

Low FODMAP Diet

Cookbook

Easy and Healthy FODMAP Recipes for Beginners and
IBS Relief – Gluten-Free Meal Plan with Gut-Friendly
Breakfast, Lunch, and Dinner Ideas



SOFIA LIORA

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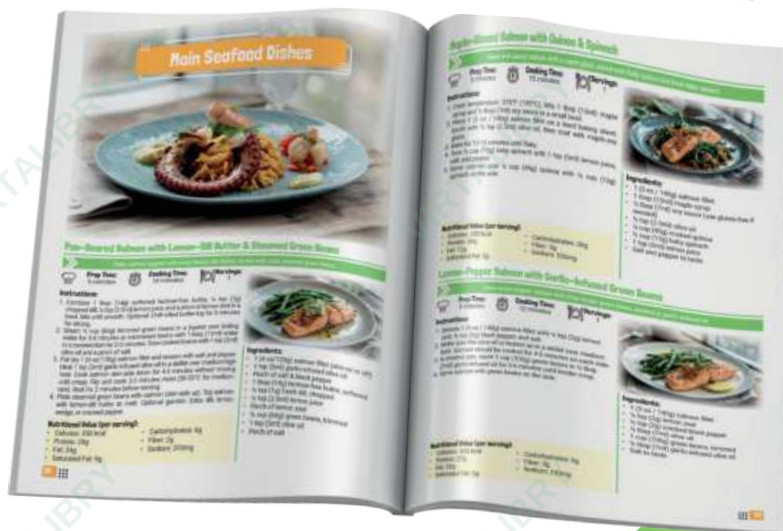
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Recipes and Meal Plan Preview

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100
recipes



30-Day
Meal Plan



Introduction

If you've ever struggled with bloating, stomach pain, or unpredictable digestion, you're not alone – and the low-FODMAP diet might be the game-changer you've been searching for. FODMAPs (Fermentable Oligo-, Di-, Mono-saccharides, and Polyols) are types of carbohydrates that can trigger digestive distress in sensitive individuals, especially those with IBS or similar conditions. The good news? You don't have to give up delicious, satisfying meals to feel better. This cookbook is packed with flavorful, gut-friendly recipes that keep discomfort at bay while still letting you enjoy every bite.

Eating well on a low-FODMAP diet doesn't mean bland or restrictive meals – it's all about smart swaps and creative cooking. Inside, you'll find everything from hearty breakfasts like Coconut Chia Pudding and Spinach & Feta Omelettes to satisfying mains like Maple-Glazed Salmon and Lemon-Garlic Shrimp Pasta. Each recipe is carefully crafted to avoid high-FODMAP ingredients while maximizing taste and nutrition. Plus, with handy 30-day meal plans and shopping lists, you'll save time and reduce stress while staying on track.

Think of this book as your friendly guide to happier digestion. Whether you're new to low-FODMAP eating or just looking for fresh inspiration, these recipes will help you rediscover the joy of eating without worry. So take a deep breath, grab your apron, and get ready to cook your way to a calmer, happier gut – one delicious meal at a time!

What Is the Low-FODMAP Diet?

You're about to embark on a journey to better digestion – but first, let's break down the science behind the low-FODMAP diet in simple, practical terms. Think of FODMAPs (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols) as a group of short-chain carbohydrates that, while harmless for many, can wreak havoc on sensitive digestive systems. These compounds are poorly absorbed in the small intestine and instead travel to the large intestine where gut bacteria ferment them, leading to gas, bloating, cramping, and other uncomfortable symptoms.

So why do some people struggle with high-FODMAP foods while others don't? It often comes down to gut sensitivity. For those with irritable bowel syndrome (IBS), small intestinal bacterial overgrowth (SIBO), or other functional gut disorders, high-FODMAP foods act like triggers, sparking inflammation and disrupting digestion. Common culprits include onions, garlic, certain dairy products, legumes, and even some fruits such as apples and pears – items that might seem healthy but can cause surprising digestive discomfort.

The low-FODMAP diet was developed by researchers at Monash University specifically to help manage these symptoms. It's not a lifelong restriction but rather a structured approach that begins with an elimination phase (removing high-FODMAP foods), followed by careful reintroduction to identify personal triggers. Studies show that up to 75% of people with IBS experience significant relief by following this method – making it one of the most effective dietary strategies for digestive wellness.

If you've ever felt like your stomach has a mind of its own, this diet could be the key to regaining control. By focusing on gut-friendly ingredients – like those in the recipes ahead – you'll nourish your body without the guesswork or discomfort.

Benefits of a Low-FODMAP Diet

If you're ready to say goodbye to unpredictable digestion and hello to relief, the low-FODMAP diet offers real, science-backed benefits that can transform your relationship with food. By simply adjusting what's on your plate – without sacrificing flavor or satisfaction – you can experience noticeable improvements in how you feel every day. Let's explore how this approach can help you take back control of your gut health.

One of the most immediate benefits you may notice is **reduced bloating, gas, and abdominal pain**. High-FODMAP foods draw water into the intestines and produce excess gas during fermentation, leading to that all-too-familiar discomfort. By swapping them for low-FODMAP alternatives – like the delicious recipes in this book – you'll give your digestive system a break, allowing it to process food more smoothly. Imagine enjoying a meal without worrying about painful bloating afterward – it's entirely possible!

Beyond symptom relief, a low-FODMAP diet promotes **long-term digestive wellness**. When your gut isn't constantly irritated by hard-to-digest carbs, it has a chance to heal and rebalance. Over time, this can mean fewer flare-ups, more regular bowel movements, and even improved nutrient absorption. Think of it as hitting the reset button for your digestive system, paving the way for a healthier, happier gut.

Another major advantage? **Pinpointing your personal food triggers**. Unlike one-size-fits-all diets, the low-FODMAP method includes a structured reintroduction phase. This means you'll systematically test high-FODMAP foods to identify which ones your body tolerates and in what amounts. It's like detective work for your diet – empowering you to customize your meals without unnecessary restrictions. You might find, for instance, that garlic-infused oil is well-tolerated, while onions remain problematic. Knowledge is power!

The benefits extend beyond physical comfort, too. Many people find that **reduced digestive stress leads to better energy, clearer skin, and even improved mood**. After all, when your gut isn't constantly sending distress signals, your whole body feels the difference. Plus, with satisfying meals like Herb-Roasted Turkey, Coconut Chia Pudding, and Zesty Lime Shrimp Tacos, you'll never feel deprived – just nourished and in control.

Ready to experience these changes for yourself? The recipes ahead are designed to make the transition easy, enjoyable, and – most importantly – effective. Your journey to a calmer, happier gut starts here!

How to Use This Cookbook

This cookbook is designed to make your low-FODMAP journey simple, delicious, and stress-free. Whether you're new to the diet or looking for fresh inspiration, you'll find everything you need to create satisfying meals while keeping digestive discomfort at bay. Let's walk through how to get the most out of these recipes and resources.

The book is organized into **easy-to-navigate categories** that cover every meal and craving:

- **Breakfasts** like Coconut Chia Pudding and Spinach & Feta Omelette start your day right
- **Mains** (poultry, meat, seafood, vegetarian, and vegan) such as Maple-Glazed Salmon and Lemon-Garlic Shrimp Pasta keep lunches and dinners exciting
- **Sides, sauces, and desserts** like Cucumber & Carrot Salad and Dark Chocolate Energy Bites round out your meals

Each section is packed with flavorful options that exclude high-FODMAP ingredients while enhancing taste and nutrition.

To take the guesswork out of meal planning, we've included a **30-day meal plan** with balanced combinations of these recipes, plus **detailed shopping lists** organized by week. This takes the stress out of figuring out what to eat or buy – simply follow along and enjoy the ease of structured planning. The meal plan gradually introduces variety while ensuring nutritional balance, making it perfect for both the elimination phase and long-term maintenance.

Here are some **pro tips** for success:

- **Meal prep smarter** by batch-cooking staples like quinoa, grilled chicken, or sauces to mix-and-match throughout the week
- **Adapt with confidence** – swap proteins or veggies based on your preferences or what's in season, using our low-FODMAP guidelines
- **Use the shopping lists** to save time and avoid impulse buys of problematic ingredients
- **Bookmark your favorites** and note any personal modifications that work for your digestion

Remember, this isn't about perfection – it's about finding what works for your body while enjoying delicious food. Keep it simple, have fun in the kitchen, and let these recipes guide you toward happier meals and better digestion. Your low-FODMAP journey begins now!

Getting Started: Key Guidelines

Embarking on the low-FODMAP diet can feel overwhelming at first, but with the right roadmap, you'll be navigating it like a pro in no time. These essential guidelines will help you understand what to eliminate, what to enjoy, and how to systematically reintroduce foods to identify your personal triggers. Let's break it down into simple, actionable steps.

Foods to Avoid (High-FODMAP Ingredients)

During the elimination phase (typically 2-6 weeks), you'll want to steer clear of foods high in fermentable carbohydrates. Common offenders include:

- **Fruits:** Apples, pears, cherries, watermelon
- **Vegetables:** Onions, garlic, cauliflower, mushrooms
- **Dairy:** Regular milk, soft cheeses, ice cream
- **Grains & Legumes:** Wheat (in large amounts), lentils, chickpeas
- **Sweeteners:** Honey, high-fructose corn syrup, sugar alcohols (sorbitol, mannitol)

Don't worry - you'll find complete lists and substitutions in our resources, and all recipes in this book are carefully crafted to avoid these triggers while delivering maximum flavor.

Safe Low-FODMAP Alternatives

The good news? Plenty of delicious foods are naturally low in FODMAPs:

- **Proteins:** Eggs, chicken, beef, fish, tofu
- **Dairy Alternatives:** Lactose-free milk, hard cheeses, almond milk (limit 1 cup)
- **Grains:** Quinoa, rice, oats, gluten-free pasta
- **Fruits:** Bananas, blueberries, grapes, oranges
- **Vegetables:** Carrots, zucchini, bell peppers, spinach

Our recipes showcase these ingredients in creative, satisfying ways - from Banana-Oat Pancakes for breakfast to Herb-Roasted Turkey for dinner. You'll quickly discover that eating low-FODMAP doesn't mean sacrificing taste or variety.

The Elimination and Reintroduction Process

This diet works in two crucial phases:

1. **Elimination (2-6 weeks):** Remove all high-FODMAP foods to let your gut settle and symptoms improve
2. **Reintroduction:** Systematically test high-FODMAP foods (one at a time) to identify your personal triggers

The recipes in this book are perfect for the elimination phase, while the 30-day meal plan helps structure your reintroduction. Remember: this isn't about permanent restriction, but about creating a personalized, sustainable way of eating. With these guidelines and our delicious recipes, you're well on your way to better digestion and food freedom!

Helpful Kitchen Tools for Meal Prep

These tools will make low-FODMAP cooking faster and easier:

- **Quality knives and cutting boards** for prepping fresh veggies
- **Non-stick pans** for perfect eggs and pancakes every time
- **Blender or food processor** for smoothies, sauces, and dips
- **Rice cooker or Instant Pot** for hands-off grain cooking
- **Glass storage containers** for meal prep and leftovers
- **Measuring cups and spoons** to ensure accurate portion sizes (crucial for maintaining low-FODMAP compliance)
- **Citrus juicer** for fresh lemon and lime juice in dressings and marinades

With your pantry stocked and tools ready, you'll be prepared to tackle any recipe in this book. Remember, eating low-FODMAP doesn't require special equipment – just smart choices about what you keep on hand. Happy cooking!



Breakfast

Scrambled Eggs with Spinach & Chives

Fluffy scrambled eggs paired with wilted spinach and fresh chives for a simple, nutritious meal.



Prep Time:
5 minutes



Cooking Time:
5 minutes



Servings:
2

Instructions:

1. In a basin, crack the eggs and whisk lightly with a fork. Add a splash of salt and black pepper for seasoning.
2. Heat the butter in a non-stick skillet over medium-low heat until melted.
3. Add the chopped spinach and sauté for 1-2 minutes until slightly wilted.
4. Pour the whisked eggs into the skillet. Stir gently with a spatula, folding the eggs until softly set (about 2-3 minutes).
5. Remove from heat and sprinkle the fresh chives over the top.
6. Serve immediately for the best texture.



Ingredients:

- 4 large eggs
- 2 tsp (10g) butter (or lactose-free butter)
- 1 cup (30g) fresh spinach, chopped
- 2 tbsp (6g) fresh chives, finely chopped
- Pinch of salt (to taste)
- Pinch of black pepper (to taste)

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 12g
- Fat: 13g
- Saturated Fat: 5g
- Carbohydrates: 2g
- Fiber: 1g
- Sodium: 200mg



Poached Eggs with Smoked Salmon & Arugula



Delicate poached eggs atop peppery arugula and savory smoked salmon—a low-FODMAP delight.



Prep Time:
5 minutes



Cooking Time:
5 minutes



Servings:
2

Instructions:

1. Pour the vinegar into a small saucepan filled with water, then heat to a gentle simmer.
2. Crack each egg into a separate small cup, then slide them gently into the simmering water. Poach for 3-4 minutes for runny yolks.
3. While eggs are cooking, arrange the arugula on plates and top with the smoked salmon.
4. Place the poached eggs atop the salmon after using a slotted spoon to pull them out and drain any extra water.
5. Add salt and pepper to taste and drizzle the dish with olive oil.
6. Serve immediately while eggs are warm.



Ingredients:

- 4 large eggs
- 2 cups (40g) arugula (rocket)
- 4 oz (120g) smoked salmon
- 2 tsp (10ml) white vinegar
- 2 tbsp (30ml) olive oil
- Pinch of salt & black pepper (to taste)

Nutritional Value (per serving):

- Calories: 290 kcal
- Protein: 22g
- Fat: 20g
- Saturated Fat: 4g
- Carbohydrates: 2g
- Fiber: 1g
- Sodium: 500mg

Baked Egg Avocado Boats



Creamy avocado halves filled with baked eggs, a sprinkle of paprika, and fresh herbs.



Prep Time:
5 minutes



Cooking Time:
15 minutes



Servings:
2

Instructions:

1. Preheat oven to 375°F (190°C).
2. Slice the avocados in half, remove the pits, and gently scoop out a bit of flesh to create room for the eggs.
3. Place the avocado halves in a baking dish. If needed, use foil to keep them stable.
4. Crack 1 egg into each avocado half, ensuring the yolks fit snugly.
5. Sprinkle with paprika, salt, and black pepper.
6. Bake until egg whites are set but yolks are still slightly runny (12–15 minutes).
7. Garnish with fresh parsley and serve warm.



Ingredients:

- 2 medium ripe avocados
- 4 large eggs
- 2 tsp (4g) paprika
- 2 tbsp (6g) fresh parsley, chopped
- Pinch of salt & black pepper (to taste)

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 14g
- Fat: 26g
- Saturated Fat: 5g
- Carbohydrates: 10g
- Fiber: 7g
- Sodium: 150mg

Spinach & Feta Omelette



A fluffy omelette stuffed with wilted spinach, lactose-free feta, and fresh herbs for a protein-packed breakfast.



Prep Time:
5 minutes



Cooking Time:
15 minutes



Servings:
2

Instructions:

1. Whisk the eggs in a bowl with a pinch of salt and black pepper.
2. Heat the butter in a non-stick skillet over medium heat.
3. Add the chopped spinach and sauté for 1-2 minutes until wilted.
4. Tilt the skillet to ensure even distribution of the whisked eggs. Allow to cook until edges are firm, 1 to 2 minutes.
5. Sprinkle the lactose-free feta over one half of the omelette.
6. Carefully fold the omelette in half using a spatula. Cook for an additional 1-2 minutes.
7. Garnish with fresh chives and serve hot.



Ingredients:

- 4 large eggs
- ½ cup (20g) fresh spinach, chopped
- 2 tbsp (20g) lactose-free feta cheese, crumbled
- 2 tsp (10g) butter (or lactose-free butter)
- 2 tsp (2g) fresh chives, chopped
- Pinch of salt & black pepper (to taste)

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 15g
- Fat: 16g
- Saturated Fat: 7g
- Carbohydrates: 2g
- Fiber: 1g
- Sodium: 300mg

Egg & Zucchini Frittata



A simple, oven-baked frittata with grated zucchini, Parmesan, and fresh basil—perfect for meal prep.



Prep Time:
5 minutes



Cooking Time:
15 minutes



Servings:
2

Instructions:

1. Preheat oven to 350°F (175°C).
2. Whisk eggs in a bowl with a dash of black pepper and salt.
3. Stir in grated zucchini (pressed to remove moisture) and Parmesan.
4. Heat olive oil in a medium oven-safe skillet over medium heat.
5. Pour the egg mixture into the skillet and cook for 2–3 minutes, or until the edges are firm.
6. Transfer to the oven and bake for 10–12 minutes, or until completely set.
7. Garnish with fresh basil and slice before serving.



Ingredients:

- 4 large eggs
- 1 cup (100g) zucchini, grated (excess water squeezed out)
- 2 tbsp (10g) grated Parmesan cheese
- 2 tsp (10ml) olive oil
- 2 tsp (2g) fresh basil, chopped
- Pinch of salt & black pepper (to taste)

Nutritional Value (per serving):

- Calories: 190 kcal
- Protein: 14g
- Fat: 13g
- Saturated Fat: 4g
- Carbohydrates: 3g
- Fiber: 1g
- Sodium: 250mg

Coconut Chia Pudding Bowl with Banana & Almonds

>>> Creamy chia pudding infused with coconut milk, topped with ripe banana, crunchy almonds, and a drizzle of maple syrup.



Prep Time:

5 minutes

(+ overnight chilling)



Cooking Time:

0 minutes



Servings:

2

Instructions:

1. In a jar or bowl, mix coconut milk, chia seeds, vanilla (if using), and maple syrup. Mix thoroughly and place in the refrigerator overnight (or at least 4 hours).
2. Once thickened, divide the chia pudding between two serving bowls.
3. Top each bowl with sliced banana, chopped almonds, and shredded coconut.
4. Drizzle with extra maple syrup if desired.



Ingredients:

- 1 cup (240ml) unsweetened coconut milk
- 4 tbsp (40g) chia seeds
- 1 tsp (4g) vanilla extract (optional)
- 2 tbsp (30ml) maple syrup
- 1 small firm banana (80g), sliced
- 4 tbsp (30g) almonds, roughly chopped
- 2 tsp (4g) unsweetened shredded coconut

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 7g
- Fat: 18g
- Saturated Fat: 8g
- Carbohydrates: 35g
- Fiber: 10g
- Sodium: 10mg

Lactose-Free Yogurt Bowl with Kiwi & Pumpkin Seeds

>>> Smooth lactose-free yogurt topped with kiwi, pumpkin seeds, and a sprinkle of low FODMAP granola.



Prep Time:

5 minutes



Cooking Time:

0 minutes



Servings:

2

Instructions:

1. Divide the yogurt evenly between two bowls.
2. Arrange sliced kiwis on top of each bowl.
3. Drizzle each with maple syrup.
4. Sprinkle pumpkin seeds and granola over both bowls.
5. Serve immediately.



Ingredients:

- 2 cups (480g) lactose-free plain yogurt
- 2 kiwis (4oz/120g total), peeled and sliced
- 2 tbsp (30ml) pure maple syrup
- 4 tbsp (30g) pumpkin seeds
- 4 tbsp (30g) low FODMAP granola (ensure no honey/high-fructose ingredients)

Nutritional Value (per serving):

- Calories: 290 kcal
- Protein: 12g
- Fat: 10g
- Saturated Fat: 3g
- Carbohydrates: 38g
- Fiber: 4g
- Sodium: 80mg

Quinoa Breakfast Bowl with Peanut Butter & Blueberries



Warm quinoa porridge swirled with peanut butter, fresh blueberries, and a touch of cinnamon.



Prep Time:
2 minutes



Cooking Time:
10 minutes



Servings:
2

Instructions:

1. In a saucepan, heat cooked quinoa and almond milk over medium heat for 3-5 minutes, stirring until warm and slightly thickened.
2. Divide the mixture between two bowls and swirl in peanut butter.
3. Top each bowl with blueberries and cinnamon.
4. Drizzle with maple syrup if desired.



Ingredients:

- 1 cup (180g) cooked quinoa
- 1 cup (240ml) unsweetened almond milk
- 2 tbsp (32g) natural peanut butter (no added sweeteners)
- ½ cup (70g) blueberries
- 1 tsp (4g) cinnamon
- 2 tsp (10ml) maple syrup (optional)

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 10g
- Fat: 10g
- Saturated Fat: 1g
- Carbohydrates: 38g
- Fiber: 6g
- Sodium: 90mg

Banana & Peanut Butter Smoothie



Creamy almond milk blended with ripe banana, peanut butter, and chia seeds for a satisfying low FODMAP breakfast.



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. In a blender, combine 1 cup (240ml) almond milk, 1 frozen banana, 1 tbsp (16g) peanut butter, and 1 tsp (5g) chia seeds.
2. Blend fast for 45-60 seconds until smooth and creamy. Add a little extra almond milk if it's too thick.
3. Taste and adjust sweetness with 1 tsp (5ml) maple syrup if desired.
4. Pour into a glass and sprinkle ½ tsp (2g) cinnamon on top.
5. Enjoy immediately for the best texture.



