



Low Fodmap Meal Plan

EXPERIENCE A BOOST IN
CONFIDENCE AND
VITALITY WITH A WELL-
NOURISHED GUT.

About FODMAP

What are FODMAPs?

FODMAPs are a group of sugars that are not completely digested or absorbed in our intestines. When FODMAPs reach the small intestine, they move slowly, attracting water. When they pass into the large intestine, FODMAPs are fermented by gut bacteria, producing gas as a result.

FODMAP stands for fermentable oligosaccharides, disaccharides, monosaccharides and polyols, which are short-chain carbohydrates (sugars) that the small intestine absorbs poorly. Some people experience digestive distress after eating them. Symptoms include:

- Cramping
- Diarrhoea
- Constipation
- Stomach bloating
- Gas and flatulence



What is a low FODMAP diet?

The diet plan outlined in here isn't intended as an alternative to seeking medical advice if you are concerned you may have a gut health condition, however if you have been experiencing mild varieties of the symptoms detailed above it may help to reduce them. This diet plan is not a full elimination, and does include small amounts of FODMAPs.

What do you do at the end of the 4 week plan?

If you have found that this diet plan has aided your gut health, and you've seen a reduction in symptoms, continue primarily following this programme, however you can then start to gradually reintroduce foods that are considered high FODMAP one at a time and see if any of your symptoms reoccur.

The diet plan provided is intended for informational purposes only and does not constitute medical advice. It is not a substitute for professional medical guidance, diagnosis, or treatment. Individual dietary needs and restrictions can vary, and it is important to consult with a qualified healthcare professional before starting any new diet plan. If you have any concerns or health conditions, please seek advice from a medical professional.

	High FODMAP foods	Low FODMAP alternatives
Vegetables 	Artichoke, asparagus, cauliflower, garlic, green peas, mushrooms, onion	Carrot, cucumber, lettuce, potato, eggplant, celery, green beans, pumpkin, squash
Fruits 	Apples, apple juice, cherries, dried fruit, mango, nectarines, peaches, pears, plums, watermelon	Cantaloupe, kiwifruit, mandarin, orange, pineapple, blueberry
Dairy & alternatives 	Cow's milk, custard, ice cream, sweetened condensed milk, yoghurt, cottage cheese, ricotta cheese, soy milk (made from soybeans)	Almond milk, brie/camembert cheese, feta cheese, hard cheeses, lactose-free milk, kefir, soy milk (made from soy protein)
Protein sources 	Most legumes/pulses, some marinated meats/poultry/seafood, some processed meats	Eggs, firm tofu, plain cooked meats/poultry/seafood, tempeh
Breads & cereals 	Wheat/rye/barley based breads, breakfast cereals, biscuits and snack products	Oatmeal, quinoa, rice, sourdough spelt bread, gluten-free products, polenta
Sugars, sweeteners 	High fructose corn syrup, honey, artificial sweeteners with sugar alcohols	Dark chocolate, maple syrup, rice malt syrup, table sugar
Nuts & seeds 	Cashews, pistachios	Macadamias, peanuts, pumpkin seeds/pepitas, walnuts

Week 1

SUNDAY

- B** Breakfast Meat Bites with Fruit (make half recipe and freeze half for Friday)
- L** Grilled Chicken w/ Carrot Slaw Salad
- D** Beef Burgers w/ Mediterranean Salad (save half for tomorrow)

MONDAY

- B** Maple Blueberry Overnight Oats
- L** Artichoke & Egg Salad
- D** Beef Burgers w/ Mediterranean Salad

TUESDAY

- B** Tropical Smoothie
- L** Artichoke & Egg Salad
- D** Sweet Plantain Pastelon (save half for tomorrow)

WEDNESDAY

- B** Maple Blueberry Overnight Oats
- L** Chopped Spring Roll Noodle Salad (save half for tomorrow)
- D** Sweet Plantain Pastelon

THURSDAY

- B** Tropical Smoothie
- L** Chopped Spring Roll Noodle Salad
- D** Teriyaki Beef Fried Rice (save half for tomorrow)

FRIDAY

- B** Breakfast Meat Bites with Fruit
- L** Slow-Cooker Chicken Sandwich, Parsnip Fries (make half recipe and save half for tomorrow)
- D** Teriyaki Beef Fried Rice

