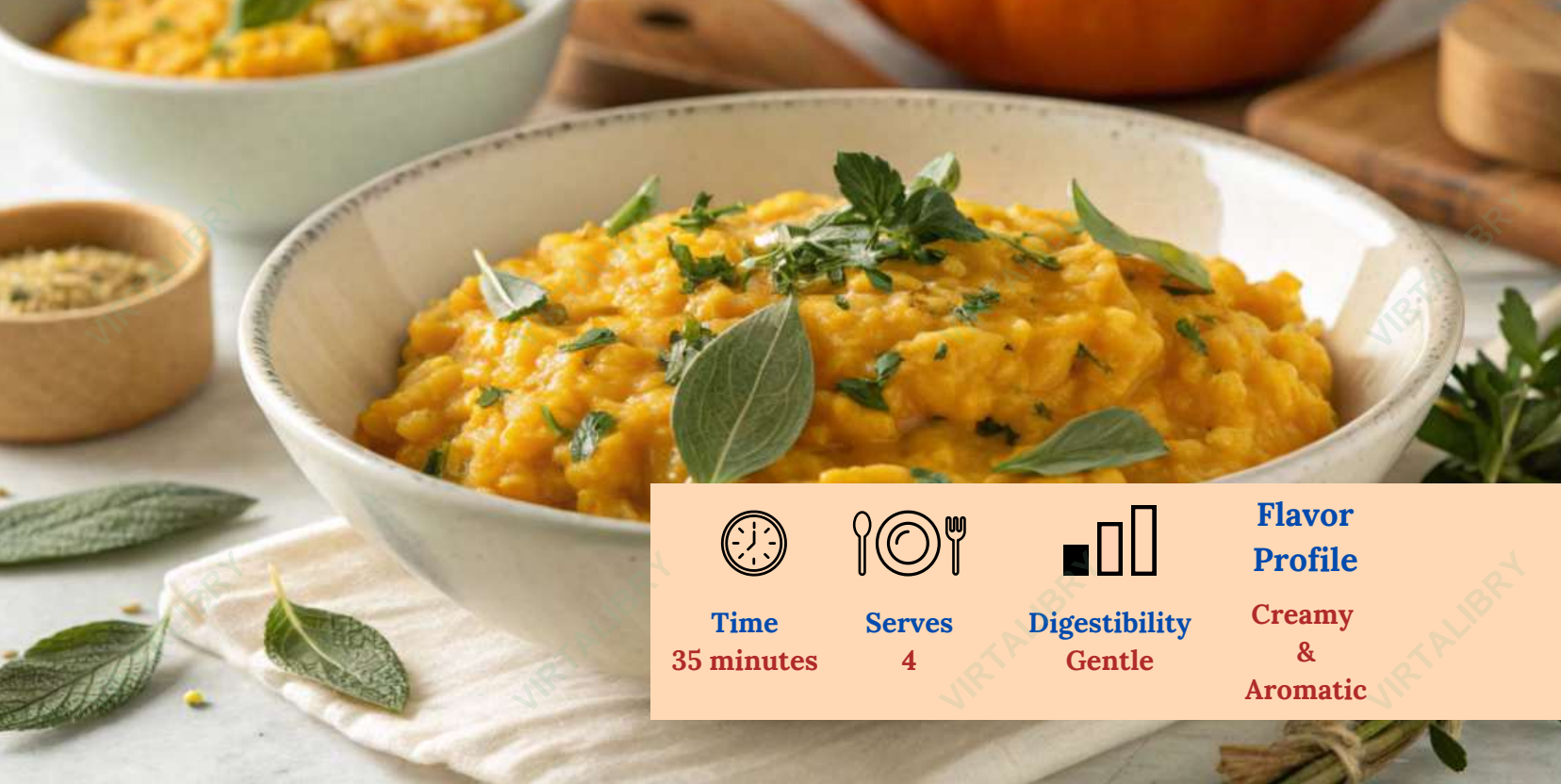
Smart Swaps

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

Nutritional Snapshot: Calories: 280; Protein: 11 g; Carbohydrates: 43 g; Fiber: 9 g; Sodium: 220 mg; Fat: 7 g; Potassium: 680 mg; Cholesterol: 0 mg

Ingredients

- 1 tbsp garlic-infused olive oil
- 1 small carrot, grated
- 5 oz zucchini, grated and squeezed of excess water (150 g)
- 14 oz canned black beans, rinsed and drained (400 g)
- ⅔ cup gluten-free oats (60 g)
- 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

Flavor Profile

Creamy & Aromatic

Pumpkin Risotto with Sage

Instructions

- 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, one ladle at a time, stirring until the rice is tender, about 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.