Ingredients:

- 2 cups (480ml) unsweetened almond milk (or lactose-free milk)
- 2 medium ripe bananas (200g total), sliced and frozen
- 2 tbsp (32g) natural peanut butter (no added sweeteners)
- 2 tsp (10g) chia seeds
- 1 tsp (4g) ground cinnamon
- 2 tsp (10ml) maple syrup (optional, for extra sweetness)

Nutritional Value (per serving):

- Calories: 290 kcal
- Protein: 6g
- Fat: 12g
- Saturated Fat: 1.5g
- Carbohydrates: 40g
- Fiber: 7g
- Sodium: 150mg

Strawberry & Spinach Smoothie



A refreshing, nutrient-packed smoothie with strawberries, spinach, and lactose-free yogurt.



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. In a blender, combine almond milk, strawberries, spinach, and yogurt.
2. Blend on high for about one minute until completely smooth.
3. Add sunflower seeds and pulse briefly for texture (or blend fully if preferred).
4. Sweeten with maple syrup if desired.
5. Pour into two glasses and serve immediately.



Ingredients:

- 2 cups (480ml) unsweetened almond milk
- 1 cup (150g) fresh strawberries (frozen works too)
- 2 cups (60g) fresh spinach, packed
- 1 cup (240g) lactose-free plain yogurt
- 2 tbsp (20g) sunflower seeds
- 2 tsp (10ml) maple syrup (optional)

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 9g
- Fat: 10g
- Saturated Fat: 1g
- Carbohydrates: 25g
- Fiber: 6g
- Sodium: 180mg

Classic Pancakes



Fluffy, golden pancakes made with gluten-free flour and lactose-free milk—perfect with maple syrup.



Prep Time:
5 minutes



Cooking Time:
10 minutes



Servings:
2

Instructions:

1. In a bowl, whisk together gluten-free flour, sugar, baking powder, and salt.
2. In another bowl, beat the egg, then add milk, oil, and vanilla extract. Mix well.
3. Pour wet ingredients into dry ingredients and stir until just combined (small lumps are okay).
4. Lightly grease a nonstick pan and heat over medium heat. Pour $\frac{1}{4}$ cup batter per pancake.
5. Cook for about 2 minutes until bubbles form, then flip and cook 1-2 more minutes until golden.
6. Serve warm with maple syrup and sliced strawberries.



Ingredients:

- 1 cup (120g) gluten-free all-purpose flour
- 1 tbsp (12g) granulated sugar
- 1 tsp (5g) baking powder
- $\frac{1}{4}$ tsp (1g) salt
- 1 large egg (or 2 small eggs)
- $\frac{3}{4}$ cup (180ml) lactose-free milk
- 1 tbsp (15ml) vegetable oil
- $\frac{1}{2}$ tsp (2.5ml) vanilla extract
- Maple syrup (for serving)
- $\frac{1}{2}$ cup (60g) fresh strawberries (sliced)

Nutritional Value (per serving):

- Calories: 160 kcal
- Protein: 4g
- Fat: 5g
- Saturated Fat: 0.5g
- Carbohydrates: 27g
- Fiber: 1.5g
- Sodium: 190mg

Banana-Oat Pancakes



Naturally sweetened with ripe banana and hearty oats for a filling, gut-friendly breakfast.



Prep Time:
5 minutes



Cooking Time:
10 minutes



Servings:
2

Instructions:

1. Blend oats into a fine flour using a food processor.
2. In a bowl, mix oat flour, gluten-free flour, baking powder, and cinnamon.
3. In another bowl, mash banana, then whisk in egg, milk, maple syrup, and oil.
4. Combine wet and dry ingredients, stirring gently. Let batter rest for 5 minutes.
5. Cook pancakes on a greased pan over medium heat, flipping when bubbles appear (~2-3 minutes per side).
6. Top with chopped pecans and additional maple syrup.

Nutritional Value (per serving):

- Calories: 175 kcal
- Protein: 5g
- Fat: 6g
- Saturated Fat: 1g
- Carbohydrates: 27g
- Fiber: 3g
- Sodium: 110mg



Ingredients:

- ½ cup (45g) rolled oats (gluten-free)
- ½ cup (60g) gluten-free flour
- 1 tsp (5g) baking powder
- ¼ tsp (1g) cinnamon
- 1 ripe banana, mashed
- 1 large egg (or 2 small eggs)
- ½ cup (120ml) lactose-free milk
- 1 tbsp (15ml) maple syrup
- 1 tbsp (15ml) vegetable oil
- 2 tbsp (20g) chopped pecans

Savory Spinach & Cheese Pancakes



A low-FODMAP twist on savory pancakes with spinach, cheddar, and chives.



Prep Time:
5 minutes



Cooking Time:
10 minutes



Servings:
2

Instructions:

1. Whisk together gluten-free flour, baking powder, salt, and pepper in a bowl.
2. In another bowl, beat egg, then add olive oil and milk.
3. Combine wet and dry ingredients, then stir in spinach, cheese, and chives.
4. Heat oil in a pan over medium heat. Cook pancakes for 2-3 minutes per side until golden brown.
5. Serve warm with lactose-free yogurt if desired.

Nutritional Value (per serving):

- Calories: 145 kcal
- Protein: 5g
- Fat: 6g
- Saturated Fat: 2g
- Carbohydrates: 18g
- Fiber: 2g
- Sodium: 225mg



Ingredients:

- 1 cup (120g) gluten-free flour
- 1 tsp (5g) baking powder
- ¼ tsp (1g) salt
- ¼ tsp (1g) black pepper
- 1 large egg (or 2 small eggs)
- ¾ cup (180ml) lactose-free milk
- 1 tbsp (15ml) olive oil
- ½ cup (15g) spinach (chopped)
- ¼ cup (30g) cheddar cheese (shredded)
- 1 tbsp (3g) chives (chopped)

Classic Waffle with Maple Syrup



A crispy golden waffle drizzled with pure maple syrup and topped with fresh strawberries.



Prep Time:
10 minutes



Cooking Time:
5 minutes



Servings:
2

Instructions:

1. Preheat your waffle iron according to manufacturer's instructions.
2. In a mixing bowl, whisk together gluten-free flour, baking powder, and sugar.
3. In another bowl, beat egg, then mix in milk, melted butter, and vanilla extract.
4. Combine wet and dry ingredients, stirring until just incorporated (small lumps are fine).
5. Lightly grease waffle iron and pour batter into center. Close and cook for 4-5 minutes until golden and crisp.
6. Serve warm, drizzled with maple syrup and topped with fresh strawberries.



Ingredients:

- 1 cup (120g) gluten-free all-purpose flour (low-FODMAP certified)
- 1 tsp (4g) baking powder
- 1 tbsp (12g) granulated sugar
- 1 large egg (or 2 small eggs)
- $\frac{3}{4}$ cup (180ml) lactose-free milk
- 2 tbsp (30ml) melted butter or olive oil
- $\frac{1}{2}$ tsp (2g) vanilla extract
- $\frac{1}{4}$ cup (60ml) pure maple syrup
- $\frac{1}{2}$ cup (75g) fresh strawberries, sliced

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 8g
- Fat: 12g
- Saturated Fat: 6g
- Carbohydrates: 60g
- Fiber: 3g
- Sodium: 220mg

Banana & Peanut Butter Waffle



A fluffy waffle infused with banana and topped with a dollop of peanut butter and chia seeds.



Prep Time:
10 minutes



Cooking Time:
5 minutes



Servings:
2

Instructions:

1. Preheat waffle iron and lightly grease.
2. In a bowl, whisk together gluten-free flour, baking powder, brown sugar, and cinnamon.
3. In another bowl, beat egg, then mix in milk, mashed banana, peanut butter, and olive oil.
4. Gently fold wet ingredients into dry ingredients until just combined.
5. Cook batter in waffle iron for 4-5 minutes until golden brown.
6. Serve topped with chia seeds and extra peanut butter if desired.



Ingredients:

- 1 cup (120g) gluten-free all-purpose flour
- 1 tsp (4g) baking powder
- 1 tbsp (12g) brown sugar
- 1 large egg (or 2 small eggs)
- $\frac{1}{2}$ cup (120ml) lactose-free milk
- 1 small ripe banana (80g), mashed (just ripe, not overripe)
- 1 tbsp (16g) smooth peanut butter (low-FODMAP certified)
- 1 tbsp (16ml) olive oil
- 1 tbsp (10g) chia seeds
- $\frac{1}{2}$ tsp (2g) cinnamon

Nutritional Value (per serving):

- Calories: 400 kcal
- Protein: 10g
- Fat: 14g
- Saturated Fat: 3g
- Carbohydrates: 58g
- Fiber: 6g
- Sodium: 180mg

Creamy Garlic & Herb Dip

>>> A smooth, flavorful dip infused with garlic-infused oil and fresh herbs, perfect for pairing with low-FODMAP veggies or crackers.



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. In a bowl, whisk together lactose-free Greek yogurt and garlic-infused oil until smooth.
2. Stir in chopped chives, parsley, and dried dill until well combined.
3. Season with salt, black pepper, and lemon juice. Adjust to taste.
4. Chill for 10 minutes (optional) or serve immediately with low-FODMAP vegetables or gluten-free crackers.



Ingredients:

- 1 cup (240g) lactose-free Greek yogurt
- 2 tbsp (30ml) garlic-infused oil
- 2 tbsp (10g) fresh chives, finely chopped
- 2 tbsp (10g) fresh parsley, finely chopped
- 1 tsp (2g) dried dill
- ½ tsp (2g) salt
- ½ tsp (1g) black pepper
- 2 tsp (10ml) lemon juice

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 10g
- Fat: 14g
- Saturated Fat: 2g
- Carbohydrates: 6g
- Fiber: 1g
- Sodium: 300mg

Smoky Red Pepper & Tahini Dip

>>> A rich, slightly sweet dip with roasted red peppers and tahini, ideal for spreading on rice cakes or cucumber slices.



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. Drain roasted red peppers and pat dry to remove excess moisture.
2. In a blender or food processor, combine peppers, tahini, olive oil, smoked paprika, cumin, salt, and lemon juice.
3. Blend until smooth, scraping down sides as needed. Adjust seasoning if desired.
4. Serve immediately with low-FODMAP dippers like carrot sticks, bell pepper slices, or gluten-free toast.



Ingredients:

- 1 cup (240g) canned roasted red peppers (drained)
- 2 tbsp (30g) tahini
- 2 tbsp (30ml) olive oil
- 1 tsp (2g) smoked paprika
- ½ tsp (2g) cumin
- ½ tsp (2g) salt
- 2 tsp (10ml) lemon juice

Nutritional Value (per serving):

- Calories: 160 kcal
- Protein: 3g
- Fat: 12g
- Saturated Fat: 2g
- Carbohydrates: 10g
- Fiber: 3g
- Sodium: 350mg

Almond Butter & Banana Spread



Creamy almond butter blended with ripe banana and a hint of maple syrup for a velvety, naturally sweet spread.



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. In a bowl, mash the ripe banana until smooth.
2. Add almond butter and mix until fully combined.
3. Stir in maple syrup (if using) and ground cinnamon.
4. For added texture, mix in chia seeds and let sit for 2 minutes to slightly thicken.
5. Spread on gluten-free toast, rice cakes, or enjoy with low-FODMAP crackers.



Ingredients:

- 1 medium (120g) ripe banana, mashed
- 4 tbsp (64g) smooth almond butter (ensure no added high-FODMAP ingredients)
- 2 tsp (10ml) maple syrup (optional, for extra sweetness)
- 1 tsp (2g) ground cinnamon
- 2 tbsp (16g) chia seeds (optional, for texture)

Nutritional Value (per serving):

- Calories: 250 kcal
- Protein: 6g
- Fat: 16g
- Saturated Fat: 1.5g
- Carbohydrates: 22g
- Fiber: 6g
- Sodium: 5mg

Sunflower Seed & Chive Spread



A savory, nut-free spread made with sunflower seeds, fresh chives, and a hint of lemon.



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. In a bowl, combine sunflower seed butter, lactose-free yogurt, and lemon juice. Mix until smooth.
2. Mix in fresh chives and a pinch of salt, if desired.
3. For an extra flavor, sprinkle smoked paprika and mix lightly.
4. Serve as a spread on gluten-free bread or rice crackers, or use as a dip for fresh vegetables.



Ingredients:

- ½ cup (70g) sunflower seed butter (ensure no added garlic/onion)
- 2 tbsp (30ml) lactose-free yogurt (or coconut yogurt for dairy-free)
- 2 tsp (10ml) lemon juice
- 2 tbsp (6g) fresh chives, finely chopped
- Pinch of salt (optional)
- 1 tsp (2g) smoked paprika (optional)

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 7g
- Fat: 18g
- Saturated Fat: 2g
- Carbohydrates: 9g
- Fiber: 3g
- Sodium: 50mg

Smoked Salmon Cucumber Bites



Fresh cucumber slices topped with creamy lactose-free cheese, smoked salmon, and dill.



Prep Time:
10 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. Slice cucumber into ½-inch/1cm thick rounds and arrange them on a plate.
2. Spread lactose-free cream cheese evenly over each cucumber slice.
3. Top each slice with a strip of smoked salmon.
4. Drizzle lemon juice over the salmon.
5. Sprinkle fresh dill and black pepper over the bites. Serve immediately for a crisp, refreshing snack.



Ingredients:

- 1 medium cucumber (about 6oz/200g), sliced into ½-inch/1cm rounds
- 4 oz (120g) smoked salmon, cut into small strips
- ¼ cup (60g) lactose-free cream cheese
- 2 tsp (10ml) lemon juice
- 2 tbsp (10g) fresh dill, chopped
- Pinch of black pepper

Nutritional Value (per serving):

- Calories: 150 kcal
- Protein: 12g
- Fat: 8g
- Saturated Fat: 4g
- Carbohydrates: 6g
- Fiber: 1g
- Sodium: 500mg

Cheese & Rice Crackers



Crunchy rice crackers topped with sharp cheddar and a sprinkle of chives.



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. Arrange rice crackers on a serving plate.
2. Top each cracker with cheddar cheese pieces.
3. Sprinkle chopped chives evenly over the cheese.
4. Drizzle lightly with olive oil if desired.
5. Serve immediately for best texture.



Ingredients:

- 12 plain rice crackers (about 60g)
- 2 oz (60g) sharp cheddar cheese, sliced into small pieces
- 2 tsp (10g) chopped fresh chives
- 1 tsp (5ml) olive oil (optional)

Nutritional Value (per serving):

- Calories: 200 kcal
- Protein: 7g
- Fat: 10g
- Saturated Fat: 6g
- Carbohydrates: 20g
- Fiber: 1g
- Sodium: 250mg

Turkey & Spinach Roll-Ups



Lean turkey slices wrapped around fresh spinach and lactose-free cheese.



Prep Time:
8 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. Lay out turkey slices on a clean work surface.
2. Spread cream cheese evenly over each slice.
3. Top with fresh spinach leaves.
4. Drizzle with Dijon mustard if desired.
5. Roll up each slice tightly and secure with toothpicks if needed.
6. Serve immediately as a protein-packed snack.



Ingredients:

- 6 slices (120g) low-sodium turkey breast
- ¼ cup (60g) lactose-free cream cheese
- 1 cup (30g) fresh baby spinach leaves
- 2 tsp (10ml) Dijon mustard (optional)

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 20g
- Fat: 8g
- Saturated Fat: 4g
- Carbohydrates: 4g
- Fiber: 1g
- Sodium: 300mg

Smashed Avocado & Chia Crackers



Crispy seed crackers topped with creamy avocado, chia seeds, and a squeeze of lime.



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. Lightly smash the avocado with the lime juice and a pinch of salt and pepper.
2. Spread evenly over the seed crackers.
3. Sprinkle with chia seeds for crunch.
4. Enjoy immediately to prevent sogginess.



Ingredients:

- 8 low-FODMAP seed crackers (e.g., plain rice or quinoa crackers)
- 1 small (100g) ripe avocado, mashed
- 2 tsp (10g) chia seeds
- 1 lime, juiced
- Pinch of salt & black pepper

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 4g
- Fat: 16g
- Saturated Fat: 2g
- Carbohydrates: 18g
- Fiber: 8g
- Sodium: 100mg

Cinnamon-Spiced Popcorn



Air-popped popcorn tossed with cinnamon, maple syrup, and a hint of sea salt.



Prep Time:
2 minutes



Cooking Time:
3 minutes



Servings:
2

Instructions:

1. Pop the popcorn in an air popper or microwave (plain).
2. Drizzle with maple syrup and toss gently.
3. Sprinkle with cinnamon and a pinch of sea salt.
4. Toss again and serve warm.



Ingredients:

- 4 cups (32g) air-popped popcorn (no onion/garlic seasoning)
- 2 tsp (10ml) pure maple syrup
- 1 tsp (4g) ground cinnamon
- Pinch of sea salt

Nutritional Value (per serving):

- Calories: 70 kcal
- Protein: 2g
- Fat: 1g
- Saturated Fat: 0g
- Carbohydrates: 15g
- Fiber: 3g
- Sodium: 50mg

Ham & Cheese Lettuce Wraps



Fresh lettuce leaves filled with low-FODMAP ham, Swiss cheese, and mustard.



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. Lay out the lettuce leaves. Spread 1 tsp mustard on each.
2. Add 1 slice of ham and ½ slice of cheese to each leaf.
3. Roll up firmly and secure with a toothpick if needed.



Ingredients:

- 4 large butter lettuce leaves
- 4 slices (100g) low-FODMAP ham (no garlic/onion)
- 2 slices (40g) Swiss cheese (lactose-free)
- 4 tsp (20g) Dijon mustard

Nutritional Value (per serving):

- Calories: 150 kcal
- Protein: 12g
- Fat: 8g
- Saturated Fat: 4g
- Carbohydrates: 3g
- Fiber: 1g
- Sodium: 400mg

Salads

Chicken & Spinach Salad

A protein-packed salad with tender chicken, fresh spinach, cucumber, and a light lemon-olive oil dressing.



Prep Time:
10 minutes



Cooking Time:
0 minutes
(if using pre-cooked chicken)



Servings:
2

Instructions:

1. In a large bowl, arrange the baby spinach as the base.
2. Top with cooked chicken breast, cucumber slices, and halved cherry tomatoes.
3. In a small bowl, whisk together olive oil, lemon juice, dried oregano, salt, and pepper.
4. Drizzle the salad with the dressing and toss gently to combine.
5. If desired, sprinkle with grated Parmesan cheese.
6. Serve immediately for the best texture.



Ingredients:

- 2 cups (60g) baby spinach, washed and dried
- 1 cup (150g) cooked chicken breast, shredded or diced
- ½ cup (80g) cucumber, thinly sliced
- 10 cherry tomatoes, halved (ensure ripe, as unripe tomatoes can be higher in FODMAPs)
- 2 tbsp (30ml) olive oil
- 2 tbsp (30ml) lemon juice
- 1 tsp (2g) dried oregano
- Salt and pepper to taste
- 2 tbsp (16g) grated Parmesan cheese (optional)

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 25g
- Fat: 16g
- Saturated Fat: 3g
- Carbohydrates: 8g
- Fiber: 2g
- Sodium: 150mg

Quinoa & Bell Pepper Salad



A refreshing, fiber-rich salad with quinoa, bell peppers, and a simple olive oil dressing.



Prep Time:
10 minutes



Cooking Time:
15 minutes
(for quinoa)



Servings:
2

Instructions:

1. In a mixing bowl, combine cooked quinoa, diced red and green bell peppers, and chopped chives.
2. In a small bowl, whisk together olive oil, lime juice, cumin, salt, and pepper.
3. Pour the dressing over the quinoa mixture and toss gently to coat.
4. Sprinkle pumpkin seeds on top for crunch.
5. Serve chilled or at room temperature.



Ingredients:

- 1 cup (180g) cooked quinoa (cooled)
- ½ cup (70g) red bell pepper, diced
- ½ cup (70g) green bell pepper, diced
- 2 tbsp (10g) chopped chives (green part only)
- 2 tbsp (30ml) olive oil
- 2 tbsp (30ml) lime juice
- 1 tsp (2g) ground cumin
- Salt and pepper to taste
- 2 tbsp (20g) pumpkin seeds

Nutritional Value (per serving):

- Calories: 290 kcal
- Protein: 7g
- Fat: 16g
- Saturated Fat: 2g
- Carbohydrates: 30g
- Fiber: 5g
- Sodium: 10mg

Tuna & Rice Salad



A simple, satisfying salad with canned tuna, rice, carrots, and a light mayo dressing.



Prep Time:
10 minutes



Cooking Time:
15 minutes
(for rice)



Servings:
2

Instructions:

1. In a large bowl, combine cooked rice, drained tuna, grated carrot, and chopped green olives.
2. In a small bowl, whisk together mayonnaise, lemon juice, salt, and pepper.
3. Pour the dressing over the rice mixture and stir until evenly coated.
4. Sprinkle with fresh parsley before serving.
5. Enjoy immediately or refrigerate for up to one day.