SATURDAY

- B** Smashed Sweet Potato Breakfast Bowl
- L** Slow-Cooker Chicken Sandwich, Parsnip Fries
- D** Tomato & Lime Salsa Chicken Bowl

SHOPPING LIST

PRODUCE

- 5 large carrots
- 1 bundle fresh parsley
- 1 bundle fresh coriander
- 1 bundle fresh mint
- 1 cucumber
- 1 jar artichoke hearts
- 1 jar kalamata olives
- 1/2 cup (21 g) rocket or rocket
- 1 bundle kale (approximately 67 g)
- 1 head romaine lettuce
- 2 cups (60 g) baby spinach
- 1 head red cabbage
- 1 red bell pepper
- 1 green bell pepper
- 1 head broccoli
- 2 parsnips
- 2 sweet potatoes
- 1 cup (149 g) cherry tomatoes
- 3 tomatoes
- 2 oranges
- 1 pineapple
- 1 lime
- 1/4 cup (38 g) grapes
- 1 1/2 cups (222 g) blueberries
- 3 1/4 cups (468 g) strawberries
- 1 avocado
- 2 plantains (or russet potatoes)

MEAT, POULTRY, DAIRY

- 17 eggs
- 1/4 cup (63 g) cheddar cheese
- 1/8 cup (10 g) parmesan
- 16 oz (450 g) ground turkey
- 5 chicken breasts, boneless and skinless
- Organic turkey bacon
- 16 oz (450 g) ground beef
- Lactose free milk
- 12 oz (340 g) ground chicken
- 10 oz (283 g) sirloin steak
- Collagen peptides

GRAINS, BEANS, NUTS, LEGUMES

- 1 tbsp (7 g) ground flaxseed
- 2 tbsp (20 g) hemp hearts
- 1 tbsp (16 g) almond butter
- 2 gluten free buns
- 3 1/4 cup (780 g) almond milk
- 1 cup (80 g) rolled oats
- 3 oz (85 g) rice noodles
- 1 1/2 cups (132 g) white rice

MISCELLANEOUS

- Ground sage
- Paprika
- Dried oregano
- Crushed red pepper
- Ground cumin
- Dried thyme
- Ground ginger
- Salt
- Pepper
- Olive oil
- Avocado oil
- Sesame oil
- Maple syrup
- Peanut vinaigrette
- Bone or chicken broth
- Coconut aminos
- Apple cider vinegar
- Dijon mustard

How to Meal Prep

Week 1

- Prepare Maple Blueberry Overnight Oats on Sunday and Tuesday evenings to be eaten on Monday and Wednesday for breakfast.
- Hard-boil six eggs on Sunday to be eaten with lunch on Monday and Tuesday.
- Option to cook Sweet Plantain Pastelon earlier in the week to be eaten for dinner on Tuesday and Wednesday.
- Cook ground chicken on Tuesday evening for the Chopped Spring Noodle Salad to be eaten for lunch on Wednesday and Thursday. Alternatively, cook earlier in the week and store in the freezer.
- Start the slow cooker and prepare parsnip fries on Thursday evening for the Slow-Cooker Chicken Sandwich to be eaten for lunch on Friday and Saturday.
- Remember to save half of the dinner meals on Sunday, Tuesday, and Thursday to have as leftovers the following evening.

DAILY AVERAGES

Calories: 1,403

Carbohydrates: 127 g Protein: 103 g Fat: 57 g



Week 2

SUNDAY

- B** Smoked Salmon Quinoa Breakfast Bowl
- L** Egg Salad Toast
- D** FODMAP Friendly Beef Ramen (save half for tomorrow)

MONDAY

- B** Spinach, Bacon, Brie Egg Bites (make half recipe and save half for Wednesday)
- L** Grilled Chicken with Mediterranean Quinoa (save half for tomorrow)
- D** FODMAP Friendly Beef Ramen

TUESDAY

- B** Strawberry Shortcake Smoothie
- L** Grilled Chicken with Mediterranean Quinoa
- D** Pork Chops with Brie Parsnip Puree & Roasted Carrots (save half for tomorrow)

WEDNESDAY

- B** Spinach, Bacon, Brie Egg Bites
- L** Make Ahead Turkey Kofta (save half for tomorrow)
- D** Pork Chops with Brie Parsnip Puree & Roasted Carrots

THURSDAY

- B** Strawberry Shortcake Smoothie
- L** Make Ahead Turkey Kofta
- D** Mexican Inspired Stuffed Peppers (save half for tomorrow)