Nutritional Snapshot: Calories: 280; Protein: 6 g; Carbohydrates: 52 g; Fiber: 4 g; Sodium: 210 mg; Fat: 6 g; Potassium: 420 mg; Cholesterol: 0 mg

Ingredients

- 1 tbsp garlic-infused olive oil
- 10 ½ oz pumpkin, peeled and diced into ½-inch cubes (300 g)
- 5 oz arborio rice (naturally gluten-free) (150 g)
- 3 cups low-sodium vegetable stock, FODMAP-friendly (750 ml)
- ⅔ cup lactose-free milk or fortified unsweetened almond milk (150 ml)
- 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



			Flavor Profile
Time 30 minutes	Serves 12 bars	Digestibility Light	Lightly Sweet & Nutty

Low-GI Flapjack Bars

Instructions

- Preheat oven to 350°F. Line an 8×8-inch baking pan with parchment paper.
- In a large bowl, mash bananas until smooth. Stir in maple syrup and oil or butter.
- Add oats, almonds (if using), cinnamon, and fruit. Mix until well combined.
- Press mixture evenly into the prepared pan.
- Bake for 18–20 minutes, until lightly golden. Cool completely before slicing into bars.

Smart Swaps

- ◆ Add a sprinkle of shredded coconut for a tropical touch.
- ◆ Use pumpkin seeds instead of almonds for a nut-free version.
- ◆ Store in an airtight container at room temperature for up to 4 days.