Ingredients:

- 1 cup (180g) cooked white rice, cooled
- 1 can (120g) tuna in water, drained
- ½ cup (60g) grated carrot
- 2 tbsp (20g) chopped green olives
- 2 tbsp (30g) lactose-free mayonnaise
- 1 tsp (5ml) lemon juice
- Salt and pepper to taste
- 2 tsp (2g) fresh parsley, chopped

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 20g
- Fat: 10g
- Saturated Fat: 1.5g
- Carbohydrates: 35g
- Fiber: 2g
- Sodium: 380mg



Caprese Salad (Tomato & Mozzarella)



A fresh Italian-inspired salad with ripe tomatoes, lactose-free mozzarella, basil, and a drizzle of olive oil.



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. Arrange tomato and mozzarella slices alternately on a serving platter.
2. Tuck fresh basil leaves between the slices.
3. Drizzle with olive oil and balsamic vinegar.
4. Season lightly with salt and black pepper.
5. For extra texture, sprinkle pine nuts on top (optional).
6. Serve immediately.



Ingredients:

- 2 medium ripe tomatoes (about 7oz/200g total), sliced
- 4 oz (120g) lactose-free mozzarella, sliced
- 10 fresh basil leaves
- 2 tbsp (30ml) extra virgin olive oil
- 1 tsp (5ml) balsamic vinegar (ensure no garlic/onion additives)
- Pinch of salt & black pepper
- 2 tsp (4g) pine nuts (optional, for crunch)

Nutritional Value (per serving):

- Calories: 250 kcal
- Protein: 10g
- Fat: 20g
- Saturated Fat: 6g
- Carbohydrates: 5g
- Fiber: 1g
- Sodium: 180mg

Niçoise Salad (Tuna & Egg)



A French-style salad with tuna, boiled egg, green beans, and olives—minus high-FODMAP ingredients.



Prep Time:
10 minutes



Cooking Time:
10 minutes
(for eggs and beans)



Servings:
2

Instructions:

1. Line two bowls with torn butter lettuce.
2. Divide tuna, quartered eggs, green beans, cherry tomatoes, and olives between bowls.
3. Whisk together olive oil, lemon juice, Dijon mustard, salt, and pepper.
4. Drizzle dressing evenly over both salads.
5. Toss gently just before serving.



Ingredients:

- 2 cups (100g) butter lettuce, torn
- 1 can (120g) tuna in water, drained
- 2 hard-boiled eggs, quartered
- 1 cup (100g) steamed green beans (trimmed)
- 10 cherry tomatoes, halved
- 10 pitted green olives
- 2 tbsp (30ml) olive oil
- 1 tbsp (15ml) lemon juice
- 1 tsp (2g) Dijon mustard (ensure no garlic/onion)
- Salt & pepper to taste

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 25g
- Fat: 18g
- Saturated Fat: 3g
- Carbohydrates: 12g
- Fiber: 4g
- Sodium: 400mg

Cobb Salad (Chicken & Bacon)



A hearty American Cobb Salad with low-FODMAP swaps like lactose-free cheese and no onion/garlic.



Prep Time:
10 minutes



Cooking Time:
5 minutes
(for bacon)



Servings:
2

Instructions:

1. Divide romaine lettuce between two serving bowls.
2. Arrange chicken, bacon, eggs, avocado, cheddar, and tomatoes in neat rows over each salad.
3. Whisk together olive oil, lemon juice, salt, and pepper.
4. Drizzle dressing evenly over both salads.
5. Serve immediately.



Ingredients:

- 2 cups (100g) romaine lettuce, chopped
- 1 cup (150g) cooked chicken breast, diced
- 2 slices (30g) bacon, cooked & crumbled
- 2 hard-boiled eggs, sliced
- ½ avocado (2oz/60g), diced
- 2 tbsp (20g) lactose-free cheddar, cubed
- 10 cherry tomatoes, halved
- 2 tbsp (30ml) olive oil
- 1 tbsp (15ml) lemon juice
- Salt & pepper to taste

Nutritional Value (per serving):

- Calories: 420 kcal
- Protein: 30g
- Fat: 28g
- Saturated Fat: 7g
- Carbohydrates: 10g
- Fiber: 5g
- Sodium: 450mg

Waldorf Salad (Apple & Walnut)



A crunchy, slightly sweet twist on the classic Waldorf salad with safe ingredients.



Prep Time:
10 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. Divide romaine lettuce between two serving bowls.
2. Top each with diced apple, walnuts, feta, and halved grapes.
3. Whisk together olive oil, lemon juice, salt, and cinnamon.
4. Drizzle dressing evenly over both salads.
5. Toss gently just before serving.



Ingredients:

- 2 cups (100g) chopped romaine lettuce
- 1 medium firm green apple (3 oz/100g), diced (peeled if preferred)
- 2 tbsp (20g) walnuts, chopped
- 2 tbsp (10g) lactose-free feta, crumbled
- 2 tbsp (10g) seedless red grapes, halved
- 2 tbsp (30ml) olive oil
- 1 tbsp (15ml) lemon juice
- Pinch of salt & cinnamon

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 4g
- Fat: 20g
- Saturated Fat: 3g
- Carbohydrates: 22g
- Fiber: 4g
- Sodium: 120mg



Caesar Salad (No Garlic/Onion)

A creamy, safe Caesar salad with lactose-free dressing and crispy bacon.



Prep Time:
5 minutes



Cooking Time:
5 minutes
(for bacon)



Servings:
2

Instructions:

1. In a large bowl, combine romaine, Parmesan, bacon, and croutons.
2. Whisk together mayonnaise, lemon juice, olive oil, salt, and pepper in a small bowl.
3. Drizzle dressing over salad and toss gently to coat.
4. Divide between two plates and serve immediately.



Ingredients:

- 3 cups (150g) chopped romaine lettuce
- ¼ cup (30g) grated Parmesan
- 2 slices (30g) bacon, cooked & crumbled
- 2 tbsp (20g) gluten-free croutons (check for onion/garlic)
- 2 tbsp (30g) lactose-free mayonnaise
- 1 tsp (5ml) lemon juice
- 1 tsp (5ml) olive oil
- Pinch of salt & black pepper

Nutritional Value (per serving):

- Calories: 250 kcal
- Protein: 8g
- Fat: 18g
- Saturated Fat: 5g
- Carbohydrates: 12g
- Fiber: 2g
- Sodium: 480mg



Soups

Creamy Carrot & Ginger Soup

A smooth, comforting soup with sweet carrots and a hint of warm ginger.



Prep Time:
10 minutes



Cooking Time:
20 minutes



Servings:
2

Instructions:

1. Heat olive oil in a medium pot over medium heat. Add chopped carrots and sauté for 5 minutes until slightly softened.
2. Stir in vegetable broth and grated ginger. Bring to a simmer, cover, and cook until carrots are tender (about 15 minutes).
3. Remove from heat and blend until smooth using an immersion blender or food processor.
4. Return to low heat, stir in cream, and season with salt and pepper.
5. Serve warm, garnished with fresh chives if desired.



Ingredients:

- 2 cups (300g) carrots, peeled and chopped
- 1 cup (240ml) low-FODMAP vegetable broth
- ½ cup (120ml) lactose-free cream or coconut cream
- 2 tsp (10g) fresh ginger, grated
- 1 tbsp (15ml) olive oil
- Salt & pepper to taste
- Fresh chives (optional, for garnish)

Nutritional Value (per serving):

- | | |
|----------------------|----------------------|
| • Calories: 220 kcal | • Carbohydrates: 14g |
| • Protein: 2g | • Fiber: 4g |
| • Fat: 18g | • Sodium: 300mg |
| • Saturated Fat: 8g | |



Chicken & Rice Soup



A simple, nourishing soup with tender chicken and easy-to-digest white rice.



Prep Time:
5 minutes



Cooking Time:
25 minutes



Servings:
2

Instructions:

1. In a medium pot, heat olive oil over medium heat. Add diced carrot and sauté for 3 minutes.
2. Pour in chicken broth and bring to a boil.
3. Add white rice, reduce heat to low, cover, and simmer for 15 minutes until rice is tender.
4. Stir in shredded chicken and heat through for 2 minutes.
5. Season with salt and pepper, garnish with fresh parsley, and serve warm.



Ingredients:

- 1 cup (150g) cooked chicken breast, shredded
- ½ cup (90g) white rice (jasmine or basmati)
- 3 cups (720ml) low-FODMAP chicken broth
- 1 carrot (60g), finely diced
- 1 tbsp (15ml) olive oil
- 2 tsp (2g) fresh parsley, chopped
- Salt & pepper to taste

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 22g
- Fat: 8g
- Saturated Fat: 1.5g
- Carbohydrates: 30g
- Fiber: 1g
- Sodium: 350mg

Spinach & Potato Soup



A creamy, hearty soup with spinach and potatoes—gentle on the stomach.



Prep Time:
10 minutes



Cooking Time:
20 minutes



Servings:
2

Instructions:

1. Heat olive oil in a medium pot. Add diced potatoes and cook for 3 minutes.
2. Pour in vegetable broth, bring to a boil, then simmer for 15 minutes until potatoes are tender.
3. Stir in chopped spinach and cook for 2 minutes until wilted.
4. Blend until smooth (optional for creamier texture), then stir in lactose-free milk.
5. Season with salt, pepper, and paprika if desired.
6. Serve warm.



Ingredients:

- 1 cup (150g) potatoes, peeled and diced
- 2 cups (480ml) low-FODMAP vegetable broth
- 1 cup (30g) spinach, chopped
- ½ cup (120ml) lactose-free milk or almond milk
- 1 tbsp (15ml) olive oil
- Salt & pepper to taste
- Pinch of paprika (optional)

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 4g
- Fat: 7g
- Saturated Fat: 1g
- Carbohydrates: 25g
- Fiber: 3g
- Sodium: 250mg

Tomato & Basil Soup



A classic, velvety tomato soup with fresh basil—naturally sweet and comforting.



Prep Time:
5 minutes



Cooking Time:
15 minutes



Servings:
2

Instructions:

1. In a medium pot, heat olive oil over medium heat. Add tomato purée and stir for 2 minutes.
2. Pour in vegetable broth, sugar (if using), and dried basil. Simmer for 10 minutes, stirring occasionally.
3. Blend until smooth (optional for silkier texture). Stir in lactose-free cream if desired.
4. Season with salt and pepper, garnish with fresh basil, and serve warm.



Ingredients:

- 2 cups (480ml) canned tomato purée (no onion/garlic)
- 1 cup (240ml) low-FODMAP vegetable broth
- 2 tbsp (30ml) olive oil
- 2 tsp (10g) sugar (optional, to balance acidity)
- ½ tsp (2g) dried basil (or 2 tbsp (4g) fresh basil, chopped)
- Salt & pepper to taste
- 2 tbsp (30ml) lactose-free cream (optional, for richness)

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 3g
- Fat: 10g
- Saturated Fat: 2g
- Carbohydrates: 20g
- Fiber: 4g
- Sodium: 400mg

Zucchini & Turmeric Soup



A light, anti-inflammatory soup with zucchini and golden turmeric.



Prep Time:
5 minutes



Cooking Time:
15 minutes



Servings:
2

Instructions:

1. Heat olive oil in a medium pot. Add zucchini and sauté for 3 minutes.
2. Stir in turmeric, then add vegetable broth. Simmer for 10 minutes until zucchini is tender.
3. Blend until smooth, then stir in coconut milk.
4. Season with salt and pepper, garnish with cilantro if desired, and serve warm.



Ingredients:

- 2 cups (240g) zucchini, chopped
- 1 cup (240ml) low-FODMAP vegetable broth
- ½ cup (120ml) coconut milk (light)
- 1 tsp (2g) ground turmeric
- 1 tbsp (15ml) olive oil
- Salt & pepper to taste
- Fresh cilantro (optional, for garnish)

Nutritional Value (per serving):

- Calories: 150 kcal
- Protein: 2g
- Fat: 12g
- Saturated Fat: 6g
- Carbohydrates: 8g
- Fiber: 2g
- Sodium: 250mg

Egg Drop Soup



A quick, protein-rich soup with silky eggs and green onions (green part only).



Prep Time:
2 minutes



Cooking Time:
8 minutes



Servings:
2

Instructions:

1. Bring chicken broth to a gentle boil in a medium pot. Add ginger and soy sauce.
2. Reduce heat to low. Slowly drizzle in beaten eggs while stirring in one direction to create ribbons.
3. Cook for 1 minute, then turn off heat. Season with white pepper and stir in green onions.
4. Serve immediately.



Ingredients:

- 3 cups (720ml) low-FODMAP chicken broth
- 2 large eggs, beaten
- 2 tbsp (10g) green onion (green part only), thinly sliced
- 1 tsp (2g) ginger, grated
- 1 tsp (5ml) gluten-free soy sauce (or tamari)
- Salt & white pepper to taste

Nutritional Value (per serving):

- Calories: 110 kcal
- Protein: 8g
- Fat: 5g
- Saturated Fat: 1.5g
- Carbohydrates: 3g
- Fiber: 0g
- Sodium: 900mg

Creamy Pumpkin & Sage Soup



A velvety, seasonal soup with sweet pumpkin and aromatic sage—perfect for cozy nights.



Prep Time:
5 minutes



Cooking Time:
20 minutes



Servings:
2

Instructions:

1. Heat olive oil in a medium pot. Add pumpkin cubes and sauté for 3 minutes.
2. Pour in vegetable broth and add sage leaves. Simmer covered for 15 minutes until pumpkin is tender.
3. Remove sage leaves, blend until smooth, then stir in lactose-free cream.
4. Season with salt and white pepper. Garnish with toasted pumpkin seeds if desired.



Ingredients:

- 2 cups (240g) peeled pumpkin (or butternut squash), cubed
- 1 cup (240ml) low-FODMAP vegetable broth
- ½ cup (120ml) lactose-free cream or coconut cream
- 1 tbsp (15ml) olive oil
- 4 fresh sage leaves (or ½ tsp dried sage)
- Salt & white pepper to taste
- Pumpkin seeds (optional, for crunch)

Nutritional Value (per serving):

- Calories: 200 kcal
- Protein: 3g
- Fat: 15g
- Saturated Fat: 7g
- Carbohydrates: 15g
- Fiber: 3g
- Sodium: 300mg

Main Poultry Dishes

Grilled Chicken & Spinach Salad

A vibrant salad pairing juicy grilled chicken with baby spinach.



Prep Time:
10 minutes



Cooking Time:
8 minutes



Servings:
2

Instructions:

1. Pat chicken breasts dry. Season both sides with oregano, salt, and pepper. Heat 1 tbsp garlic-infused oil in a skillet over medium heat. Cook chicken for 4-5 minutes per side until internal temperature reaches 75°C (165°F). Let rest 3 minutes before slicing.
2. In a large bowl, combine spinach, cucumber, and tomatoes. Drizzle with remaining 1 tbsp garlic-infused oil and lemon juice. Toss gently to coat.
3. Divide greens between two plates. Top with sliced chicken. Sprinkle with feta if desired. Serve immediately.



Ingredients:

- 2 small (7oz/200g total) boneless, skinless chicken breasts
- 2 tbsp (30ml) garlic-infused olive oil (divided)
- 2 cups (60g) baby spinach, washed and dried
- ½ cup (70g) cucumber, peeled and diced
- 10 cherry tomatoes, halved (use 6-8 if sensitive)
- 2 tbsp (30ml) fresh lemon juice
- 1 tsp (2g) dried oregano
- Pinch of salt and black pepper
- 2 tbsp (20g) lactose-free feta cheese (optional)

Nutritional Value (per serving):

- | | |
|----------------------|---------------------|
| • Calories: 280 kcal | • Carbohydrates: 8g |
| • Protein: 25g | • Fiber: 2g |
| • Fat: 16g | • Sodium: 200mg |
| • Saturated Fat: 3g | |

Chicken & Quinoa Salad

Hearty quinoa meets juicy chicken and crunchy carrots in this lime-kissed salad, finished with fresh cilantro for a gut-friendly burst of flavor.



Prep Time:
10 minutes



Cooking Time:
15 minutes



Servings:
2

Instructions:

1. Rinse $\frac{1}{2}$ cup (90g) uncooked quinoa under cold water. In a small saucepan, combine quinoa with 1 cup (240ml) water. Bring to a boil, then lower the heat, cover, and simmer for 12–15 minutes until water is absorbed. Fluff with a fork and let cool.
2. Season the chicken breasts with salt and pepper. Poach in simmering water for 10–12 minutes until cooked through. Shred with two forks.
3. In a small bowl, whisk together olive oil, lime juice, cumin, salt, and pepper.
4. In a mixing bowl, combine cooled quinoa, shredded chicken, grated carrot, and scallions. Drizzle with the dressing and gently toss to mix. Garnish with fresh cilantro (if using). Serve chilled or at room temperature.

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 24g
- Fat: 12g
- Saturated Fat: 2g
- Carbohydrates: 28g
- Fiber: 3g
- Sodium: 180mg



Ingredients:

- 1 cup (150g) cooked quinoa (cooled)
- 2 small (200g total) chicken breasts, cooked and shredded
- $\frac{1}{2}$ cup (60g) grated carrot
- $\frac{1}{4}$ cup (20g) scallions (green parts only), finely chopped
- 2 tbsp (30ml) olive oil
- 2 tbsp (30ml) fresh lime juice
- 1 tsp (2g) ground cumin
- Salt and pepper to taste
- 2 tbsp (10g) fresh cilantro, chopped (optional)

Chicken & Potato Salad (Dairy-Free)

Heart-warming chicken and potato salad with a garlicky mayo-Dijon dressing, served atop peppery arugula for a satisfying, gut-friendly meal.



Prep Time:
10 minutes



Cooking Time:
20 minutes



Servings:
2

Instructions:

1. Preheat oven to 200°C (400°F). Toss halved baby potatoes with 1 tbsp garlic-infused olive oil, salt, and pepper. Place on a baking sheet and roast for 20 minutes, flipping halfway, until golden and tender. Let cool slightly.
2. Season the chicken breasts with salt and pepper. In a pan, heat 1 tbsp oil over medium heat. Cook until well done, 5–6 minutes per side. Dice into bite-sized pieces.
3. In a small bowl, mix mayonnaise, Dijon mustard, remaining 1 tbsp oil, chives, salt, and black pepper.
4. In a mixing bowl, combine diced chicken, roasted potatoes, and dressing. Fold gently to coat. Serve over a bed of arugula (if using) for a peppery contrast.

Nutritional Value (per serving):

- Calories: 350 kcal
- Protein: 22g
- Fat: 18g
- Saturated Fat: 2.5g
- Carbohydrates: 25g
- Fiber: 3g
- Sodium: 220mg



Ingredients:

- 2 small (200g total) chicken breasts, roasted and diced
- 1 cup (150g) baby potatoes, halved
- 3 tbsp (45ml) garlic-infused olive oil (divided)
- 2 tsp (10ml) Dijon mustard (check for no garlic/onion)
- 2 tbsp (30ml) lactose-free mayonnaise
- 1 tsp (2g) fresh chives, finely chopped
- Salt and pepper to taste
- $\frac{1}{2}$ cup (40g) arugula (optional, for serving)

Turkey & Spinach Salad with Lemon Vinaigrette



A fresh and protein-packed salad with tender turkey, crisp spinach, and a zesty lemon dressing.



Prep Time:
10 minutes



Cooking Time:
8 minutes



Servings:
2

Instructions:

1. Heat garlic-infused olive oil in a pan over medium heat. Cook the turkey strips for 6-8 minutes, turning occasionally, until fully cooked. Set aside.
2. In a bowl, combine baby spinach, cucumber slices, and halved cherry tomatoes.
3. In a small jar, whisk together lemon juice, olive oil, salt, and pepper to make the dressing.
4. Drizzle the salad with the dressing and gently toss.
5. Top with the cooked turkey strips and optional chopped walnuts for extra crunch.
6. Serve immediately for the best texture.



Ingredients:

- 6 oz (170g) turkey breast, sliced into strips
- 2 tsp (10ml) garlic-infused olive oil (low FODMAP)
- 2 cups (60g) baby spinach, washed and dried
- ½ cup (70g) cucumber, sliced
- 10 cherry tomatoes, halved
- 2 tbsp (30ml) lemon juice
- 2 tbsp (30ml) olive oil
- Salt and pepper to taste
- 2 tbsp (16g) walnuts, chopped (optional)

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 25g
- Fat: 18g
- Saturated Fat: 2.5g
- Carbohydrates: 8g
- Fiber: 3g
- Sodium: 150mg

Herb-Roasted Turkey with Garlic-Infused Mashed Potatoes & Steamed Carrots



Tender roasted turkey with creamy mashed potatoes and sweet carrots for a comforting, low FODMAP meal.



Prep Time:
10 minutes



Cooking Time:
25 minutes



Servings:
2

Instructions:

1. Preheat oven to 375°F (190°C). Rub the turkey breast with thyme, rosemary, salt, pepper, and garlic-infused olive oil. Roast for 20-25 minutes until fully cooked.
2. Meanwhile, boil the diced potatoes in salted water for 12-15 minutes until tender. Drain and mash with lactose-free butter and milk until smooth. Season with salt.
3. Steam the carrot slices for 5-7 minutes until tender.
4. Plate the mashed potatoes, top with roasted turkey, and serve with steamed carrots on the side.