FRIDAY

- B** Smoked Salmon Quinoa Breakfast Bowl
- L** Hearty Simple Salad
- D** Mexican Inspired Stuffed Peppers

SATURDAY

- B** Breakfast Sweet Potato with Kale, Bison, & Egg (half recipe)
- L** Hearty Simple Salad
- D** Sheet Pan Cod & Mixed Vegetables (make half recipe)

SHOPPING LIST

PRODUCE

- 1 head (134 g) kale
- 1 cup (60 g) baby spinach
- 7 cups (140 g) rocket or rocket
- 1 head bok choy
- 1 1/2 cups (170 g) shredded carrots
- 1 jar kalamata olives
- 2 1/4 cups (335 g) cherry tomatoes
- 2 cucumbers
- 2 cups (492 g) baby carrots
- 1 bundle fresh parsley
- 1 bundle fresh dill
- 2-3 parsnips
- 2 sweet potatoes
- 2 1/4 cups (335 g) cherry tomatoes
- 1 tomato
- 2 red bell peppers
- 1 courgette
- 2 oz (57 g) green beans
- 1 cup (150 g) chopped red potatoes
- 1 cantaloupe
- 1 honeydew melon
- 3 lemons
- 1/2 cup (62 g) raspberries
- 1 avocado
- 2 cups (373 g) frozen strawberries

MEAT, POULTRY, DAIRY

- 11 eggs
- 3 oz (85 g) brie cheese
- 5 oz (142 g) feta cheese
- 1 oz (35 g) cheddar cheese
- 2 oz (56 g) goat cheese
- 4 chicken breasts
- 12 oz (342 g) ground turkey
- 3 slices organic bacon
- 10 oz (283 g) ground beef
- 8 oz (237 g) pork chops
- 8 oz (227 g) flank steak
- 8 oz (227 g) smoked salmon
- 6 oz (170 g) cod or white fish
- 2 oz (57 g) ground bison
- Lactose free milk
- 2 cups (453 g) lactose free Greek yogurt

GRAINS, BEANS, NUTS, LEGUMES

- 2 tbsp (18 g) sunflower seeds
- 1/4 cup (34 g) macadamia nuts
- 2 tbsp (24 g) chia seeds
- 1/4 cup (36 g) almonds
- 2 slices gluten free low FODMAP bread
- 1 1/2 cups (255 g) quinoa
- 1 tbsp (14 g) tahini
- 1/4 cup (62 g) almond milk

MISCELLANEOUS

- Salt
- Pepper
- Paprika
- Ground cumin
- Cayenne pepper
- Dried oregano
- Dried rosemary
- Nutmeg
- Chili powder
- Ground coriander
- Allspice
- Ground ginger
- Apple cider vinegar
- Coconut aminos
- Olive oil
- Avocado oil
- 2 cups (480 g) bone or chicken broth
- Rice noodle ramen

How to Meal Prep

Week 2

- Cook all the quinoa on Sunday. Freeze 1/2 cup of cooked quinoa for the Smoked Salmon Quinoa Breakfast Bowl to be served on Friday. Use the remaining quinoa for breakfast on Sunday and lunches on Monday and Tuesday.
- Prepare Grilled Chicken with Mediterranean Quinoa dishes on Sunday evening for lunch on Monday and Tuesday.
- Make the Spinach, Bacon, Brie Egg Bites on Sunday evening to have for breakfast on Monday and Wednesday.
- On Tuesday evening (or earlier), prepare the Turkey Kofta to enjoy with lunch on Wednesday and Thursday.
- On Thursday evening, bake two chicken breasts to add to the salad for lunch on Friday and Saturday.
- Ensure to reserve half of the dinner meals on Sunday, Tuesday, and Thursday to enjoy as leftovers the following evening.