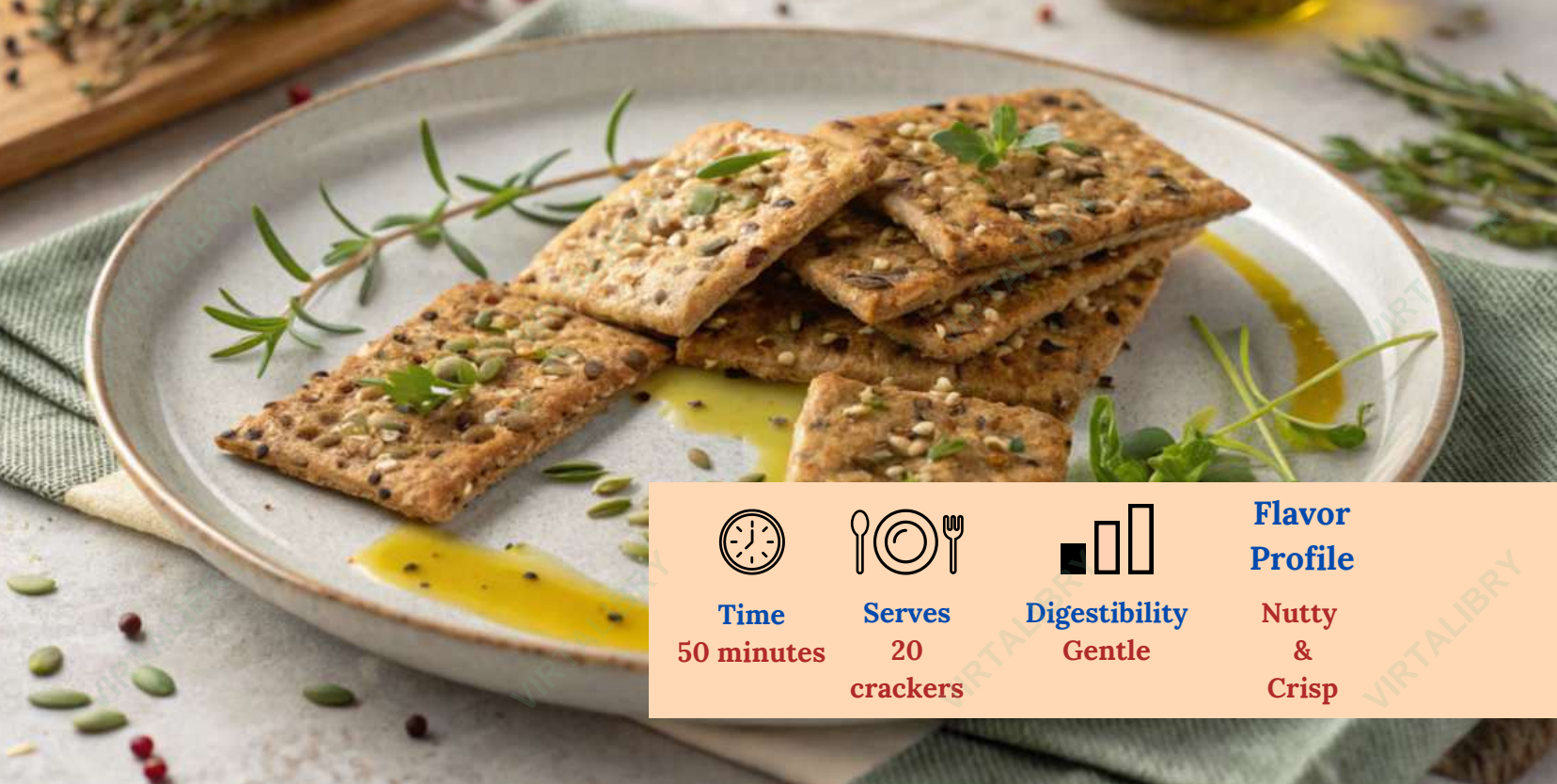
Nutritional Snapshot: Calories: 140; Protein: 3 g; Carbohydrates: 21 g; Fiber: 3 g; Sodium: 20 mg; Fat: 5 g; Potassium: 150 mg; Cholesterol: 0 mg

Ingredients

- 2 cups gluten-free rolled oats (200 g)
- ½ cup ground almonds, optional (50 g)
- 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
- ⅓ cup blueberries or chopped dried apricots (50 g)

Make It Your Way

- ◆ Swap bananas for unsweetened applesauce for a milder flavor.
- ◆ Mash fruit extra smoothly for an even texture.



			Flavor Profile
Time	Serves	Digestibility	Nutty & Crisp
50 minutes	20 crackers	Gentle	

Flaxseed Crackers with Olive Oil

Instructions

- Preheat oven to 350°F. Line a large baking sheet with parchment paper.
- In a bowl, mix ground flaxseed, water, olive oil, herbs (if using), and salt/pepper into a thick dough. Let it sit for 10 minutes to thicken.
- Place dough between two sheets of parchment paper and roll out thinly (about 1/8 inch).
- 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 the dough slightly thicker for a softer bite.
- ◆ Serve with lactose-free cream cheese or mashed avocado for easy eating.