Ingredients:

- 8 oz (230g) turkey breast
- 1 tsp (2g) dried thyme
- 1 tsp (2g) dried rosemary
- 2 tsp (10ml) garlic-infused olive oil
- 1 cup (150g) peeled and diced potatoes
- 2 tbsp (30ml) lactose-free butter
- ¼ cup (60ml) lactose-free milk
- 1 cup (120g) carrots, sliced
- Salt and pepper to taste

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 28g
- Fat: 12g
- Saturated Fat: 5g
- Carbohydrates: 25g
- Fiber: 4g
- Sodium: 180mg

Main Meat Dishes

Pan-Seared Pork Chop with Spinach & Quinoa

Juicy pork chop with garlic-infused oil, paired with fluffy quinoa and sautéed spinach.



Prep Time:
5 minutes



Cooking Time:
12 minutes



Servings:
2

Instructions:

1. Pat dry pork chops with paper towels. Season both sides with salt and paprika. Heat a large skillet over medium-high heat. Add 1 tsp garlic-infused olive oil and swirl to coat. Sear chops for 4-5 minutes per side (for 1-inch thickness) until internal temperature reaches 63°C (145°F). Transfer to a plate, tent with foil, and let rest for 3 minutes.
2. In the same pan, lower heat to medium and add remaining 1 tsp garlic-infused olive oil. Add spinach and lemon juice. Toss for 30 seconds until just wilted, then remove from heat.
3. Rinse quinoa under cold water. Simmer with 1 cup water for 10-12 minutes until fluffy. Drain excess water if needed.
4. Divide cooked quinoa between plates. Place rested pork chops beside or on top of quinoa. Scatter sautéed spinach alongside. Optionally garnish with extra lemon, cracked black pepper, or paprika.



Ingredients:

- 2 (4oz/120g each) boneless pork chops
- 2 tsp (10ml) garlic-infused olive oil (divided)
- Pinch of salt, black pepper & paprika
- ½ cup (90g) quinoa
- 2 cups (60g) fresh spinach
- Squeeze of lemon juice

Nutritional Value (per serving):

- Calories: 390 kcal
- Protein: 32g
- Fat: 18g
- Saturated Fat: 4g
- Carbohydrates: 25g
- Fiber: 3g
- Sodium: 290mg

Grilled Steak with Herb Butter & Roasted Carrots



Tender grilled steak topped with fragrant herb butter, served with sweet roasted carrots.



Prep Time:
10 minutes



Cooking Time:
15 minutes



Servings:
2

Instructions:

1. In a small bowl, combine soft butter, chives, parsley, and lemon zest (if using). Stir until fully blended. Scoop the mixture onto parchment paper, roll into a log, and twist the ends. Place in the fridge to firm up (or freezer for 5 minutes).
2. Set oven to 200°C (400°F). Slice carrots into even-sized pieces. Toss with olive oil, salt, and thyme. Place in a single layer on a baking sheet. Roast for 15 minutes, flipping halfway, until tender and slightly caramelized.
3. Bring steaks to room temperature. Rub with olive oil, salt, and pepper (pat dry first if wet).
4. Preheat grill to high. Cook 3-4 minutes per side for medium-rare (adjust for thickness). Alternatively, heat a skillet (cast iron preferred) over high heat. Sear steaks 3-4 minutes per side, pressing lightly for even contact. Transfer to a plate, tent loosely with foil, and let rest 5 minutes.
5. Slice the steaks against the grain for maximum tenderness. Top each with a pat of chilled herb butter and serve alongside the roasted carrots.

Nutritional Value (per serving):

- Calories: 420 kcal
- Protein: 35g
- Fat: 28g
- Saturated Fat: 12g
- Carbohydrates: 8g
- Fiber: 2g
- Sodium: 320mg



Ingredients:

- 2 (5oz/150g each) lean beef steaks (sirloin or flank)
- 2 tsp (10ml) olive oil
- Pinch of salt & pepper
- 2 tbsp (28g) lactose-free butter, softened
- 1 tsp (2g) fresh chives, chopped
- 1 tsp (2g) fresh parsley, chopped
- Pinch of lemon zest (optional)
- 1 cup (120g) carrots, sliced
- 2 tsp (10ml) olive oil
- Pinch of salt & dried thyme

Lamb Skewers with Cucumber & Mint Salad



Succulent lamb skewers with a refreshing cucumber-mint salad.



Prep Time:
15 minutes

(incl. marinating)



Cooking Time:
8 minutes



Servings:
2

Instructions:

1. Pat dry cubed lamb with paper towels. In a bowl, toss lamb with garlic-infused oil, ground cumin, salt, and pepper. Massage gently to coat. Let marinate at room temperature for 10 minutes (or up to 2 hours refrigerated). Thread lamb onto metal or moistened wooden skewers, leaving small spaces between pieces.
2. Heat grill or grill pan to high (or heat oil in a cast-iron skillet over medium-high). Cook skewers for 3-4 minutes per side until internal temperature reaches 63°C/145°F. Transfer to a plate, tent with foil, and rest for 3 minutes.
3. In a bowl, gently toss diced cucumber, torn mint leaves, lemon juice, and olive oil. Season with salt if desired. Chill for 5 minutes for extra crispness.
4. Serve skewers alongside the chilled cucumber-mint salad.

Nutritional Value (per serving):

- Calories: 310 kcal
- Protein: 25g
- Fat: 20g
- Saturated Fat: 6g
- Carbohydrates: 4g
- Fiber: 1g
- Sodium: 250mg



Ingredients:

- 2 (4oz/120g each) lamb leg, cubed
- 2 tsp (10ml) garlic-infused oil
- 1 tsp (2g) ground cumin
- Pinch of salt & pepper
- 1 cup (120g) cucumber, diced
- 10 fresh mint leaves, torn
- 2 tsp (10ml) lemon juice
- 2 tsp (10ml) olive oil

Beef Stew with Carrots & Spinach

The tender meat is slowly cooked in a flavorful and creamy broth with carrots and wilted spinach—a comforting and satisfying meal.



Prep Time:
15 minutes



Cooking Time:
1 hour 30 minutes



Servings:
2

Instructions:

1. Heat garlic-infused oil in a medium pot over medium-high heat. Pat the beef dry, season with salt and pepper, then sear until browned on all sides (about 3-4 minutes). Remove and set aside.
2. In the same pot, add carrots and sauté for 2 minutes. Stir in tomato paste, thyme, and smoked paprika. Pour in beef broth, scraping up any browned bits. Return the beef to the pot.
3. Cover and simmer on low heat for 1 hour 15 minutes, stirring occasionally, until the beef is fork-tender.
4. If desired, mix cornstarch with 2 tbsp cold water, then stir into the stew. Simmer for 5 more minutes until slightly thickened.
5. Just before serving, stir in spinach until wilted (about 1 minute). Drizzle with lemon juice and a pinch of salt.
6. Serve warm in deep bowls, adjusting seasoning if needed.

Nutritional Value (per serving):

- Calories: 420 kcal
- Protein: 35g
- Fat: 25g
- Saturated Fat: 7g
- Carbohydrates: 12g
- Fiber: 3g
- Sodium: 450mg



Ingredients:

- 300g beef stew meat (chuck or round), cubed
- 2 tbsp (30ml) garlic-infused olive oil (low FODMAP)
- 2 cups (480ml) low FODMAP beef broth (ensure no onion/garlic)
- 1 cup (120g) carrots, chopped into chunks
- 1 tsp (2g) dried thyme
- 1 tsp (2g) smoked paprika
- Salt and black pepper, to taste
- 2 tsp (10ml) tomato paste (check for no added garlic/onion)
- 2 tsp (6g) cornstarch (optional, for thickening)
- 1 cup (30g) fresh spinach
- 2 tsp (10ml) lemon juice
- Pinch of salt

Beef & Rice Noodle Salad with Ginger-Lime Dressing

Thinly sliced beef over rice noodles with crunchy veggies and a tangy ginger-lime dressing.



Prep Time:
10 minutes



Cooking Time:
8 minutes



Servings:
2

Instructions:

1. Soak rice noodles in hot water for 3-5 minutes until al dente. Drain and rinse under cold water. Toss with 1 tsp sesame oil if not using immediately.
2. Pat dry sliced beef and season lightly with salt. Heat garlic-infused oil in a wok/skillet over high heat. Add grated ginger and stir for 10 seconds until fragrant. Sear beef in a single layer for 1 minute per side (medium-rare), then remove from heat.
3. Whisk together lime juice, sesame oil, maple syrup, and red pepper flakes.
4. Toss cooked noodles, shredded lettuce, julienned cucumber, and grated carrot in a bowl. Drizzle with $\frac{3}{4}$ of the dressing and toss gently. Top with warm beef slices and remaining dressing.

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 26g
- Fat: 14g
- Saturated Fat: 3g
- Carbohydrates: 40g
- Fiber: 3g
- Sodium: 180mg



Ingredients:

- 2 (3.5oz/100g each) beef sirloin, thinly sliced
- 2 tsp (10ml) garlic-infused oil
- 1 tsp (2g) grated ginger
- 4 oz (120g) rice noodles (cooked per package)
- 1 cup (60g) shredded lettuce
- $\frac{1}{2}$ cup (60g) cucumber, julienned
- $\frac{1}{2}$ cup (50g) grated carrot
- 2 tbsp (30ml) lime juice
- 2 tsp (10ml) sesame oil (low-FODMAP serving)
- 1 tsp (5ml) maple syrup
- Pinch of red pepper flakes (optional)

Main Seafood Dishes

Pan-Seared Salmon with Lemon-Dill Butter & Steamed Green Beans

Flaky salmon topped with zesty lemon-dill butter, served with crisp steamed green beans.



Prep Time:
5 minutes



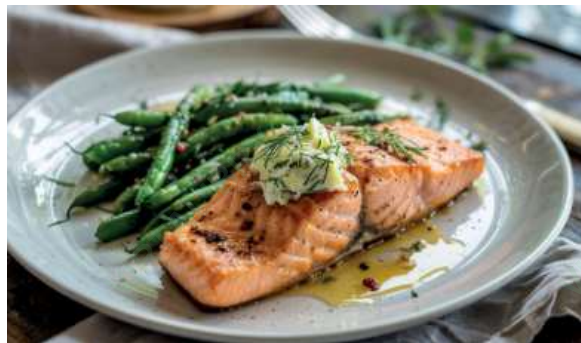
Cooking Time:
10 minutes



Servings:
2

Instructions:

1. Combine softened lactose-free butter, chopped dill, lemon juice, and lemon zest in a bowl. Mix until smooth. Optional: Chill rolled butter log for 5 minutes for slicing.
2. Steam trimmed green beans in a basket over boiling water for 3-4 minutes or microwave beans with 2 tbsp water in a covered dish for 2-3 minutes. Toss cooked beans with olive oil and salt.
3. Pat dry salmon fillets and season with salt and pepper. Heat garlic-infused olive oil in a large skillet over medium-high heat. Cook salmon skin-side down for 4-5 minutes without moving until crispy. Flip and cook 2-3 minutes more (50-55°C for medium-rare). Rest for 2 minutes before serving.
4. Plate steamed green beans with salmon (skin-side up). Top each salmon fillet with lemon-dill butter to melt. Optional garnish: Extra dill, lemon wedge, or cracked pepper.



Ingredients:

- 2 (4 oz/120g each) salmon fillets (skin-on or off)
- 2 tsp (10ml) garlic-infused olive oil
- Pinch of salt & black pepper
- 2 tbsp (28g) lactose-free butter, softened
- 1 tsp (2g) fresh dill, chopped
- 1 tsp (5ml) lemon juice
- Pinch of lemon zest
- 1 cup (120g) green beans, trimmed
- 2 tsp (10ml) olive oil
- Pinch of salt

Nutritional Value (per serving):

- | | |
|----------------------|---------------------|
| • Calories: 350 kcal | • Carbohydrates: 6g |
| • Protein: 28g | • Fiber: 2g |
| • Fat: 24g | • Sodium: 310mg |
| • Saturated Fat: 9g | |



Maple-Glazed Salmon with Quinoa & Spinach



Sweet and savory salmon with a maple glaze, paired with fluffy quinoa and fresh baby spinach.



Prep Time:
5 minutes



Cooking Time:
15 minutes



Servings:
2

Instructions:

1. Preheat oven to 375°F (190°C). Mix maple syrup and soy sauce in a small bowl.
2. Place salmon fillets on a lined baking sheet, brush with olive oil, then coat with maple-soy glaze.
3. Bake for 12-15 minutes until flaky.
4. Toss baby spinach with lemon juice, salt, and pepper.
5. Serve salmon over quinoa with spinach on the side.



Ingredients:

- 2 (5 oz / 140g each) salmon fillets
- 2 tbsp (30ml) maple syrup
- 1 tbsp (15ml) soy sauce (use gluten-free if needed)
- 1 tsp (5ml) olive oil
- ½ cup (90g) cooked quinoa
- 1 cup (30g) baby spinach
- 2 tsp (10ml) lemon juice
- Salt and pepper to taste

Nutritional Value (per serving):

- Calories: 350 kcal
- Protein: 30g
- Fat: 12g
- Saturated Fat: 2g
- Carbohydrates: 30g
- Fiber: 3g
- Sodium: 320mg

Lemon-Pepper Salmon with Garlic-Infused Green Beans



Zesty lemon-pepper salmon with crisp-tender green beans sautéed in garlic-infused oil.



Prep Time:
5 minutes



Cooking Time:
12 minutes



Servings:
2

Instructions:

1. Season salmon fillets with lemon zest, black pepper, and salt.
2. Heat olive oil in a skillet over medium heat. Cook salmon for 4-5 minutes on each side.
3. In another pan, sauté green beans in garlic-infused oil for 5-6 minutes until tender-crisp.
4. Serve salmon with green beans on the side.



Ingredients:

- 2 (5 oz / 140g each) salmon fillets
- 1 tsp (4g) lemon zest
- 1 tsp (4g) cracked black pepper
- 1 tbsp (15ml) olive oil
- 2 cups (200g) green beans, trimmed
- 1 tbsp (15ml) garlic-infused olive oil
- Salt to taste

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 27g
- Fat: 20g
- Saturated Fat: 3g
- Carbohydrates: 8g
- Fiber: 3g
- Sodium: 150mg

Salmon en Papillote with Lemon, Dill & Zucchini

Tender salmon steamed in parchment paper with fresh herbs, lemon, and zucchini for a light, flavorful, and mess-free meal.



Prep Time:
5 minutes



Cooking Time:
15 minutes



Servings:
2

Instructions:

1. Preheat oven to 375°F (190°C). Cut two large pieces of parchment paper (about 12x16 inches (30x40cm) each) and fold each in half, then unfold.
2. Divide zucchini slices between parchment sheets, arranging in the center of one half. Drizzle each with olive oil and a pinch of salt.
3. Place salmon fillets on top of zucchini. Season with salt, pepper, and dill. Top each with lemon slices.
4. Drizzle with garlic-infused oil (if using) and white wine or broth for moisture.
5. Fold parchment over salmon, crimping and folding edges tightly to seal into half-moon shapes. Leave space inside for steam.
6. Bake for 12-15 minutes (depending on thickness) until salmon is opaque and flakes easily.
7. Carefully open pouches (watch for steam!) and transfer contents to plates. Serve immediately.

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 27g
- Fat: 16g
- Saturated Fat: 2.5g
- Carbohydrates: 4g
- Fiber: 1g
- Sodium: 180mg



Ingredients:

- 2 (5 oz / 140g each) salmon fillets, skin removed
- 1 cup (120g) zucchini, thinly sliced
- 2 tsp (10ml) olive oil
- 4 thin lemon slices
- 1 tsp (2g) fresh dill, chopped (or ½ tsp dried dill)
- 2 tsp (10ml) garlic-infused olive oil (optional)
- Salt and pepper to taste
- 2 tbsp (30ml) dry white wine or low-FODMAP vegetable broth (optional)

Garlic & Herb Grilled Shrimp with Lemon Quinoa

Succulent shrimp marinated in garlic-infused oil and fresh herbs, served with fluffy lemon quinoa and a side of crisp cucumber salad.



Prep Time:
10 minutes



Cooking Time:
10 minutes



Servings:
2

Instructions:

1. In a medium bowl, combine shrimp, garlic-infused oil, parsley, chives, smoked paprika, salt, and pepper. Toss well and let sit for 5 minutes.
2. Bring water to a boil in a small pot, add quinoa, lower heat, cover, and simmer for 10-12 minutes until water is absorbed. Fluff with a fork and stir in lemon juice.
3. Heat a skillet or grill pan to medium-high. Cook shrimp until opaque and pink, 2-3 minutes per side.
4. In a medium bowl, toss cucumber, carrot, olive oil, and vinegar. Season lightly with salt.
5. Serve shrimp over quinoa with cucumber salad on the side.

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 25g
- Fat: 14g
- Saturated Fat: 2g
- Carbohydrates: 25g
- Fiber: 3g
- Sodium: 220mg



Ingredients:

- 8 oz (230g) large shrimp, peeled and deveined
- 2 tbsp (30ml) garlic-infused oil (low FODMAP)
- 2 tsp (2g) fresh parsley, chopped
- 1 tsp (2g) fresh chives, chopped
- ½ tsp (2g) smoked paprika
- Salt & pepper, to taste
- ½ cup (90g) quinoa, rinsed
- 1 cup (240ml) water
- 2 tsp (10ml) lemon juice
- 1 cup (120g) cucumber, diced
- 2 tbsp (10g) grated carrot
- 2 tsp (10ml) olive oil
- 2 tsp (10ml) white wine vinegar

Zesty Lime Shrimp Tacos with Spinach & Corn Salsa



Flavorful shrimp tossed in lime and cumin, wrapped in corn tortillas with a fresh spinach and corn salsa.



Prep Time:
10 minutes



Cooking Time:
5 minutes



Servings:
2

Instructions:

1. In a bowl, toss shrimp with lime juice, cumin, chili powder, salt, and pepper.
2. Heat a non-stick pan over medium heat. Cook shrimp for 2–3 minutes until opaque.
3. In a small bowl, mix spinach, corn, bell pepper, olive oil, and lime juice.
4. Briefly heat tortillas in a dry pan or microwave.
5. Divide shrimp between tortillas, top with salsa, and garnish with cilantro.

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 23g
- Fat: 7g
- Saturated Fat: 1g
- Carbohydrates: 35g
- Fiber: 5g
- Sodium: 180mg



Ingredients:

- 8 oz (230g) medium shrimp, peeled and deveined
- 2 tsp (10ml) lime juice
- ½ tsp (1g) ground cumin
- ½ tsp (1g) chili powder (ensure no garlic/onion)
- Salt & pepper, to taste
- 4 small corn tortillas (check for low FODMAP compliance)
- 1 cup (30g) baby spinach, chopped
- ¼ cup (40g) canned corn, drained & rinsed
- 2 tbsp (10g) red bell pepper, finely diced
- 2 tsp (10ml) olive oil
- 2 tsp (10ml) lime juice (extra for salsa)
- Fresh cilantro, to garnish

Ginger–Sesame Shrimp Stir–Fry with Bok Choy & Rice



Tender shrimp stir-fried in a savory ginger-sesame sauce with crisp bok choy, served over steamed jasmine rice.



Prep Time:
10 minutes



Cooking Time:
8 minutes



Servings:
2

Instructions:

1. Prepare dry jasmine rice according to package instructions (use ½ cup uncooked rice for ~1.5 cups cooked).
2. In a small bowl, combine tamari, sesame oil, ginger, and brown sugar (if using).
3. Heat garlic-infused oil in a pan over medium-high. Add shrimp and cook 2 minutes per side until pink. Remove and set aside.
4. In the same pan, add bok choy and stir-fry for 2 minutes until slightly wilted.
5. Return shrimp to the pan, pour sauce over, and toss for 1 minute.
6. Plate over rice, garnish with sesame seeds and green onion tops.

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 24g
- Fat: 12g
- Saturated Fat: 2g
- Carbohydrates: 30g
- Fiber: 2g
- Sodium: 600mg



Ingredients:

- 8 oz (230g) shrimp, peeled and deveined
- 2 tbsp (30ml) garlic-infused oil
- 2 tsp (10ml) sesame oil
- 2 tsp (10g) fresh ginger, grated
- 2 tbsp (30ml) gluten-free tamari (or coconut aminos)
- 1 tsp (4g) brown sugar (optional)
- 1 cup (70g) bok choy, chopped (green parts only)
- ½ cup (90g) jasmine rice, cooked
- 2 tsp (6g) sesame seeds
- 2 green onions (green parts only), thinly sliced

Lemon–Garlic Shrimp with Roasted Potatoes & Green Beans



Juicy shrimp sautéed in lemon and garlic-infused oil, paired with crispy roasted potatoes and tender green beans.



Prep Time:
10 minutes



Cooking Time:
25 minutes



Servings:
2

Instructions:

1. Preheat oven to 400°F (200°C). Toss potatoes with olive oil, salt, and pepper. Roast for 20 minutes.
2. After 10 minutes, add green beans to the tray and roast another 10 minutes.
3. Heat garlic-infused oil in a pan. Add shrimp, oregano, lemon zest, salt, and pepper. Cook 2-3 minutes per side.
4. Drizzle lemon juice over shrimp and toss.
5. Serve shrimp with roasted potatoes and beans. Garnish with parsley.