DAILY AVERAGES

Calories: 1,404

Carbohydrates: 101 g Protein: 106 g Fat: 66 g



Week 3

SUNDAY

- B** Lemon courgette "Bread" (freeze remaining servings)
- L** Hearty Simple Salad
- D** Lemon Chicken with Sweet Potato (save half for tomorrow)

MONDAY

- B** Sweet and Savory Morning Bowl
- L** Turkey Chili with Potatoes & Lentils (save half for tomorrow)
- D** Lemon Chicken with Sweet Potato

TUESDAY

- B** Breakfast Meat Bites with Fruit (half recipe and save half for Thursday)
- L** Turkey Chili with Potatoes & Lentils
- D** Teriyaki Beef Fried Rice (save half for tomorrow)

WEDNESDAY

- B** Sweet and Savory Morning Bowl
- L** Grilled Chicken with Mediterranean Quinoa (save half for tomorrow)
- D** Teriyaki Beef Fried Rice

THURSDAY

- B** Breakfast Meat Bites with Fruit
- L** Grilled Chicken with Mediterranean Quinoa
- D** FODMAP Friendly Beef Ramen (save half for tomorrow)

FRIDAY

- B** Lemon courgette "Bread"
- L** Slow-Cooker Chicken Sandwich, Parsnip Fries (save half for tomorrow)
- D** FODMAP Friendly Beef Ramen

SATURDAY

- B** Tropical Smoothie
- L** Slow-Cooker Chicken Sandwich, Parsnip Fries
- D** Shrimp and Green Beans (make half recipe)

SHOPPING LIST

PRODUCE

- 1 1/2 cups (186 g) grated courgette
- 2 cups (40 g) rocket
- 1 head bok choy
- 1/2 cup (34 g) chopped kale
- 4 sweet potatoes
- 1 tomato
- 1 head broccoli
- 1 large carrot
- 1 jar kalamata olives
- 1 cup (150 g) cherry tomatoes
- 1 cucumber
- 1 1/2 cups (170 g) shredded carrots
- 2 parsnips
- 10 oz (276 g) green beans
- 1/2 cup (31 g) raspberries
- 1 avocado
- 4 lemons
- 1 cantaloupe
- 2 1/4 cups (324 g) strawberries
- 2 oranges
- 1 pineapple

MEAT, POULTRY, DAIRY

- 11 eggs
- 1 oz (28 g) goat cheese
- 1/2 cup (113 g) cottage cheese
- 2 oz (57 g) feta cheese
- 6 chicken breasts
- 16 oz (470 g) boneless, skinless chicken thighs
- 16 oz (475 g) ground turkey
- 8 oz flank steak
- 10 oz sirloin steak
- 6 oz (170 g) shrimp or prawns
- 1/2 cup (115 g) lactose-free yogurt
- Lactose-free milk
- Collagen peptides

GRAINS, BEANS, NUTS, LEGUMES

- 1 cup (185 g) white rice
- 1/2 cup (85 g) quinoa
- 3 tbsp (30 g) hemp hearts
- 2 gluten-free, low FODMAP burger buns
- 1 1/2 cups (180 g) buckwheat flour
- 3 cups (231 g) lentils
- Almond butter
- 1/3 cup (33 g) pecans
- 1 cup (240 g) almond milk

MISCELLANEOUS

- Salt
- Pepper
- Dried rosemary
- Dried thyme
- Ground cinnamon
- Taco seasoning
- Dried sage
- Paprika
- Dried oregano
- Crushed red pepper
- Ground cumin
- Cayenne pepper
- Ground ginger
- 70 g rice ramen
- 1/4 cup (85 g) maple syrup
- Vanilla extract
- Baking soda
- Baking powder
- Tomato paste
- Vanilla extract
- 1 cup (240 g) vegetable broth
- 3 cups (650 g) chicken or bone broth
- Coconut aminos
- Olive oil
- Avocado oil
- Sesame oil

How to Meal Prep

Week 3

- Freeze the remaining serving of courgette bread for future use.
- On Sunday evening, prepare the Turkey Chili with Sweet Potatoes and Lentils to be enjoyed for lunch on Monday and Tuesday.
- On Monday evening, make the Breakfast Meat Bites to be eaten for breakfast on Tuesday and Thursday.
- On Tuesday evening, prepare the Grilled Chicken with Mediterranean Quinoa (2 servings) to be enjoyed for lunch on Wednesday and Thursday.
- On Thursday evening, start the Slow-Cooker Chicken Sandwich with Parsnip Fries to be enjoyed for lunch on Friday and Saturday.
- Remember to save half of the dinner meals on Sunday, Tuesday, and Thursday to be enjoyed as leftovers the following evening.