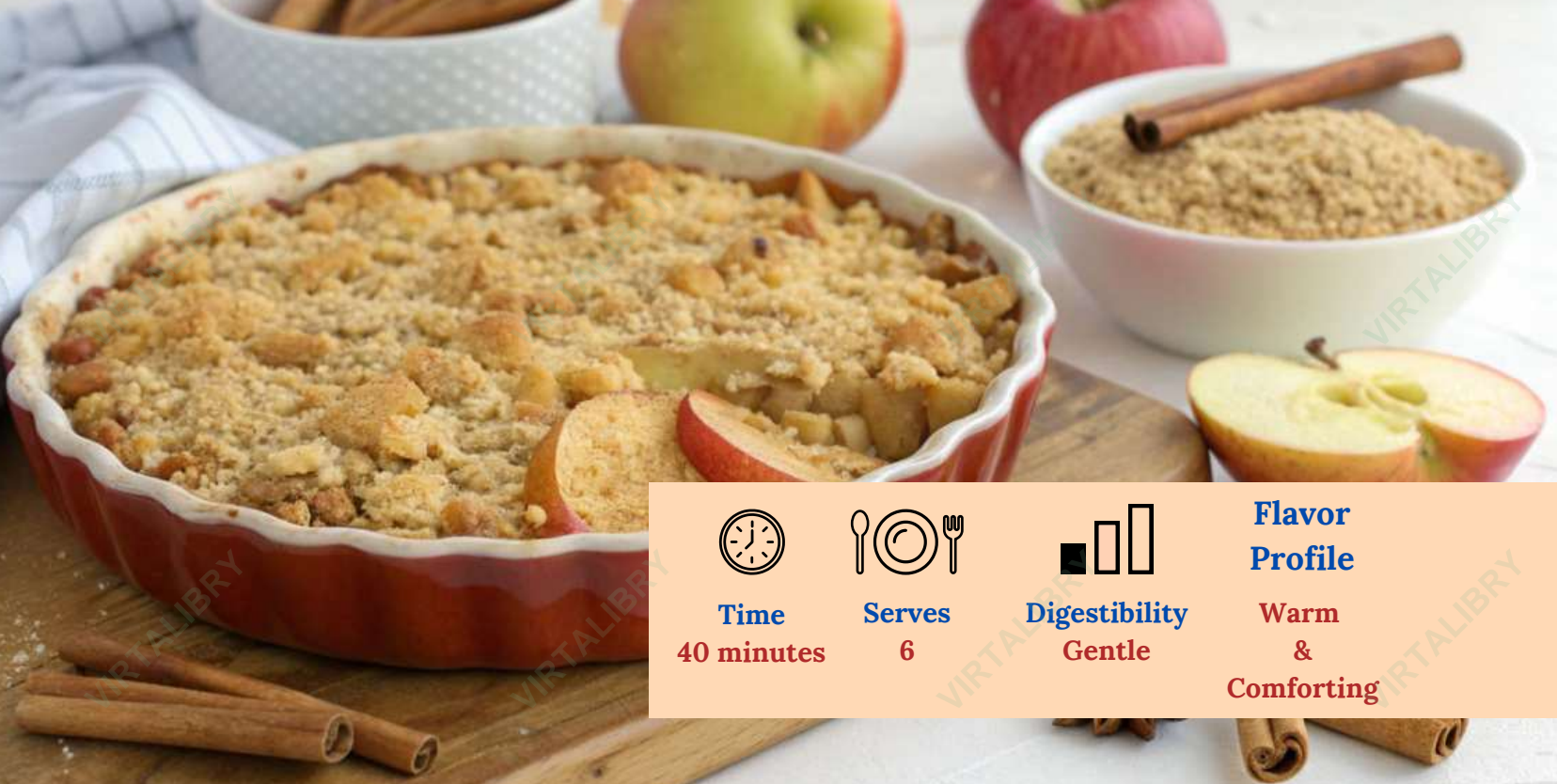
Nutritional Snapshot: Calories: 50; Protein: 2 g; Carbohydrates: 1 g; Fiber: 2 g; Sodium: 20 mg; Fat: 4 g; Potassium: 45 mg; Cholesterol: 0 mg

Ingredients

- 1 cup ground golden flaxseed (120 g)
- ½ cup water (120 ml)
- 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 flavor.
- ◆ 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

Flavor Profile

Warm & Comforting

Apple Crisp (Gluten-Free, Low-GI)

Instructions

- Preheat oven to 350°F.
- Toss apple slices with lemon juice, maple syrup, and cinnamon, then spread evenly in a baking dish.
- In another bowl, mix oats, almond flour, olive oil or butter, maple syrup, and salt until crumbly.
- Sprinkle topping evenly over the apples.
- Bake for 25–30 minutes, until apples are tender and 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 a pear instead of an apple for a lower-histamine alternative.