Ingredients:

- 8 oz (230g) shrimp, peeled and deveined
- 2 tbsp (30ml) garlic-infused oil, divided
- 1 tsp (2g) dried oregano
- 1 tsp (5ml) lemon zest
- 2 tbsp (30ml) lemon juice
- 1 cup (150g) baby potatoes, quartered
- 1 cup (100g) green beans, trimmed
- Salt & pepper, to taste
- 2 tsp (10ml) olive oil
- Fresh parsley, chopped (for garnish)

Nutritional Value (per serving):

- | | |
|----------------------|----------------------|
| • Calories: 290 kcal | • Carbohydrates: 25g |
| • Protein: 23g | • Fiber: 4g |
| • Fat: 10g | • Sodium: 250mg |
| • Saturated Fat: 2g | |



Main Vegetarian Dishes

Quinoa & Spinach Power Salad

A nutrient-packed salad with protein-rich quinoa, fresh spinach, and a zesty lemon dressing.



Prep Time:
10 minutes



Cooking Time:
15 minutes



Servings:
2

Instructions:

1. Cook quinoa according to package instructions (use $\frac{1}{2}$ cup dry quinoa for ~1.5 cups cooked), then let cool.
2. In a large bowl, combine cooled quinoa, chopped spinach, diced cucumber, and halved cherry tomatoes.
3. In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, salt, and pepper.
4. Drizzle dressing over the salad and gently toss to combine.
5. Top with crumbled feta (if using) and chopped walnuts.
6. For best texture, serve immediately or chill for up to two hours.

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 9g
- Fat: 18g
- Saturated Fat: 3g
- Carbohydrates: 32g
- Fiber: 5g
- Sodium: 150mg



Ingredients:

- 1 cup (180g) cooked quinoa (cooled)
- 2 cups (60g) fresh spinach, chopped
- $\frac{1}{2}$ cup (70g) cucumber, diced
- $\frac{1}{2}$ cup (80g) cherry tomatoes, halved (limit to 6-8 tomatoes for low FODMAP)
- 2 tbsp (30ml) olive oil
- 2 tbsp (30ml) lemon juice
- 2 tsp (10g) Dijon mustard (ensure no garlic/onion)
- 2 tbsp (20g) feta cheese, crumbled (optional, lactose-free if needed)
- 2 tbsp (20g) walnuts, chopped
- Salt & pepper to taste

Tofu & Rice Noodle Salad



A light yet satisfying Asian-inspired salad with crispy tofu and rice noodles.



Prep Time:
15 minutes



Cooking Time:
10 minutes



Servings:
2

Instructions:

1. Press tofu for 10 minutes, then cube and pan-fry in 1 tbsp of sesame oil until golden (5-7 minutes). Set aside.
2. Cook rice noodles according to package instructions, rinse under cold water, and drain.
3. In a large bowl, combine noodles, shredded carrots, and sliced bell peppers.
4. In a small bowl, whisk together remaining sesame oil, tamari, maple syrup, and grated ginger.
5. Toss dressing with the noodle mixture, then add crispy tofu.
6. Garnish with crushed peanuts (if using) and fresh cilantro or chives.



Ingredients:

- 3.5 oz (100g) firm tofu, pressed & cubed
- 1 cup (100g) rice noodles, cooked & cooled
- 1 cup (60g) shredded carrots
- ½ cup (40g) bell peppers, sliced (red or green)
- 2 tbsp (30ml) sesame oil
- 2 tbsp (30ml) tamari (gluten-free soy sauce)
- 2 tsp (10ml) maple syrup
- 1 tsp (2g) ginger, grated
- 2 tbsp (16g) peanuts, crushed (optional)
- Fresh cilantro or chives for garnish

Nutritional Value (per serving):

- Calories: 350 kcal
- Protein: 12g
- Fat: 16g
- Saturated Fat: 2g
- Carbohydrates: 40g
- Fiber: 4g
- Sodium: 500mg

Mediterranean Chickpea & Rice Salad



A hearty, flavorful salad with low-FODMAP chickpeas, rice, and olives.



Prep Time:
10 minutes



Cooking Time:
15 minutes



Servings:
2

Instructions:

1. In a large bowl, combine cooked rice, chickpeas, diced cucumber, and sliced olives.
2. Whisk together olive oil, lemon juice, oregano, salt, and pepper in a small bowl.
3. Pour dressing over salad and toss gently to combine.
4. Garnish with chopped parsley before serving. For low FODMAP serving sizes, ensure total chickpea portion does not exceed ½ cup (80g) for two servings.



Ingredients:

- 1 cup (200g) cooked white rice, cooled
- ½ cup (80g) canned chickpeas, rinsed & drained (limit to ½ cup total for low FODMAP)
- ½ cup (60g) cucumber, diced
- 10 kalamata olives, pitted & sliced
- 2 tbsp (10g) fresh parsley, chopped
- 2 tbsp (30ml) olive oil
- 2 tbsp (30ml) lemon juice
- 1 tsp (2g) dried oregano
- Salt & pepper to taste

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 7g
- Fat: 16g
- Saturated Fat: 2g
- Carbohydrates: 38g
- Fiber: 5g
- Sodium: 300mg

Chickpea & Bell Pepper Salad

A bright, crunchy salad with protein-rich chickpeas, crisp bell peppers, and a zesty lime dressing.



Prep Time:
10 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. In a large bowl, combine chickpeas, diced red bell pepper, grated zucchini, and chopped parsley.
2. In a small bowl, whisk together olive oil, lime juice, cumin, salt, and pepper.
3. Pour dressing over the salad and toss gently to combine.
4. Sprinkle sunflower seeds on top for extra crunch.
5. Serve immediately or chill for up to 2 hours before serving.



Ingredients:

- 1 cup (160g) canned chickpeas, rinsed & drained
- 1 cup (120g) red bell pepper, diced
- ½ cup (40g) grated zucchini
- 2 tbsp (10g) fresh parsley, chopped
- 2 tbsp (30ml) olive oil
- 2 tbsp (30ml) lime juice
- 1 tsp (2g) ground cumin
- Salt & pepper to taste
- 2 tbsp (20g) sunflower seeds

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 9g
- Fat: 16g
- Saturated Fat: 2g
- Carbohydrates: 26g
- Fiber: 7g
- Sodium: 120mg



Main Vegan Dishes

Quinoa & Roasted Vegetable Bowl

Hearty quinoa paired with roasted low-FODMAP vegetables and a drizzle of tahini.



Prep Time:
10 minutes



Cooking Time:
25 minutes



Servings:
2

Instructions:

1. Preheat oven to 400°F (200°C).
2. In a medium pot, combine rinsed quinoa and water. Bring to a boil, then cover, reduce heat, and simmer for 15 minutes. Fluff with a fork.
3. Toss diced zucchini, sliced carrots, and chopped bell pepper with olive oil, cumin, paprika, salt, and pepper. Spread evenly on a baking sheet and roast for 20 minutes.
4. In a small bowl, whisk tahini with lemon juice and 2 tablespoons of water to create a smooth sauce.
5. Divide cooked quinoa between two bowls, top with roasted vegetables, and drizzle with tahini sauce. Garnish with fresh parsley.



Ingredients:

- 1 cup (180g) quinoa, rinsed
- 2 cups (480ml) water
- 1 cup (150g) zucchini, diced
- 1 cup (120g) carrots, sliced
- 1 cup (90g) red bell pepper, chopped
- 2 tbsp (30ml) olive oil
- 1 tsp (2g) cumin
- 1 tsp (2g) paprika
- 2 tbsp (30g) tahini
- 2 tbsp (30ml) lemon juice
- Salt & pepper to taste
- 2 tbsp (10g) fresh parsley, chopped

Nutritional Value (per serving):

- Calories: 420 kcal
- Protein: 12g
- Fat: 18g
- Saturated Fat: 2.5g
- Carbohydrates: 55g
- Fiber: 8g
- Sodium: 150mg

Tofu & Spinach Coconut Curry



Fragrant coconut curry with crispy tofu and spinach, served over rice.



Prep Time:
10 minutes



Cooking Time:
20 minutes



Servings:
2

Instructions:

1. Heat coconut oil in a pan over medium heat. Add tofu cubes and cook until golden, about 5 minutes. Remove and set aside.
2. In the same pan, add ginger, turmeric, and coriander. Stir for 30 seconds until fragrant.
3. Pour in coconut milk and water, stirring well. Simmer for 5 minutes.
4. Add spinach and cooked tofu, simmering for another 3 minutes until spinach wilts.
5. Stir in lime juice and salt to taste. Serve over rice and garnish with cilantro.

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 14g
- Fat: 25g
- Saturated Fat: 18g
- Carbohydrates: 28g
- Fiber: 3g
- Sodium: 200mg



Ingredients:

- 1 cup (200g) firm tofu, pressed & cubed
- 1 tbsp (15ml) coconut oil
- 1 cup (240ml) coconut milk (canned, low-FODMAP)
- 1 cup (240ml) water
- 2 tsp (10g) ginger, grated
- 1 tsp (4g) turmeric
- 1 tsp (4g) ground coriander
- 2 cups (60g) baby spinach
- 1 cup (180g) cooked white rice
- 2 tbsp (30ml) lime juice
- Salt to taste
- Fresh cilantro for garnish

Lentil & Sweet Potato Stew



A comforting, spiced stew with lentils and sweet potatoes.



Prep Time:
10 minutes



Cooking Time:
30 minutes



Servings:
2

Instructions:

1. Heat olive oil in a pot over medium heat. Add sweet potato and sauté for 5 minutes.
2. Stir in cumin and smoked paprika, cooking for 1 minute until fragrant.
3. Add lentils, vegetable broth, and tomato paste. Bring to a boil, then reduce heat and simmer for 20 minutes.
4. Stir in kale and cook for another 5 minutes until tender. Season with salt and pepper to taste.

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 12g
- Fat: 8g
- Saturated Fat: 1g
- Carbohydrates: 50g
- Fiber: 10g
- Sodium: 300mg



Ingredients:

- 1 cup (200g) canned lentils, drained & rinsed
- 1 cup (150g) sweet potato, diced
- 1 tbsp (15ml) olive oil
- 1 tsp (4g) cumin
- 1 tsp (4g) smoked paprika
- 2 cups (480ml) vegetable broth (low-FODMAP)
- 2 tbsp (30g) tomato paste
- 2 cups (60g) kale, chopped
- Salt & pepper to taste

Main Pasta & Noodle Dishes

Basil Pesto Pasta

Fresh gluten-free pasta tossed in a vibrant basil pesto with pine nuts and Parmesan.



Prep Time:
5 minutes



Cooking Time:
10 minutes



Servings:
2

Instructions:

1. Cook pasta according to package instructions in salted water. Drain and set aside, reserving 2 tbsp of pasta water.
2. In a food processor, blend basil leaves, garlic-infused oil, pine nuts, Parmesan, and lemon juice until smooth.
3. Toss pesto with cooked pasta, adding reserved pasta water as needed to create a creamy consistency.
4. Season with salt and pepper. Drizzle with extra olive oil if desired.
5. Serve immediately, garnished with additional basil leaves or pine nuts.



Ingredients:

- 4 oz (120g) gluten-free pasta (rice or corn-based)
- ½ cup (20g) fresh basil leaves
- 2 tbsp (30ml) garlic-infused olive oil (low FODMAP)
- 2 tbsp (20g) pine nuts
- 2 tbsp (10g) grated Parmesan cheese (lactose-free if needed)
- 1 tsp (5ml) lemon juice
- Salt & pepper to taste
- 2 tsp (10ml) olive oil (for cooking)

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 8g
- Fat: 18g
- Saturated Fat: 3g
- Carbohydrates: 45g
- Fiber: 3g
- Sodium: 120mg

Tomato & Spinach Pasta



A simple, garlic-free tomato sauce with spinach over gluten-free pasta.



Prep Time:
5 minutes



Cooking Time:
12 minutes



Servings:
2

Instructions:

1. Cook pasta in boiling salted water until al dente. Drain and set aside.
2. Heat garlic-infused oil in a pan over medium heat. Add crushed tomatoes, oregano, and sugar (if using). Simmer for 5 minutes.
3. Stir in spinach and cook until wilted (1-2 minutes).
4. Toss cooked pasta in the sauce until evenly coated. Season with salt and pepper.
5. Top with Parmesan and serve warm.

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 7g
- Fat: 10g
- Saturated Fat: 2g
- Carbohydrates: 50g
- Fiber: 4g
- Sodium: 200mg



Ingredients:

- 4 oz (120g) gluten-free pasta
- 1 cup (240ml) canned crushed tomatoes (no onion/garlic)
- 1 cup (30g) fresh spinach
- 2 tbsp (30ml) garlic-infused olive oil
- 1 tsp (2g) dried oregano
- 1 tsp (4g) sugar (optional, to balance acidity)
- Salt & pepper to taste
- 2 tbsp (10g) grated Parmesan

Lemon Garlic Shrimp Pasta



Zesty lemon, garlic-infused oil, and shrimp over gluten-free spaghetti.



Prep Time:
5 minutes



Cooking Time:
10 minutes



Servings:
2

Instructions:

1. Cook spaghetti until al dente. Drain, reserving $\frac{1}{4}$ cup pasta water.
2. Heat garlic-infused oil in a pan. Add shrimp, cooking 2-3 minutes per side until pink.
3. Stir in lemon juice, zest, and chives.
4. Add cooked pasta and reserved pasta water as needed. Season with salt, pepper, and optional red pepper flakes.
5. Serve immediately with lemon wedges.

Nutritional Value (per serving):

- Calories: 350 kcal
- Protein: 25g
- Fat: 12g
- Saturated Fat: 2g
- Carbohydrates: 40g
- Fiber: 2g
- Sodium: 180mg



Ingredients:

- 4 oz (120g) gluten-free spaghetti
- 8 oz (240g) shrimp, peeled & deveined
- 2 tbsp (30ml) garlic-infused olive oil
- 2 tbsp (30ml) lemon juice
- 1 tsp (2g) lemon zest
- 2 tbsp (10g) chopped chives (green part only)
- Salt & pepper to taste
- Red pepper flakes (optional)

Zucchini Noodles with Lemon-Garlic Shrimp

Light and refreshing zucchini noodles tossed with succulent shrimp, infused with lemon and garlic-infused oil for a low-FODMAP twist.



Prep Time:
10 minutes



Cooking Time:
8 minutes



Servings:
2

Instructions:

1. Spiralize zucchinis into noodles and pat dry with paper towels to remove excess moisture. Set aside.
2. Heat garlic-infused olive oil in a large pan over medium heat. Add shrimp, season with salt, black pepper, dried oregano, and red pepper flakes (if using). Cook for 2-3 minutes per side until pink and opaque. Remove from pan and set aside.
3. Add zucchini noodles to the same skillet and toss for 1-2 minutes until just softened but still crisp. Pour in lemon juice and toss to combine.
4. Return shrimp to the pan and toss everything together. Divide between bowls, top with Parmesan (if using), and garnish with fresh parsley.
5. Serve immediately while warm for best texture and flavor.

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 14g
- Fat: 15g
- Saturated Fat: 2g
- Carbohydrates: 8g
- Fiber: 2g
- Sodium: 300mg



Ingredients:

- 2 medium zucchinis (14oz/400g total), spiralized into noodles
- 8 large shrimp (4oz/120g), peeled and deveined
- 2 tbsp (30ml) garlic-infused olive oil (low-FODMAP)
- 2 tbsp (30ml) fresh lemon juice
- 1 tsp (2g) dried oregano
- ½ tsp (1g) red pepper flakes (optional)
- Salt and black pepper to taste
- 2 tbsp (10g) grated Parmesan cheese (optional)
- Fresh parsley, chopped (for garnish)

Rice Noodle Salad with Peanut-Lime Dressing

A vibrant, crunchy rice noodle salad with a creamy low-FODMAP peanut-lime dressing, perfect for a quick and satisfying meal.



Prep Time:
15 minutes



Cooking Time:
5 minutes



Servings:
2

Instructions:

1. Prepare rice noodles according to package instructions. Drain, rinse under cold water, and set aside.
2. In a small bowl, whisk together peanut butter, lime juice, maple syrup, soy sauce, and sesame oil. Add warm water as needed to achieve a smooth, pourable consistency.
3. In a large bowl, combine cooked noodles, green onion, shredded carrots, and sliced cucumber. Pour dressing over and toss to coat evenly.
4. Sprinkle with crushed peanuts and fresh cilantro. Enjoy immediately or chill for 10 minutes for a cooler salad.

Nutritional Value (per serving):

- Calories: 350 kcal
- Protein: 10g
- Fat: 14g
- Saturated Fat: 2g
- Carbohydrates: 48g
- Fiber: 4g
- Sodium: 320mg



Ingredients:

- 100g (3.5 oz) rice noodles (vermicelli)
- 1 cup (80g) shredded carrots
- ½ cup (40g) cucumber, thinly sliced
- ¼ cup (20g) chopped green onion (green part only, low-FODMAP)
- 2 tbsp (16g) crushed peanuts
- Fresh cilantro, chopped (for garnish)
- 2 tbsp (30g) natural peanut butter (smooth, no added sugar)
- 2 tbsp (30ml) lime juice
- 2 tsp (10ml) maple syrup
- 2 tsp (10ml) gluten-free soy sauce (or tamari)
- 2 tsp (10ml) sesame oil
- 2-4 tbsp (30-60ml) warm water (to thin if needed)

Side Dishes

Cucumber & Carrot Salad with Lemon-Dill Dressing

A refreshing, crunchy salad with crisp cucumber, sweet carrots, and a zesty lemon-dill dressing.



Prep Time:
10 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. Wash and dry cucumber, then slice thinly. Peel and julienne or grate carrot.
2. In a small bowl, whisk together olive oil, lemon juice, fresh dill, and salt.
3. In a serving bowl, combine carrot and cucumber. Pour dressing over and toss gently to coat.
4. Sprinkle with sunflower seeds if desired.
5. Serve immediately or refrigerate for 10 minutes to enhance flavors.



Ingredients:

- 1 cup (120g) cucumber, thinly sliced
- 1 cup (120g) carrot, julienned or grated
- 2 tbsp (30ml) olive oil
- 2 tbsp (30ml) lemon juice
- 1 tsp (2g) fresh dill, chopped
- Pinch of salt (to taste)
- 2 tbsp (16g) sunflower seeds (optional, for crunch)

Nutritional Value (per serving):

- Calories: 120 kcal
- Protein: 2g
- Fat: 9g
- Saturated Fat: 1g
- Carbohydrates: 10g
- Fiber: 3g
- Sodium: 100mg

Roasted Zucchini & Bell Pepper



Tender roasted zucchini and red bell pepper with a hint of garlic-infused oil and herbs.



Prep Time:
5 minutes



Cooking Time:
15 minutes



Servings:
2

Instructions:

1. Preheat oven to 400°F (200°C).
2. Toss zucchini and bell pepper with garlic-infused oil, oregano, salt, and pepper.
3. Arrange evenly on a baking sheet and roast until tender, 12 to 15 minutes.
4. Drizzle with lemon juice (if using) before serving.



Ingredients:

- 2 cups (240g) zucchini, sliced into half-moons
- 1 cup (120g) red bell pepper, sliced
- 2 tbsp (30ml) garlic-infused olive oil (low-FODMAP)
- 1 tsp (2g) dried oregano
- Pinch of salt & black pepper
- 2 tsp (10ml) lemon juice (optional)

Nutritional Value (per serving):

- | | |
|----------------------|---------------------|
| • Calories: 110 kcal | • Carbohydrates: 9g |
| • Protein: 2g | • Fiber: 3g |
| • Fat: 8g | • Sodium: 50mg |
| • Saturated Fat: 1g | |

Spinach & Cherry Tomato Salad with Olive Oil



A simple, vibrant salad with baby spinach, juicy cherry tomatoes, and a dressing made with a little olive oil.



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. Wash and dry baby spinach and cherry tomatoes (halved).
2. In a small bowl, whisk together olive oil, balsamic vinegar, salt, and pepper.
3. Toss spinach and tomatoes with the dressing in a serving bowl.
4. Top with grated Parmesan (if using).



Ingredients:

- 2 cups (60g) baby spinach
- 1 cup (150g) cherry tomatoes, halved
- 2 tbsp (30ml) olive oil
- 1 tbsp (15ml) balsamic vinegar (ensure no garlic/onion)
- Pinch of salt & black pepper
- 2 tbsp (10g) grated Parmesan (optional)

Nutritional Value (per serving):

- | | |
|----------------------|---------------------|
| • Calories: 130 kcal | • Carbohydrates: 7g |
| • Protein: 3g | • Fiber: 2g |
| • Fat: 11g | • Sodium: 80mg |
| • Saturated Fat: 2g | |

Grilled Eggplant & Basil with Olive Oil



Tender grilled eggplant drizzled with olive oil and fresh basil—a Mediterranean-inspired side.



Prep Time:
5 minutes



Cooking Time:
10 minutes



Servings:
2

Instructions:

1. Heat a skillet or grill pan to a medium temperature.
2. Brush the eggplant slices with garlic-infused oil and sprinkle with oregano, salt, and pepper.
3. Grill until soft and gently browned, 4 to 5 minutes per side.
4. Transfer to a plate, drizzle with extra oil if desired, and top with fresh basil and a squeeze of lemon.