DAILY AVERAGES

Calories: 1,354

Carbohydrates: 114 g Protein: 105 g Fat: 57 g



Week 4

SUNDAY

- B** Breakfast Sweet Potato with Kale, Bison, & Egg (half recipe)
- L** Chopped Spring Roll Noodle Salad (save half for tomorrow)
- D** Mexican Inspired Stuffed Peppers (save half for tomorrow)

MONDAY

- B** Maple Blueberry Overnight Oats
- L** Potato Latkes (save half for tomorrow)
- D** Mexican Inspired Stuffed Peppers

TUESDAY

- B** Smoked Salmon Quinoa Breakfast Bowl
- L** Potato Latkes
- D** Beef Burgers w/ Mediterranean Salad (save half for tomorrow)

WEDNESDAY

- B** Maple Blueberry Overnight Oats
- L** Make Ahead Turkey Kofta (save half for tomorrow)
- D** Beef Burgers w/ Mediterranean Salad

THURSDAY

- B** Smoked Salmon Quinoa Breakfast Bowl
- L** Make Ahead Turkey Kofta
- D** Lemon Chicken with Sweet Potato Mash (save half for tomorrow)

FRIDAY

- B** Breakfast Sweet Potato with Kale, Bison, & Egg (half recipe)
- L** Artichoke & Egg Salad
- D** Lemon Chicken with Sweet Potato Mash

SATURDAY

- B** Sweet and Savory Morning Bowl
- L** Artichoke & Egg Salad
- D** Pork Chops with Brie Parsnip Puree & Roasted Carrots make half recipe)

SHOPPING LIST

PRODUCE

- 3 cups (201 g) kale
- 1 head romaine lettuce
- 3 1/2 cups (70 g) rocket or rocket
- 7 sweet potatoes
- 1 green bell pepper
- 2 red bell peppers
- 1 carrot
- 1 head red cabbage
- 1 cucumber
- 1 bundle fresh parsley
- 1 bundle fresh mint
- 1 bundle fresh dill
- 3 tomatoes
- 2 1/4 cups (335 g) cherry tomatoes
- 2-3 parsnips
- 2 cups (250 g) green beans
- 1 jar artichoke hearts
- 1 jar kalamata olives
- 1 cup (246 g) baby carrots
- 1 1/2 cups (222 g) blueberries
- 1 pineapple
- 2 lemons
- 3 cups (432 g) strawberries
- 1/2 cup (62 g) raspberries
- 1 cantaloupe

MEAT, POULTRY, DAIRY

- 16 eggs
- 1 1/4 cup (35 g) cheddar cheese
- 1 cup (240 g) lactose free Greek yogurt
- 3 oz (85 g) feta cheese
- 1/4 cup (56 g) cottage cheese
- 1 oz (24 g) brie cheese
- 8 oz (175 g) ground chicken
- 4 oz (142 g) pork chops
- 12 oz (342 g) ground turkey
- 16 oz (470 g) boneless skinless chicken thighs
- 4 oz (113 g) ground bison
- 26 oz (745 g) ground beef
- 8 oz (227 g) smoked salmon

GRAINS, BEANS, NUTS, LEGUMES

- 1 tbsp (7 g) ground flaxseed
- 2 tbsp (18 g) sunflower seeds
- 1/4 cup (36 g) almonds
- 3 tbsp (30 g) hemp hearts
- 1/4 cup (25 g) pecans
- 1 tbsp (14 g) tahini
- 1 cup (80 g) rolled oats
- 1 1/2 oz (43 g) rice noodles
- 1/4 cup (30 g) buckwheat flour
- 1/2 cup (64 g) quinoa
- 1 1/4 cup (300 g) almond milk

MISCELLANEOUS

- Salt
- Pepper
- Dried oregano
- Paprika
- Chili powder
- Ground coriander
- All spice
- Dried rosemary
- Dried thyme
- Ground cinnamon
- Nutmeg
- Apple cider vinegar
- Coconut aminos
- Avocado oil
- Olive oil
- Maple syrup
- Peanut vinaigrette

How to Meal Prep

Week 4

- On Sunday and Tuesday evenings, prepare maple overnight oats to have for breakfast the following day.
- On Sunday evening, prepare two servings of Sweet Potato Latkes to have for lunch on Monday and Tuesday.
- On Tuesday evening or earlier, prepare the Turkey Kofta to have for lunch on Wednesday and Thursday.
- On Thursday evening, hard-boil six eggs to have with lunch on Friday and Saturday.
- Remember to save half of the dinner meals on Sunday, Tuesday, and Thursday to have for leftovers the following evening.

DAILY AVERAGES

Calories: 1,378

Carbohydrates: 108 g Protein: 99 g Fat: 64 g