Nutritional Snapshot: Calories: 220; Protein: 4 g; Carbohydrates: 33 g; Fiber: 5 g; Sodium: 40 mg; Fat: 9 g; Potassium: 230 mg; Cholesterol: 0 mg

Ingredients

For the filling:

- 4 medium dessert apples (such as 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:

- 1 ¼ cups gluten-free rolled oats (120 g)
- ½ cup almond flour (ground almonds) (50 g)
- 3 tbsp extra-virgin olive oil or melted lactose-free butter
- 2 tbsp maple syrup
- Pinch of sea salt, optional



			Flavor Profile
Time 5 minutes	Serves 2	Digestibility Gentle	Naturally Sweet & Creamy

Banana "Nice" Cream

Instructions

- 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 a 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 it sit at room temperature for 10 minutes before scooping.

Nutritional Snapshot: Calories: 110; Protein: 1 g; Carbohydrates: 27 g; Fiber: 3 g; Sodium: 10 mg; Fat: 5 g; Potassium: 400 mg; Cholesterol: 0 mg

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

Flavor Profile

Warm
&
Comforting

Baked Apple with Cinnamon

Instructions

- Preheat oven to 350°F.
- Place apple halves cut-side up in a small ovenproof dish.
- Mix maple syrup (if using) with cinnamon and drizzle over the apples.
- Sprinkle with nuts or seeds and raisins (if using).
- Bake for 18–20 minutes, until apples are tender and lightly caramelized.
- Serve warm, with a spoonful of plain coconut or lactose-free yogurt if desired.

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: 2 g; Carbohydrates: 23 g; Fiber: 4 g; Sodium: 10 mg; Fat: 4 g; Potassium: 250 mg; Cholesterol: 0 mg

Ingredients

- 2 medium dessert apples (such as Braeburn 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.



Time

10 minutes



Serves

4



Digestibility

Gentle

Flavor Profile

Sweet
&
Tangy

Simple Berry Compote

Instructions

- 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 a smooth sauce.
- Serve warm or chilled.

Smart Swaps

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

◆ Serve warm over oatmeal or lactose-free yogurt 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: 0.5 g; Carbohydrates: 10 g; Fiber: 2 g; Sodium: 10 mg; Fat: 0.2 g; Potassium: 90 mg; Cholesterol: 0 mg

Ingredients

- 9 oz fresh or frozen blueberries, raspberries, or strawberries (low-FODMAP portion) (250 g)
- 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 flavor.

◆ 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

Flavor Profile

Creamy & Lightly Sweet

Coconut Yogurt with Maple Syrup

Instructions

- Spoon coconut yogurt 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 a 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: 1 g; Carbohydrates: 8 g; Fiber: 1 g; Sodium: 30 mg; Fat: 10 g; Potassium: 90 mg; Cholesterol: 0 mg

Ingredients

- ½ cup plain unsweetened coconut yogurt (carton, not canned, for lower histamine) (150 g)
- 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 a banana for a lower-histamine option.
- ◆ Sprinkle with a pinch of cinnamon for warmth.

A Note of Gratitude

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

It means so much 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—isn't about restriction. It's about listening. And listening takes patience, compassion, and practice.

This book was never meant to overwhelm you with rules or make you measure 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, given you steady energy throughout the day, or simply made you smile at the table, then this book has done what it set out to do.

The meals you've tried are more than just **low-FODMAP**, low-histamine, or low-GI combinations. They're quiet acts of self-care. Small, everyday choices that respect your digestion, your energy, and the life you want to live—without demanding 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 savoring this season of life—slowly, gently, and with confidence in every bite.

Warmly,

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 during seasons of change. Whether it's managing digestion, lifting a tired mood, or simply finding joy in a familiar flavor, 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 mom's kitchen, where fresh herbs hung by the window, a pot simmered quietly on the stove, 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, and LS standards
- ◆ The warmth of familiar flavors 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 favorite dish to your week, then I am deeply honored. 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, Mom."

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 honored your time, your well-being, 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 feedback 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 favorites 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/46enbOp>



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? Wonderful—you're on your way. I'm truly honored 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 Oatmeal 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 Yogurt 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 Oat Bars
4	Spinach & Tomato Omelette with Fresh Herbs	Green Bean & Potato Salad with Olive Oil	Turkey Meatballs in a Fresh Tomato Sauce	Apple Crisp (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**.