Ingredients:

- 2 cups (240g) eggplant, sliced into ½-inch/1cm rounds
- 2 tbsp (30ml) garlic-infused olive oil (low-FODMAP)
- 1 tsp (2g) dried oregano
- Pinch of salt & black pepper
- 2 tbsp (6g) fresh basil, chopped
- 2 tsp (10ml) lemon juice (optional)

Nutritional Value (per serving):

- Calories: 100 kcal
- Protein: 1g
- Fat: 7g
- Saturated Fat: 1g
- Carbohydrates: 9g
- Fiber: 4g
- Sodium: 60mg

Shredded Kale & Grated Beet Salad



A crunchy, nutrient-packed salad with kale, beets, and a light lemon-tahini dressing.



Prep Time:
10 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. Massage the shredded kale with 1 tbsp of olive oil for 1 minute to soften.
2. Add the grated beet and toss gently.
3. Whisk together the remaining olive oil, lemon juice, tahini, salt, and pepper. Drizzle over the salad.
4. Top with pumpkin seeds for crunch (optional).



Ingredients:

- 2 cups (60g) kale, stems removed & finely shredded
- 1 cup (120g) raw beet, grated
- 2 tbsp (30ml) olive oil
- 1 tbsp (15ml) lemon juice
- 1 tsp (4g) tahini (ensure no garlic)
- Pinch of salt & black pepper
- 2 tbsp (20g) pumpkin seeds (optional)

Nutritional Value (per serving):

- Calories: 150 kcal
- Protein: 3g
- Fat: 10g
- Saturated Fat: 1.5g
- Carbohydrates: 14g
- Fiber: 3g
- Sodium: 90mg

Quinoa & Spinach Salad with Lemon Vinaigrette



A light and refreshing quinoa salad with baby spinach, cucumber, and a zesty lemon dressing.



Prep Time:
10 minutes



Cooking Time:
15 minutes



Servings:
2

Instructions:

1. Cook quinoa according to package instructions (using $\frac{1}{2}$ cup dry quinoa yields about 1 cup cooked), then let cool.
2. In a bowl, combine cooled quinoa, chopped baby spinach, and diced cucumber.
3. Whisk together olive oil, lemon juice, oregano, salt, and pepper in a small bowl.
4. Drizzle the salad with the dressing and gently toss to coat.
5. If using, crumble feta cheese on top for extra flavor.
6. Serve chilled or at room temperature.



Ingredients:

- 1 cup (180g) cooked quinoa (cooled)
- 2 cups (60g) baby spinach, chopped
- $\frac{1}{2}$ cup (80g) cucumber, diced
- 2 tbsp (30ml) olive oil
- 2 tsp (10ml) lemon juice
- 1 tsp (2g) dried oregano
- Salt & pepper to taste
- 2 tbsp (20g) feta cheese (optional, lactose-free if needed)

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 6g
- Fat: 14g
- Saturated Fat: 2g
- Carbohydrates: 20g
- Fiber: 3g
- Sodium: 50mg

Brown Rice & Roasted Carrot Salad



Nutty brown rice paired with sweet roasted carrots, pumpkin seeds, and a simple olive oil dressing.



Prep Time:
10 minutes



Cooking Time:
25 minutes



Servings:
2

Instructions:

1. Preheat oven to 400°F (200°C). Toss diced carrots with olive oil, maple syrup, cumin, salt, and pepper. Roast for 20-25 minutes until tender.
2. In a bowl, combine cooked brown rice with roasted carrots.
3. Toast pumpkin seeds in a dry pan for 2-3 minutes until lightly golden.
4. Sprinkle seeds over the rice and carrots.
5. Serve warm or room temperature, drizzled with extra olive oil if preferred.



Ingredients:

- 1 cup (200g) cooked brown rice
- 1 cup (120g) carrots, diced & roasted
- 2 tsp (10ml) olive oil
- 2 tsp (10ml) maple syrup
- 2 tbsp (20g) pumpkin seeds
- 1 tsp (2g) ground cumin
- Salt & pepper to taste

Nutritional Value (per serving):

- Calories: 250 kcal
- Protein: 5g
- Fat: 10g
- Saturated Fat: 1.5g
- Carbohydrates: 35g
- Fiber: 4g
- Sodium: 60mg



Millet & Zucchini Salad with Fresh Herbs



A mild, fluffy millet salad with sautéed zucchini, parsley, and a hint of lemon.



Prep Time:
10 minutes



Cooking Time:
20 minutes



Servings:
2

Instructions:

1. Cook millet according to package instructions (about ½ cup dry yields 1 cup cooked), then let cool.
2. Heat olive oil in a pan and sauté diced zucchini until tender (3-4 minutes).
3. In a bowl, mix millet, zucchini, chopped parsley, and lemon juice. Season with salt and pepper.
4. Toast sunflower seeds in a dry pan for 2 minutes, then sprinkle over the salad.
5. Serve warm or chilled.



Ingredients:

- 1 cup (180g) cooked millet
- 1 cup (120g) zucchini, diced & sautéed
- 2 tsp (10ml) olive oil
- 2 tbsp (10g) fresh parsley, chopped
- 1 tsp (5ml) lemon juice
- Salt & pepper to taste
- 2 tbsp (20g) sunflower seeds

Nutritional Value (per serving):

- Calories: 230 kcal
- Protein: 6g
- Fat: 10g
- Saturated Fat: 1g
- Carbohydrates: 30g
- Fiber: 4g
- Sodium: 40mg

Buckwheat & Cherry Tomato Salad with Basil



A hearty, nutty buckwheat salad with juicy cherry tomatoes, fresh basil, and a light olive oil dressing.



Prep Time:
10 minutes



Cooking Time:
15 minutes



Servings:
2

Instructions:

1. Cook buckwheat groats according to package instructions (about ½ cup dry yields 1 cup cooked), then let cool.
2. In a bowl, combine buckwheat, halved cherry tomatoes, and torn basil leaves.
3. Drizzle with olive oil and balsamic vinegar. Toss gently.
4. Season with salt and pepper.
5. For extra crunch, toast pine nuts in a dry pan until golden (2-3 minutes), then sprinkle on top.
6. Serve immediately or refrigerate for up to two days.



Ingredients:

- 1 cup (180g) cooked buckwheat groats, cooled
- 1 cup (150g) cherry tomatoes, halved
- 10-12 fresh basil leaves, torn
- 2 tsp (10ml) olive oil
- 1 tsp (5ml) balsamic vinegar (ensure no garlic/onion)
- Salt & pepper to taste
- 2 tbsp (20g) pine nuts (optional, toasted)

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 6g
- Fat: 8g
- Saturated Fat: 1g
- Carbohydrates: 32g
- Fiber: 5g
- Sodium: 10mg

Polenta & Roasted Bell Pepper Stack



Creamy polenta layered with roasted bell peppers and a sprinkle of Parmesan (lactose-free if needed).



Prep Time:
5 minutes



Cooking Time:
20 minutes



Servings:
2

Instructions:

1. In a medium pot, bring water and a pinch of salt to a boil. Slowly whisk in polenta.
2. Reduce heat to low, stir in milk, and cook for 15-20 minutes, stirring occasionally, until thick.
3. Meanwhile, slice roasted bell peppers into strips.
4. Spoon half the polenta into serving bowls, layer with peppers, then top with remaining polenta.
5. Drizzle with olive oil and sprinkle with Parmesan.
6. Season with black pepper and serve warm.



Ingredients:

- 1 cup (240ml) water
- 6 tbsp (60g) polenta (corn grits)
- ½ cup (120ml) lactose-free milk (or almond milk)
- ½ cup (80g) roasted red bell peppers (jarred or homemade)
- 2 tsp (10ml) olive oil
- 2 tbsp (10g) grated Parmesan (lactose-free if needed)
- Salt & pepper to taste

Nutritional Value (per serving):

- | | |
|----------------------|----------------------|
| • Calories: 180 kcal | • Carbohydrates: 25g |
| • Protein: 5g | • Fiber: 2g |
| • Fat: 6g | • Sodium: 150mg |
| • Saturated Fat: 2g | |



Sauces, Dressings & Condiments

Basil Pesto Sauce

 A vibrant, garlic-free pesto made with fresh basil, pine nuts, and Parmesan, perfect for pasta, salads, or grilled meats.



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. Combine fresh basil leaves, pine nuts, and Parmesan cheese in a food processor or blender. Pulse a few times to break down the ingredients.
2. Slowly drizzle in olive oil while blending until smooth. Add lemon juice for brightness.
3. Season with salt & pepper to taste. Adjust consistency with a little more olive oil if needed.
4. Use right away or refrigerate in an airtight container for up to three days.



Ingredients:

- 2 cups (50g) fresh basil leaves, packed
- ¼ cup (30g) pine nuts
- ¼ cup (20g) grated Parmesan cheese (lactose-free if needed)
- ¼ cup (60ml) olive oil
- 2 tsp (10ml) lemon juice
- Salt & pepper to taste

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 4g
- Fat: 28g
- Saturated Fat: 4g
- Carbohydrates: 3g
- Fiber: 1g
- Sodium: 100mg

Lemon–Dill Yogurt Sauce



A creamy, tangy sauce with fresh dill and lemon, ideal for fish, roasted veggies, or as a salad dressing.



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. In a medium bowl, mix lactose-free Greek yogurt, fresh dill, lemon juice, and lemon zest.
2. Stir in olive oil for richness and season with salt & pepper to taste.
3. Let sit for five minutes to allow flavors to meld before serving.
4. Store leftovers in the refrigerator for up to three days.



Ingredients:

- 1 cup (240g) lactose-free Greek yogurt
- 2 tbsp (10g) fresh dill, finely chopped
- 2 tsp (10ml) lemon juice
- 1 tsp (5ml) lemon zest
- 2 tbsp (30ml) olive oil
- Salt & pepper to taste

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 10g
- Fat: 14g
- Saturated Fat: 3g
- Carbohydrates: 4g
- Fiber: 0g
- Sodium: 50mg

Lemon–Olive Oil Dressing



A bright, simple dressing with zesty lemon and smooth olive oil—perfect for drizzling over greens or grilled chicken.



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. In a small bowl, whisk together lemon juice and olive oil until just emulsified.
2. Add Dijon mustard, salt, black pepper, and dried oregano. Whisk well to combine.
3. For a touch of sweetness, stir in maple syrup (optional). Adjust seasoning to taste.
4. Drizzle over a Low FODMAP salad (e.g., spinach, cucumber, carrots, and grilled chicken) and toss gently.
5. Store leftovers in an airtight container in the refrigerator for up to three days.



Ingredients:

- ¼ cup (60ml) extra virgin olive oil
- 2 tbsp (30ml) fresh lemon juice
- 1 tsp (4g) Dijon mustard (ensure no garlic/onion)
- ½ tsp (2g) salt
- ½ tsp (2g) black pepper
- 1 tsp (2g) dried oregano
- 2 tsp (10ml) maple syrup (optional, for slight sweetness)

Nutritional Value (per serving):

- Calories: 260 kcal
- Protein: 0g
- Fat: 28g
- Saturated Fat: 4g
- Carbohydrates: 3g
- Fiber: 0g
- Sodium: 590mg

Creamy Ranch Dressing



A dairy-free, garlic-free ranch alternative with tangy lactose-free yogurt and fresh herbs.



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. In a medium bowl, whisk egg yolks (or vegan mayo base), Dijon mustard, and lemon juice until smooth.
2. Slowly drizzle in garlic-infused oil while whisking continuously to create an emulsion.
3. Once thickened, gradually whisk in light olive oil until creamy and smooth.
4. Season with salt and black pepper. Adjust to taste.
5. Transfer to an airtight jar and refrigerate for up to 5 days. Use as a spread for sandwiches, mix with herbs for a dip, or as a base for coleslaw or potato salad.

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 1g
- Fat: 20g
- Saturated Fat: 3g
- Carbohydrates: 0g
- Fiber: 0g
- Sodium: 150mg



Ingredients:

- ½ cup (120g) lactose-free plain yogurt (or coconut yogurt for vegans)
- 2 tbsp (30ml) olive oil
- 1 tsp (4g) apple cider vinegar
- ½ tsp (2g) salt
- ½ tsp (2g) black pepper
- 1 tsp (2g) dried dill
- 1 tsp (2g) dried chives (ensure no onion powder)
- 2 tsp (10ml) maple syrup (optional)

Garlic-Infused Oil Mayo



A rich, creamy mayonnaise with a subtle garlic flavor—perfect for sandwiches, dressings, or dipping, without the high-FODMAP garlic.



Prep Time:
15 minutes



Cooking Time:
15 minutes



Servings:
2

Instructions:

1. In a small bowl, whisk 1 egg yolk (or vegan mayo base), ½ tsp (2.5ml) Dijon mustard, and 1 tbsp (15ml) lemon juice until smooth.
2. Very slowly drizzle in ¼ cup (60ml) garlic-infused oil while whisking constantly to emulsify.
3. Once thickened, gradually whisk in ¼ cup (60ml) light olive oil until creamy and smooth.
4. Season with ¼ tsp (1g) salt and ¼ tsp (1g) black pepper. Adjust to taste.
5. Put the mixture in a jar that won't let air in and put it in the fridge for up to 5 days. You can spread it on gluten-free bread for sandwiches, mix with herbs for a dip, or use it as a base for coleslaw or potato salad.

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 1g
- Fat: 20g
- Saturated Fat: 3g
- Carbohydrates: 0g
- Fiber: 0g
- Sodium: 150mg



Ingredients:

- 1 large egg yolk (or 2 tbsp vegan mayo base for egg-free)
- ½ tsp (2.5ml) Dijon mustard (ensure no garlic/onion)
- 1 tbsp (15ml) lemon juice
- ¼ cup (60ml) garlic-infused olive oil (low FODMAP-certified)
- ¼ cup (60ml) light olive oil or avocado oil
- ¼ tsp (1g) salt
- ¼ tsp (1g) black pepper

Desserts & Sweet Treats

Banana Oatmeal Cookie

A soft and chewy oatmeal cookie glazed with maple syrup and accompanied by juicy bananas.



Prep Time:
10 minutes



Cooking Time:
15 minutes



Servings:
2

Instructions:

1. Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a medium bowl, mash banana until smooth.
3. Add rolled oats, maple syrup, almond flour, cinnamon, chia seeds, and vanilla extract. Mix well.
4. Fold in dark chocolate chips.
5. Scoop dough onto baking sheet and gently press into two cookies, about ½ inch thick each.
6. Bake for 12-15 minutes until edges are golden. Let cool for 5 minutes before serving.



Ingredients:

- 1 medium (100g) ripe banana, mashed (ensure it's just ripe, not overripe)
- ½ cup (40g) rolled oats (certified gluten-free if needed)
- 2 tbsp (30ml) maple syrup
- 2 tbsp (14g) almond flour
- 1 tsp (4g) cinnamon
- 2 tsp (10g) chia seeds
- 2 tsp (10ml) vanilla extract
- 2 tbsp (20g) dark chocolate chips (ensure lactose-free if needed)

Nutritional Value (per serving):

- | | |
|----------------------|----------------------|
| • Calories: 220 kcal | • Carbohydrates: 38g |
| • Protein: 4g | • Fiber: 5g |
| • Fat: 6g | • Sodium: 5mg |
| • Saturated Fat: 2g | |



Almond Flour Blueberry Muffin



A moist and tender muffin packed with juicy blueberries and almond flour for a nutty flavor.



Prep Time:
10 minutes



Cooking Time:
20 minutes



Servings:
2

Instructions:

1. Preheat oven to 350°F (175°C). Grease two muffin tins or use silicone molds.
2. In a medium bowl, whisk together almond flour, oat flour, and baking powder.
3. In another bowl, mix maple syrup, milk, vanilla, and egg until combined.
4. Pour wet ingredients into dry ingredients and stir gently. Fold in blueberries.
5. Divide batter evenly between prepared muffin tins.
6. Bake for 18-20 minutes until a toothpick comes out clean. Cool for 5 minutes before serving.

Nutritional Value (per serving):

- Calories: 250 kcal
- Protein: 9g
- Fat: 14g
- Saturated Fat: 2g
- Carbohydrates: 24g
- Fiber: 4g
- Sodium: 120mg



Ingredients:

- ½ cup (50g) almond flour
- 2 tbsp (16g) oat flour (certified gluten-free if needed)
- 1 tsp (4g) baking powder
- 2 tbsp (30ml) maple syrup
- 2 tbsp (30ml) lactose-free milk (or almond milk)
- 1 tsp (5ml) vanilla extract
- 1 large egg (or 1 flax egg: 1 tbsp ground flax + 3 tbsp water)
- ¼ cup (40g) fresh blueberries

Peanut Butter Chocolate Rice Cake



A crunchy, sweet, and salty dessert with peanut butter, dark chocolate, and rice cakes.



Prep Time:
5 minutes



Cooking Time:
2 minutes
(optional melting)



Servings:
2

Instructions:

1. Spread peanut butter evenly over both rice cakes.
2. Sprinkle dark chocolate chips evenly on top.
3. For melty chocolate, microwave for 20-30 seconds or use a blowtorch briefly.
4. Drizzle with maple syrup (if desired) and add a pinch of sea salt.
5. Enjoy immediately for a crispy, sweet, and salty treat.

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 5g
- Fat: 10g
- Saturated Fat: 3g
- Carbohydrates: 18g
- Fiber: 2g
- Sodium: 90mg



Ingredients:

- 2 plain rice cakes (ensure no high-FODMAP additives)
- 2 tbsp (32g) natural peanut butter (no added high-FODMAP sweeteners)
- 1 tbsp (10g) dark chocolate chips (lactose-free)
- 1 tsp (5ml) maple syrup (optional)
- Pinch of sea salt

Cinnamon Maple Granola



A crunchy, lightly sweetened granola with warming cinnamon and maple, perfect for snacking or topping yogurt.



Prep Time:
5 minutes



Cooking Time:
15 minutes



Servings:
2

Instructions:

1. Preheat oven to 325°F (160°C). Line a baking sheet with parchment paper.
2. In a medium bowl, mix oats, maple syrup, melted coconut oil, cinnamon, pecans, chia seeds, and salt until well coated.
3. Spread mixture in a thin, even layer on the prepared baking sheet.
4. Bake for 12-15 minutes, stirring halfway through, until golden brown.
5. Let cool completely to crisp up. Store in an airtight container or enjoy immediately over lactose-free yogurt.



Ingredients:

- ½ cup (40g) rolled oats (certified gluten-free if needed)
- 2 tbsp (30ml) maple syrup
- 1 tbsp (15ml) coconut oil, melted
- 1 tsp (4g) cinnamon
- 2 tbsp (20g) chopped pecans
- 2 tsp (10g) chia seeds
- Pinch of salt

Nutritional Value (per serving):

- Calories: 210 kcal
- Protein: 4g
- Fat: 12g
- Saturated Fat: 5g
- Carbohydrates: 23g
- Fiber: 4g
- Sodium: 20mg

Coconut Flour Mug Cake



A fluffy, single-serving mug cake with coconut flour and dairy-free chocolate chips—ready in minutes!



Prep Time:
3 minutes



Cooking Time:
2 minutes



Servings:
2

Instructions:

1. In two microwave-safe mugs, whisk together coconut flour, cocoa powder, and baking powder.
2. Add maple syrup, milk, eggs, and vanilla extract to each mug. Mix until smooth.
3. Fold in chocolate chips evenly between both mugs.
4. Microwave each mug separately for 1 minute 30 seconds on high, until set but slightly moist inside.
5. Let cool for 1 minute, then enjoy warm.



Ingredients:

- ¼ cup (28g) coconut flour
- 2 tbsp (14g) cocoa powder (unsweetened)
- 1 tsp (4g) baking powder
- 2 tbsp (30ml) maple syrup
- 2 tbsp (30ml) lactose-free milk (or almond milk)
- 2 small eggs (or 2 flax eggs: 2 tbsp ground flax + 5 tbsp water)
- 1 tsp (5ml) vanilla extract
- 2 tbsp (20g) dark chocolate chips (lactose-free)

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 8g
- Fat: 9g
- Saturated Fat: 5g
- Carbohydrates: 28g
- Fiber: 7g
- Sodium: 150mg

Peanut Butter & Banana Chia Pudding



Creamy chia pudding layered with peanut butter and banana slices—a protein-packed, naturally sweet treat.



Prep Time:
5 minutes



Cooking Time:
2 hours



Servings:
2

Instructions:

1. In a medium bowl or two separate containers, whisk chia seeds and almond milk together. Let sit for 5 minutes, then whisk again to prevent clumping.
2. Cover and refrigerate until thickened, at least 2 hours or overnight.
3. Once set, stir in peanut butter until well combined.
4. Top with banana slices and drizzle with maple syrup if desired.
5. For extra texture, sprinkle rolled oats on top.
6. Enjoy immediately or store covered in the refrigerator for up to two days.



Ingredients:

- 1 cup (240ml) unsweetened almond milk (or lactose-free milk)
- ¼ cup (40g) chia seeds
- 2 tbsp (30g) natural peanut butter (no added sweeteners)
- 1 small firm banana (80g), sliced (low-FODMAP portion)
- 2 tsp (10ml) maple syrup (optional)
- 2 tbsp (16g) rolled oats (optional, for crunch)

Nutritional Value (per serving):

- Calories: 290 kcal
- Protein: 8g
- Fat: 14g
- Saturated Fat: 2g
- Carbohydrates: 32g
- Fiber: 10g
- Sodium: 90mg

Dark Chocolate & Coconut Energy Bites



Chewy, no-bake bites with rich dark chocolate, coconut, and oats—perfect for a quick energy boost.



Prep Time:
10 minutes



Cooking Time:
30 minutes



Servings:
2

Instructions:

1. In a small bowl, mix rolled oats, shredded coconut, and chia seeds (if using).
2. Add almond butter and maple syrup, stirring until fully combined.
3. Fold in dark chocolate chips.
4. Roll the mixture into 6 small balls (about 1-inch/2.5 cm each).
5. To firm up, chill in the refrigerator for half an hour.
6. Keep for up to five days in an airtight jar.



Ingredients:

- ½ cup (40g) rolled oats (certified gluten-free if needed)
- 2 tbsp (14g) unsweetened shredded coconut
- 2 tbsp (30g) almond butter
- 2 tsp (10ml) maple syrup
- 1 tbsp (10g) dark chocolate chips (70% cocoa or higher, lactose-free)
- 1 tsp (4g) chia seeds (optional)

Nutritional Value (per serving, 3 bites):

- Calories: 210 kcal
- Protein: 5g
- Fat: 12g
- Saturated Fat: 4g
- Carbohydrates: 22g
- Fiber: 4g
- Sodium: 15mg

Strawberry & Kiwi Coconut Pudding



A tropical-inspired, dairy-free pudding with layers of coconut cream and fresh low-FODMAP fruits.



Prep Time:
5 minutes



Cooking Time:
1 hour



Servings:
2

Instructions:

1. In a small saucepan, gently heat coconut milk over low heat. Do not boil.
2. Whisk in gelatin (or agar-agar) until fully dissolved. Remove from heat.
3. Stir in vanilla extract and maple syrup.
4. Divide the mixture evenly between two small serving dishes or jars and refrigerate for 1 hour until set.
5. Once firm, top each pudding with diced kiwi and sliced strawberries.
6. Serve chilled.



Ingredients:

- 1 cup (240ml) canned coconut milk (full-fat, well-shaken)
- 2 tsp (6g) gelatin or 1 tsp (4g) agar-agar (for vegan option)
- 1 tsp (5ml) vanilla extract
- 2 tsp (10ml) maple syrup
- 1 kiwi (60g), peeled and diced
- 6 small strawberries (90g), sliced

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 3g
- Fat: 14g
- Saturated Fat: 12g
- Carbohydrates: 12g
- Fiber: 2g
- Sodium: 10mg

Cinnamon Rice Cake with Almond Butter & Banana



A crunchy, sweet, and satisfying treat with creamy almond butter and banana slices.



Prep Time:
3 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. Spread almond butter evenly over each rice cake.
2. Arrange banana slices on top in a single layer.
3. Lightly dust with cinnamon and drizzle with maple syrup (if using).
4. Enjoy immediately for the best texture (the rice cakes stay crisp).



Ingredients:

- 2 plain rice cakes (ensure no high-FODMAP additives)
- 2 tbsp (30g) almond butter (smooth or crunchy)
- 1 small firm banana (80g), thinly sliced
- ½ tsp (1g) ground cinnamon
- 2 tsp (10ml) pure maple syrup (optional)

Nutritional Value (per serving):

- Calories: 160 kcal
- Protein: 3g
- Fat: 6g
- Saturated Fat: 0.5g
- Carbohydrates: 25g
- Fiber: 2g
- Sodium: 0mg

Lactose-Free Chocolate Mousse with Raspberries



Silky, rich chocolate mousse made with lactose-free cream and topped with fresh raspberries.



Prep Time:
5 minutes



Cooking Time:
2 hours



Servings:
2

Instructions:

1. In a medium bowl, use a hand mixer to beat lactose-free cream until soft peaks form.
2. Gently fold in cocoa powder, maple syrup, and vanilla extract until smooth.
3. Divide mixture evenly between two serving glasses and chill for at least 2 hours to set.
4. Top each serving with raspberries before serving.



Ingredients:

- 1 cup (240ml) lactose-free heavy cream
- 2 tbsp (10g) unsweetened cocoa powder
- 2 tsp (10ml) maple syrup
- ½ tsp (2ml) vanilla extract
- ½ cup (60g) fresh raspberries (low-FODMAP serving)

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 2g
- Fat: 18g
- Saturated Fat: 12g
- Carbohydrates: 12g
- Fiber: 3g
- Sodium: 10mg

Banana & Peanut Butter Smoothie Bowl



Creamy banana smoothie bowl topped with crunchy peanut butter, chia seeds, and low-FODMAP granola.



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. 2 medium ripe bananas (200g), frozen
2. 1 cup (240ml) lactose-free yogurt or almond milk
3. 2 tbsp (32g) natural peanut butter (smooth or crunchy)
4. 2 tbsp (20g) chia seeds
5. ¼ cup (40g) low-FODMAP granola (ensure no honey or high-fructose ingredients)
6. 1 tsp (2g) ground cinnamon



Ingredients:

- 2 medium ripe bananas (200g), frozen
- 1 cup (240ml) lactose-free yogurt or almond milk
- 2 tbsp (32g) natural peanut butter (smooth or crunchy)
- 2 tbsp (20g) chia seeds
- ¼ cup (40g) low-FODMAP granola (ensure no honey or high-fructose ingredients)
- 1 tsp (2g) ground cinnamon

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 10g
- Fat: 12g
- Saturated Fat: 2g
- Carbohydrates: 45g
- Fiber: 8g
- Sodium: 50mg

Strawberry & Coconut Chia Pudding



A refreshing chia pudding layered with sweet strawberries and creamy coconut milk.



Prep Time:

5 minutes



Cooking Time:

0 minutes



Servings:

2

(+ 2 hours chilling)

Instructions:

1. Combine chia seeds, coconut milk, vanilla extract, and maple syrup in a mixing bowl. Stir well.
2. Let the mixture sit for 5 minutes, then stir again to prevent clumping.
3. Divide evenly between two individual containers (bowls or jars). Cover and refrigerate for at least 2 hours (or overnight).
4. Once set, top each serving with sliced strawberries and shredded coconut.
5. Serve chilled.



Ingredients:

- ¼ cup (40g) chia seeds
- 1 cup (240ml) coconut milk (canned, full-fat)
- 1 tsp (4g) vanilla extract
- 2 tsp (10g) maple syrup
- 1 cup (150g) fresh strawberries, sliced
- 2 tbsp (10g) shredded coconut (unsweetened)

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 5g
- Fat: 18g
- Saturated Fat: 14g
- Carbohydrates: 25g
- Fiber: 10g
- Sodium: 10mg

Grilled Pineapple with Cinnamon & Almonds



Warm, caramelized pineapple topped with cinnamon and toasted almonds for a simple yet elegant dessert.



Prep Time:

2 minutes



Cooking Time:

5 minutes



Servings:

2

Instructions:

1. Grease a large skillet or grill pan with coconut oil over medium heat.
2. Place pineapple slices on the pan and cook for 2-3 minutes per side until grill marks appear (work in batches if needed).
3. Remove from heat, drizzle with maple syrup, and sprinkle with cinnamon.
4. In a dry pan, lightly toast sliced almonds for 1-2 minutes until golden. Scatter over the pineapple.
5. Serve warm.



Ingredients:

- 2 cups (300g) fresh pineapple, cut into rings or chunks
- 1 tsp (2g) ground cinnamon
- 2 tbsp (30ml) maple syrup
- 2 tbsp (20g) sliced almonds
- 2 tsp (10g) coconut oil (for grilling)

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 2g
- Fat: 6g
- Saturated Fat: 3g
- Carbohydrates: 32g
- Fiber: 3g
- Sodium: 2mg

Blueberry & Almond Rice Pudding



Creamy rice pudding infused with vanilla, topped with juicy blueberries and crunchy almonds.



Prep Time:
2 minutes



Cooking Time:
10 minutes
(if using pre-cooked rice)



Servings:
2

Instructions:

1. In a medium saucepan, combine cooked rice, lactose-free milk, vanilla extract, and maple syrup.
2. Warm over low heat, stirring occasionally, for 5-7 minutes until creamy. Let it cool slightly.
3. Divide evenly between two bowls and top with blueberries and slivered almonds.
4. Dust lightly with cinnamon before serving. Enjoy warm or chilled.



Ingredients:

- 1 cup (200g) cooked white rice (cooled)
- 1 cup (240ml) lactose-free milk (or almond milk)
- 1 tsp (4g) vanilla extract
- 2 tsp (10g) maple syrup
- ½ cup (80g) fresh blueberries
- 2 tbsp (20g) slivered almonds
- Pinch of ground cinnamon

Nutritional Value (per serving):

- Calories: 250 kcal
- Protein: 6g
- Fat: 5g
- Saturated Fat: 1g
- Carbohydrates: 45g
- Fiber: 3g
- Sodium: 50mg

Kiwi & Coconut "Nice Cream"



A dairy-free, banana-free "nice cream" made with kiwi, coconut milk, and a touch of lime.



Prep Time:
5 minutes
(+ 2 hours freezing)



Cooking Time:
0 minutes



Servings:
2

Instructions:

1. Blend frozen kiwis, coconut milk, lime juice, and maple syrup (if using) until smooth and creamy.
2. Divide mixture evenly between two serving dishes.
3. Garnish each portion with shredded coconut and pumpkin seeds.
4. For firmer texture, freeze for 15 minutes before serving.



Ingredients:

- 4 medium kiwis (peeled and frozen)
- ½ cup (120ml) coconut milk (canned, full-fat)
- 2 tsp (10ml) lime juice
- 2 tsp (10g) maple syrup (optional)
- 2 tbsp (10g) shredded coconut (unsweetened)
- 2 tbsp (20g) pumpkin seeds (pepitas)

Nutritional Value (per serving):

- Calories: 200 kcal
- Protein: 4g
- Fat: 12g
- Saturated Fat: 9g
- Carbohydrates: 22g
- Fiber: 5g
- Sodium: 10mg

30-DAY MEAL PLAN

Week 1

Day	Breakfast	Lunch	Dinner
1	Scrambled Eggs with Spinach & Chives (p. 10)	Quinoa & Bell Pepper Salad (p. 24)	Herb-Roasted Turkey with Garlic-Infused Mashed Potatoes & Steamed Carrots (p. 34)
2	Coconut Chia Pudding Bowl with Banana & Almonds (p. 13)	Niçoise Salad (Tuna & Egg) (p. 25)	Pan-Seared Salmon with Lemon-Dill Butter & Steamed Green Beans (p. 38)
3	Banana-Oat Pancakes (p. 16)	Chicken & Quinoa Salad (p. 33)	Grilled Steak with Herb Butter & Roasted Carrots (p. 36)
4	Lactose-Free Yogurt Bowl with Kiwi & Pumpkin Seeds (p. 13)	Caprese Salad (Tomato & Mozzarella) (p. 25)	Zesty Lime Shrimp Tacos with Spinach & Corn Salsa (p. 41)
5	Spinach & Feta Omelette (p. 12)	Beef & Rice Noodle Salad with Ginger-Lime Dressing (p. 37)	Quinoa & Roasted Vegetable Bowl (p. 46)
6	Classic Pancakes (p. 15)	Cobb Salad (Chicken & Bacon) (p. 26)	Tofu & Spinach Coconut Curry (p. 47)
7	Poached Eggs with Smoked Salmon & Arugula (p. 11)	Creamy Carrot & Ginger Soup (p. 28)	Lamb Skewers with Cucumber & Mint Salad (p. 36)

Week 2

Day	Breakfast	Lunch	Dinner
8	Egg & Zucchini Frittata (p. 12)	Waldorf Salad (Apple & Walnut) (p. 26)	Maple-Glazed Salmon with Quinoa & Spinach (p. 39)
9	Banana & Peanut Butter Smoothie (p. 14)	Chicken & Spinach Salad (p. 23)	Pan-Seared Pork Chop with Spinach & Quinoa (p. 35)
10	Savory Spinach & Cheese Pancakes (p. 16)	Tomato & Basil Soup (p. 30)	Lemon-Garlic Shrimp with Roasted Potatoes & Green Beans (p. 42)
11	Quinoa Breakfast Bowl with Peanut Butter & Blueberries (p. 14)	Tuna & Rice Salad (p. 24)	Mediterranean Chickpea & Rice Salad (p. 44)
12	Baked Egg Avocado Boats (p. 11)	Spinach & Potato Soup (p. 29)	Beef Stew with Carrots & Spinach (p. 37)
13	Strawberry & Spinach Smoothie (p. 15)	Caesar Salad (No Garlic/Onion) (p. 27)	Ginger-Sesame Shrimp Stir-Fry with Bok Choy & Rice (p. 41)
14	Classic Waffle with Maple Syrup (p. 17)	Zucchini & Turmeric Soup (p. 30)	Basil Pesto Pasta (p. 48)

Week 3

Day	Breakfast	Lunch	Dinner
15	Banana & Peanut Butter Waffle (p. 17)	Chickpea & Bell Pepper Salad (p. 45)	Salmon en Papillote with Lemon, Dill & Zucchini (p. 40)
16	Smoked Salmon Cucumber Bites (p. 20)	Egg Drop Soup (p. 31)	Lemon-Pepper Salmon with Garlic-Infused Green Beans (p. 39)
17	Cheese & Rice Crackers (p. 20)	Quinoa & Spinach Power Salad (p. 43)	Garlic & Herb Grilled Shrimp with Lemon Quinoa (p. 40)
18	Turkey & Spinach Roll-Ups (p. 21)	Creamy Pumpkin & Sage Soup (p. 31)	Tomato & Spinach Pasta (p. 49)
19	Smashed Avocado & Chia Crackers (p. 21)	Brown Rice & Roasted Carrot Salad (p. 54)	Lentil & Sweet Potato Stew (p. 47)
20	Ham & Cheese Lettuce Wraps (p. 22)	Millet & Zucchini Salad with Fresh Herbs (p. 55)	Zucchini Noodles with Lemon-Garlic Shrimp (p. 50)
21	Cinnamon-Spiced Popcorn (p. 22)	Buckwheat & Cherry Tomato Salad with Basil (p. 55)	Rice Noodle Salad with Peanut-Lime Dressing (p. 50)

Week 4

Day	Breakfast	Lunch	Dinner
22	Almond Butter & Banana Spread (p. 19)	Cucumber & Carrot Salad with Lemon-Dill Dressing (p. 51)	Lemon Garlic Shrimp Pasta (p. 49)
23	Sunflower Seed & Chive Spread (p. 19)	Roasted Zucchini & Bell Pepper (p. 52)	Polenta & Roasted Bell Pepper Stack (56)
24	Creamy Garlic & Herb Dip (p. 18)	Spinach & Cherry Tomato Salad with Olive Oil (p. 52)	Tofu & Rice Noodle Salad (p. 44)
25	Smoky Red Pepper & Tahini Dip (p. 18)	Grilled Eggplant & Basil with Olive Oil (p. 53)	Chicken & Potato Salad (Dairy-Free) (p. 33)
26	Strawberry & Coconut Chia Pudding (p. 66)	Shredded Kale & Grated Beet Salad (p. 53)	Turkey & Spinach Salad with Lemon Vinaigrette (p. 34)
27	Peanut Butter & Banana Chia Pudding (p. 63)	Quinoa & Spinach Salad with Lemon Vinaigrette (p. 54)	Grilled Chicken & Spinach Salad (p. 32)
28	Kiwi & Coconut "Nice Cream" (p. 67)	Waldorf Salad (Apple & Walnut) (p. 26)	Chicken & Rice Soup (p. 29)

Week 5

Day	Breakfast	Lunch	Dinner
29	Dark Chocolate & Coconut Energy Bites (p. 63)	Niçoise Salad (Tuna & Egg) (p. 25)	Herb-Roasted Turkey with Garlic-Infused Mashed Potatoes & Steamed Carrots (p. 34)
30	Blueberry & Almond Rice Pudding (p. 67)	Creamy Carrot & Ginger Soup (p. 28)	Maple-Glazed Salmon with Quinoa & Spinach (p. 39)

SHOPPING LISTS

Week 1

PRODUCE

- **Spinach (fresh)** – 2 bags, 5 oz (142g) each
- **Arugula (rocket)** – 2 clamshells, 5 oz (142g) each
- **Butter lettuce** – 2 heads, approx. 8 oz (227g) each
- **Romaine lettuce** – 2 heads, approx. 12 oz (340g) each
- **Fresh chives** – 2 bunches, 0.5 oz (14g) each
- **Fresh cilantro** – 2 bunches, 1 oz (28g) each
- **Fresh dill** – 2 bunches, 0.5 oz (14g) each
- **Fresh parsley** – 2 bunches, 1 oz (28g) each
- **Fresh basil** – 2 clamshells, 0.5 oz (14g) each
- **Fresh mint** – 2 bunches, 0.5 oz (14g) each
- **Bananas** – 6 small/medium, approx. 2 lb (908g)
- **Kiwi** – 2 pieces, 2 oz (60g) each
- **Strawberries** – 2 pints, 12 oz (340g) each
- **Tomatoes** – 4 medium, approx. 14 oz (400g)
- **Cherry tomatoes** – 2 pints, 10 oz (284g) each
- **Red bell pepper** – 2 large, approx. 12 oz (340g)
- **Green bell pepper** – 2 medium, approx. 10 oz (284g)
- **Carrots** – 2 lb bag (908g)
- **Zucchini** – 2 medium, approx. 14 oz (400g)
- **Cucumber** – 2 medium, approx. 16 oz (454g)
- **Ginger (root)** – 2 pieces, 2 oz (57g) each
- **Lime** – 4 pieces, approx. 7 oz (200g)
- **Lemon** – 2 pieces, approx. 5 oz (140g)

DAIRY/DAIRY ALTERNATIVES

- **Large eggs** – 2 dozen (24 count)
- **Lactose-free butter** – 2 packs, 8 oz (227g) each
- **Lactose-free plain yogurt** – 2 tubs, 16 oz (454g) each
- **Lactose-free milk** – 2 quarts (1.89L)
- **Lactose-free feta cheese** – 2 crumbled packs, 4 oz (113g) each
- **Lactose-free mozzarella** – 2 packs, 8 oz (227g) each
- **Lactose-free cheddar** – 2 blocks, 8 oz (227g) each
- **Coconut milk (unsweetened, canned)** – 2 cans, 13.5 oz (400ml) each

PANTRY STAPLES

- **Chia seeds** – 1 bag, 8 oz (227g)
- **Rolled oats (gluten-free)** – 1 bag, 16 oz (454g)

- **Gluten-free all-purpose flour** – 1 bag, 32 oz (907g)
- **Baking powder** – 1 canister, 10 oz (284g)
- **Cinnamon (ground)** – 1 jar, 2 oz (57g)
- **Cumin (ground)** – 1 jar, 1.5 oz (43g)
- **Paprika** – 1 jar, 2 oz (57g)
- **Chili powder (low-FODMAP)** – 1 jar, 2 oz (57g)
- **Vanilla extract** – 1 bottle, 2 oz (59ml)
- **Maple syrup** – 1 bottle, 12 oz (355ml)
- **Olive oil** – 1 bottle, 16 oz (473ml)
- **Sesame oil** – 1 bottle, 5 oz (148ml)
- **Garlic-infused olive oil** – 1 bottle, 5 oz (148ml)
- **Balsamic vinegar** – 1 bottle, 8 oz (237ml)
- **Dijon mustard (low-FODMAP)** – 1 jar, 6 oz (170g)
- **Pumpkin seeds** – 1 bag, 4 oz (113g)
- **Almonds (whole)** – 1 bag, 6 oz (170g)
- **Pecans (chopped)** – 1 bag, 4 oz (113g)
- **Shredded coconut (unsweetened)** – 1 bag, 4 oz (113g)
- **Pine nuts** – 1 bag, 2 oz (57g)
- **Low-FODMAP granola** – 2 bags, 12 oz (340g) each
- **Quinoa** – 2 bags, 12 oz (340g) each
- **Rice noodles** – 2 packs, 8 oz (227g) each
- **Corn tortillas (low-FODMAP)** – 2 packs, 10 count each

MEAT/SEAFOOD

- **Smoked salmon** – 2 packs, 4 oz (113g) each
- **Tuna in water** – 2 cans, 5 oz (142g) each
- **Chicken breast** – 2 lb (908g)
- **Turkey breast** – 2 packs, 8 oz (227g) each
- **Beef sirloin** – 2 steaks, 8 oz (227g) each
- **Lamb leg (cubed)** – 2 packs, 8 oz (227g) each
- **Salmon fillet** – 2 pieces, 4 oz (113g) each
- **Medium shrimp (peeled, deveined)** – 2 packs, 8 oz (227g) each
- **Bacon** – 2 packs, 12 oz (340g) each

MISCELLANEOUS

- **Vegetable broth (low-FODMAP)** – 2 cartons, 32 oz (946ml) each
- **Tahini** – 1 jar, 16 oz (454g)
- **Firm tofu** – 2 packs, 14 oz (397g) each
- **Green olives (pitted)** – 2 jars, 6 oz (170g) each
- **Canned corn** – 2 cans, 8.5 oz (241g) each

PRODUCE

- **Zucchini** – 4 medium, approx. 24 oz (680g)
- **Fresh basil** – 2 clamshells, 0.5 oz (14g) each
- **Fresh parsley** – 2 bunches, 1 oz (28g) each
- **Fresh cilantro** – 2 bunches, 0.5 oz (14g) each
- **Spinach (baby)** – 2 clamshells, 5 oz (142g) each
- **Romaine lettuce** – 2 heads, approx. 24 oz (680g)
- **Green apple** – 2 medium, approx. 12 oz (340g)
- **Strawberries** – 2 pints, 12 oz (340g) each
- **Bananas** – 6 medium, approx. 2 lb (908g)
- **Avocado** – 2 pieces, approx. 12 oz (340g)
- **Cucumber** – 2 medium, approx. 16 oz (454g)
- **Carrots** – 2 lb bag (908g)
- **Potatoes (baby or Yukon Gold)** – 2 lb bag (908g)
- **Bok choy** – 2 bunches, approx. 16 oz (454g)
- **Green beans** – 2 bags, 12 oz (340g) each
- **Cherry tomatoes** – 2 pints, 10 oz (284g) each
- **Lemon** – 4 pieces, approx. 10 oz (284g)
- **Lime** – 2 pieces, approx. 4 oz (113g)
- **Ginger (root)** – 2 pieces, 2 oz (57g) each

DAIRY/DAIRY ALTERNATIVES

- **Large eggs** – 2 dozen (24 count)
- **Parmesan cheese (grated)** – 2 tubs, 5 oz (142g) each
- **Cheddar cheese (shredded, lactose-free)** – 2 packs, 8 oz (227g) each
- **Feta cheese (lactose-free, crumbled)** – 2 packs, 4 oz (113g) each
- **Lactose-free milk** – 2 quarts (1.89L)
- **Lactose-free plain yogurt** – 2 tubs, 16 oz (454g) each
- **Lactose-free cream** – 2 small cartons, 8 oz (237ml) each
- **Lactose-free mayonnaise** – 2 jars, 12 oz (340g) each
- **Butter (lactose-free or olive oil substitute)** – 2 packs, 8 oz (227g) each

PANTRY STAPLES

- **Gluten-free all-purpose flour** – 1 bag, 32 oz (907g)
- **Baking powder** – 1 canister, 10 oz (284g)
- **Granulated sugar** – 1 bag, 2 lb (907g)
- **Chia seeds** – 1 bag, 8 oz (227g)
- **Sunflower seeds** – 1 bag, 4 oz (113g)
- **Walnuts (chopped)** – 1 bag, 4 oz (113g)
- **Pine nuts** – 1 bag, 2 oz (57g)
- **Sesame seeds** – 1 jar, 2 oz (57g)

- **Paprika (ground)** – 1 jar, 2 oz (57g)
- **Cinnamon (ground)** – 1 jar, 2 oz (57g)
- **Dried oregano** – 1 jar, 1 oz (28g)
- **Dried thyme** – 1 jar, 1 oz (28g)
- **Smoked paprika** – 1 jar, 2 oz (57g)
- **Turmeric (ground)** – 1 jar, 2 oz (57g)
- **Vanilla extract** – 1 bottle, 2 oz (59ml)
- **Maple syrup** – 1 bottle, 12 oz (355ml)
- **Olive oil** – 1 bottle, 16 oz (473ml)
- **Sesame oil** – 1 bottle, 5 oz (148ml)
- **Garlic-infused olive oil** – 1 bottle, 5 oz (148ml)
- **Soy sauce (gluten-free)** – 1 bottle, 10 oz (296ml)
- **Tomato purée (no onion/garlic)** – 2 cans, 15 oz (425g) each
- **Low-FODMAP vegetable broth** – 2 cartons, 32 oz (946ml) each
- **Low-FODMAP beef broth** – 2 cartons, 32 oz (946ml) each
- **Quinoa** – 2 bags, 12 oz (340g) each
- **Jasmine rice** – 2 bags, 16 oz (454g) each
- **Gluten-free pasta (rice/corn)** – 2 boxes, 12 oz (340g) each
- **Gluten-free croutons** – 2 bags, 5 oz (142g) each

MEAT/SEAFOOD

- **Salmon fillet** – 2 pieces, 5 oz (140g) each
- **Shrimp (peeled, deveined)** – 2 packs, 8 oz (227g) each
- **Pork chop (boneless)** – 2 packs, 8 oz (227g) each
- **Beef stew meat (chuck/round)** – 2 packs, 1 lb (454g) each
- **Bacon** – 2 packs, 12 oz (340g) each
- **Tuna in water** – 2 cans, 5 oz (142g) each
- **Chicken breast** – 2 lb (908g)

MISCELLANEOUS

- **Unsweetened almond milk** – 2 cartons, 32 oz (946ml) each
- **Coconut milk (light, canned)** – 2 cans, 13.5 oz (400ml) each
- **Canned chickpeas** – 2 cans, 15 oz (425g) each
- **Kalamata olives (pitted)** – 2 jars, 6 oz (170g) each
- **Green olives (pitted)** – 2 jars, 6 oz (170g) each
- **Cornstarch** – 1 box, 16 oz (454g)
- **Tomato paste (no onion/garlic)** – 2 tubes, 4.5 oz (128g) each

PRODUCE

- **Zucchini** – 4 medium, approx. 24 oz (680g)
- **Cucumber** – 2 medium, approx. 16 oz (454g)
- **Red bell pepper** – 2 medium, approx. 12 oz (340g)
- **Pumpkin or butternut squash** – 2 small, approx. 2 lb (908g)
- **Carrots** – 2 lb bag (908g)
- **Sweet potato** – 2 medium, approx. 16 oz (454g)
- **Green beans** – 2 bags, 12 oz (340g) each
- **Baby spinach** – 2 clamshells, 5 oz (142g) each
- **Kale** – 2 bunches, approx. 16 oz (454g)
- **Butter lettuce** – 2 heads, approx. 16 oz (454g)
- **Fresh dill** – 2 bunches, 0.5 oz (14g) each
- **Fresh parsley** – 2 bunches, 1 oz (28g) each
- **Fresh basil** – 2 clamshells, 0.5 oz (14g) each
- **Fresh chives** – 2 bunches, 0.5 oz (14g) each
- **Green onions (scallions)** – 2 bunches, approx. 4 oz (113g)
- **Lemon** – 4 pieces, approx. 10 oz (284g)
- **Lime** – 4 pieces, approx. 8 oz (227g)
- **Ginger (root)** – 2 pieces, 2 oz (57g) each
- **Bananas** – 6 medium, approx. 2 lb (908g)
- **Avocado** – 2 pieces, approx. 12 oz (340g)
- **Cherry tomatoes** – 2 pints, 10 oz (284g) each

DAIRY/DAIRY ALTERNATIVES

- **Large eggs** – 2 dozen (24 count)
- **Lactose-free milk** – 2 quarts (1.89L)
- **Lactose-free cream cheese** – 2 tubs, 8 oz (227g) each
- **Sharp cheddar cheese (lactose-free)** – 2 blocks, 8 oz (227g) each
- **Swiss cheese (lactose-free)** – 2 packs, 6 oz (170g) each
- **Feta cheese (lactose-free, crumbled)** – 2 packs, 4 oz (113g) each
- **Parmesan cheese (grated, lactose-free)** – 2 tubs, 5 oz (142g) each
- **Lactose-free cream or coconut cream** – 2 small cartons, 8 oz (237ml) each

PANTRY STAPLES

- **Gluten-free all-purpose flour** – 1 bag, 32 oz (907g)
- **Baking powder** – 1 canister, 10 oz (284g)
- **Brown sugar** – 1 bag, 16 oz (454g)
- **Chia seeds** – 1 bag, 8 oz (227g)
- **Sunflower seeds** – 1 bag, 4 oz (113g)
- **Pumpkin seeds** – 1 bag, 4 oz (113g)
- **Walnuts (chopped)** – 1 bag, 4 oz (113g)
- **Pine nuts** – 1 bag, 2 oz (57g)
- **Peanuts (crushed)** – 1 bag, 8 oz (227g)
- **Cinnamon (ground)** – 1 jar, 2 oz (57g)
- **Cumin (ground)** – 1 jar, 1.5 oz (43g)

- **Smoked paprika** – 1 jar, 2 oz (57g)
- **Dried oregano** – 1 jar, 1 oz (28g)
- **Dried sage** – 1 jar, 0.5 oz (14g)
- **Dried dill** – 1 jar, 0.5 oz (14g)
- **Red pepper flakes** – 1 jar, 1 oz (28g)
- **Maple syrup** – 1 bottle, 12 oz (355ml)
- **Olive oil** – 1 bottle, 16 oz (473ml)
- **Sesame oil** – 1 bottle, 5 oz (148ml)
- **Garlic-infused olive oil** – 1 bottle, 5 oz (148ml)
- **Gluten-free soy sauce (or tamari)** – 1 bottle, 10 oz (296ml)
- **Dijon mustard (low-FODMAP)** – 1 jar, 6 oz (170g)
- **Balsamic vinegar (low-FODMAP)** – 1 bottle, 8 oz (237ml)
- **White wine vinegar** – 1 bottle, 16 oz (473ml)
- **Low-FODMAP chicken broth** – 2 cartons, 32 oz (946ml) each
- **Low-FODMAP vegetable broth** – 2 cartons, 32 oz (946ml) each
- **Quinoa** – 2 bags, 12 oz (340g) each
- **Brown rice** – 2 bags, 16 oz (454g) each
- **Buckwheat groats** – 2 bags, 12 oz (340g) each
- **Millet** – 2 bags, 12 oz (340g) each

MEAT/SEAFOOD

- **Salmon fillet** – 4 pieces, 5 oz (140g) each
- **Shrimp (peeled, deveined)** – 2 packs, 8 oz (227g) each
- **Low-sodium turkey breast (deli slices)** – 2 packs, 8 oz (227g) each
- **Low-FODMAP ham (no garlic/onion)** – 2 packs, 8 oz (227g) each

CANNED/PACKAGED GOODS

- **Canned chickpeas** – 2 cans, 15 oz (425g) each
- **Canned lentils** – 2 cans, 15 oz (425g) each
- **Crushed tomatoes (no onion/garlic)** – 2 cans, 15 oz (425g) each
- **Tomato paste (no onion/garlic)** – 2 tubes, 4.5 oz (128g) each
- **Natural peanut butter (no added sugar)** – 1 jar, 16 oz (454g)
- **Plain rice crackers** – 2 boxes, 6 oz (170g) each
- **Low-FODMAP seed crackers** – 2 boxes, 5 oz (142g) each
- **Air-popped popcorn (plain)** – 2 bags, 8 oz (227g) each

MISCELLANEOUS

- **Rice noodles (vermicelli)** – 2 packs, 8 oz (227g) each
- **Gluten-free pasta** – 2 boxes, 12 oz (340g) each

Week 4

PRODUCE

- **Bananas** – 6 medium, approx. 2 lb (908g)
- **Strawberries** – 2 pints, 12 oz (340g) each
- **Kiwis** – 4 pieces, approx. 8 oz (227g)
- **Green apple (firm)** – 2 medium, approx. 12 oz (340g)
- **Cucumber** – 2 medium, approx. 16 oz (454g)
- **Carrots** – 2 lb bag (908g)
- **Zucchini** – 4 medium, approx. 24 oz (680g)
- **Red bell pepper** – 2 large, approx. 12 oz (340g)
- **Eggplant** – 2 small, approx. 24 oz (680g)
- **Cherry tomatoes** – 2 pints, 10 oz (284g) each
- **Baby spinach** – 2 clamshells, 5 oz (142g) each
- **Kale** – 2 bunches, approx. 16 oz (454g)
- **Romaine lettuce** – 2 heads, approx. 24 oz (680g)
- **Beet (raw)** – 2 small, approx. 8 oz (227g)
- **Fresh chives** – 2 bunches, 0.5 oz (14g) each
- **Fresh parsley** – 2 bunches, 1 oz (28g) each
- **Fresh dill** – 2 bunches, 0.5 oz (14g) each
- **Fresh basil** – 2 clamshells, 0.5 oz (14g) each
- **Cilantro** – 2 bunches, 0.5 oz (14g) each
- **Lemon** – 4 pieces, approx. 10 oz (284g)
- **Lime** – 2 pieces, approx. 4 oz (113g)
- **Ginger (root)** – 2 pieces, 2 oz (57g) each

DAIRY/DAIRY ALTERNATIVES

- **Lactose-free Greek yogurt** – 2 tubs, 16 oz (454g) each
- **Lactose-free yogurt (plain)** – 2 small tubs, 6 oz (170g) each
- **Lactose-free milk** – 2 quarts (1.89L)
- **Parmesan cheese (grated, lactose-free)** – 2 tubs, 5 oz (142g) each
- **Feta cheese (lactose-free, crumbled)** – 2 packs, 4 oz (113g) each
- **Coconut yogurt (dairy-free)** – 2 tubs, 16 oz (454g) each

PANTRY STAPLES

- **Chia seeds** – 1 bag, 8 oz (227g)
- **Rolled oats** – 1 bag, 16 oz (454g)
- **Sunflower seed butter** – 1 jar, 16 oz (454g)
- **Almond butter (smooth, no added sugar)** – 1 jar, 16 oz (454g)
- **Tahini** – 1 jar, 16 oz (454g)
- **Maple syrup** – 1 bottle, 12 oz (355ml)

- **Vanilla extract** – 1 bottle, 2 oz (59ml)
- **Shredded coconut (unsweetened)** – 1 bag, 4 oz (113g)
- **Pumpkin seeds (pepitas)** – 1 bag, 4 oz (113g)
- **Sunflower seeds** – 1 bag, 4 oz (113g)
- **Walnuts (chopped)** – 1 bag, 4 oz (113g)
- **Peanuts (crushed)** – 1 bag, 8 oz (227g)
- **Cinnamon (ground)** – 1 jar, 2 oz (57g)
- **Smoked paprika** – 1 jar, 2 oz (57g)
- **Cumin (ground)** – 1 jar, 1.5 oz (43g)
- **Dried oregano** – 1 jar, 1 oz (28g)
- **Dried dill** – 1 jar, 0.5 oz (14g)
- **Red pepper flakes** – 1 jar, 1 oz (28g)
- **Olive oil** – 1 bottle, 16 oz (473ml)
- **Garlic-infused olive oil (low-FODMAP)** – 1 bottle, 5 oz (148ml)
- **Sesame oil** – 1 bottle, 5 oz (148ml)
- **Balsamic vinegar (low-FODMAP)** – 1 bottle, 8 oz (237ml)
- **Lemon juice** – 1 bottle, 16 oz (473ml)
- **Tamari (gluten-free soy sauce)** – 1 bottle, 10 oz (296ml)

MEAT/SEAFOOD

- **Shrimp (peeled, deveined)** – 2 packs, 8 oz (227g) each
- **Turkey breast (deli slices or whole)** – 2 packs, 8 oz (227g) each
- **Chicken breast (boneless, skinless)** – 2 lb (908g)

CANNED/PACKAGED GOODS

- **Coconut milk (canned, full-fat)** – 2 cans, 13.5 oz (400ml) each
- **Roasted red peppers (jarred)** – 2 jars, 12 oz (340g) each
- **Polenta (corn grits)** – 2 tubes, 18 oz (510g) each
- **Rice noodles** – 2 packs, 8 oz (227g) each
- **Gluten-free spaghetti** – 2 boxes, 12 oz (340g) each
- **Low-FODMAP chicken broth** – 2 cartons, 32 oz (946ml) each

MISCELLANEOUS

- **Firm tofu** – 2 packs, 14 oz (397g) each
- **Red grapes (seedless)** – 2 bunches, approx. 2 lb (908g)

Week 5

PANTRY STAPLES

- **Rolled oats (gluten-free)** – 1 bag, 16 oz (454g)
- **Unsweetened shredded coconut** – 1 bag, 4 oz (113g)
- **Almond butter** – 1 jar, 16 oz (454g)
- **Maple syrup** – 1 bottle, 12 oz (355ml)
- **Dark chocolate chips (70% cocoa, lactose-free)** – 2 bags, 12 oz (340g) each
- **Chia seeds** – 1 bag, 8 oz (227g)
- **White rice** – 2 bags, 16 oz (454g) each
- **Vanilla extract** – 1 bottle, 2 oz (59ml)
- **Ground cinnamon** – 1 jar, 2 oz (57g)
- **Dijon mustard (no garlic/onion)** – 1 jar, 6 oz (170g)
- **Low-FODMAP vegetable broth** – 2 cartons, 32 oz (946ml) each
- **Quinoa** – 2 bags, 12 oz (340g) each

PRODUCE

- **Blueberries (fresh)** – 2 pints, 6 oz (170g) each
- **Butter lettuce** – 2 heads, approx. 16 oz (454g)
- **Green beans (fresh)** – 2 lb bags (908g)
- **Cherry tomatoes** – 2 pints, 10 oz (284g) each
- **Carrots** – 2 lb bags (908g)
- **Ginger (fresh)** – 2 roots, approx. 4 oz (113g)

- **Potatoes (Yukon Gold or Russet)** – 2 lb bags (908g)
- **Baby spinach** – 2 clamshells, 5 oz (142g) each
- **Lemon** – 4 pieces, approx. 10 oz (284g)
- **Fresh chives** – 2 bunches, 0.5 oz (14g) each

DAIRY/DAIRY ALTERNATIVES

- **Lactose-free milk** – 2 quarts (1.89L)
- **Lactose-free cream** – 2 small cartons, 8 oz (237ml) each
- **Coconut cream (dairy-free alternative)** – 2 cans, 13.5 oz (400ml) each
- **Lactose-free butter** – 2 packs, 8 oz (227g) each

MEAT/SEAFOOD

- **Tuna in water** – 2 cans, 5 oz (142g) each
- **Turkey breast** – 2 packs, 8 oz (227g) each
- **Salmon fillet** – 2 pieces, 5 oz (140g) each

MISCELLANEOUS

- **Slivered almonds** – 1 bag, 4 oz (113g)
- **Pitted green olives** – 2 jars, 6 oz (170g) each
- **Olive oil** – 1 bottle, 16 oz (473ml)
- **Garlic-infused olive oil** – 1 bottle, 5 oz (148ml)
- **Gluten-free soy sauce** – 1 bottle, 10 oz (296ml)

Conclusion

You've just unlocked a treasure trove of gut-friendly recipes designed to bring both comfort and joy into your meals. This cookbook has armed you with everything you need – from breakfast favorites to satisfying dinners, plus handy meal plans and shopping lists – to make your low-FODMAP journey deliciously simple. Remember: every flavorful bite you've discovered here proves that eating for your health doesn't mean sacrificing taste or variety.

As you move forward, trust the process. Whether you're in the elimination phase or carefully reintroducing foods, these recipes will remain your reliable companions. Keep experimenting with the flavors you love, listen to your body's signals, and celebrate the small victories along the way. That moment when you enjoy a meal without discomfort – that's what this is all about.

Your kitchen is now a place of healing and discovery. Bookmark your favorite recipes, share them with loved ones, and most importantly – enjoy the freedom that comes with feeling your best. Here's to many more happy, comfortable meals ahead – you've got this!

Moving Forward with Your Low-FODMAP Journey

Transitioning to this new way of eating is an investment in your well-being that pays off with every comfortable meal. While the initial adjustment takes dedication, remember why you started – for more energy, less discomfort, and greater food freedom. When motivation wanes, revisit your favorite recipes from this book – like those satisfying Banana-Oat Pancakes or Zesty Lime Shrimp Tacos – to remind yourself how good gut-friendly eating can taste.

For social situations that once felt challenging, you now have strategies:

- Review restaurant menus in advance and identify safe protein+veg options
- Bring a delicious low-FODMAP dish to share at gatherings
- Politely explain your needs – most chefs will accommodate simple requests
- Keep emergency snacks like rice cakes or lactose-free yogurt in your bag

After 4-6 weeks of elimination (with symptom improvement), begin testing one high-FODMAP group at a time:

1. Choose a test food (ex: ¼ avocado for polyols)
2. Eat a small portion at breakfast on an empty stomach
3. Wait 3 days before testing another food
4. Track reactions in a food/symptom journal

Our meal plan includes reintroduction-friendly recipes with space to add test foods. You might discover you tolerate:

- Garlic-infused oil but not whole garlic
- Small portions of lentils but not chickpeas
- Ripe bananas but not apples

Celebrating Your Success

- Every symptom-free day is worth celebrating! Keep in mind:
- Improved digestion compounds over time
- Your personalized "yes list" will expand as you reintroduce new foods
- The recipes you've mastered will become second nature

This isn't about perfection – it's about progress. When you do experience setbacks (which happen to everyone), simply return to your safe recipes. You now have all the tools to enjoy food without fear, and that's something truly worth savoring.

Remember: *your best gut health starts with the very next meal – and you're already equipped to make it a delicious one. Here's to many more comfortable, joyful eating experiences ahead!*



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