



Low Fodmap
Recipe Bundle

GIVE YOUR GUT A REST AND
FEEL YOUR BEST.

Table Of Contents

Breakfast

- Breakfast Meat Bites with Fruit.....3
- Breakfast Sweet Potato with Kale, Bison, & Egg.....4
- Lemon courgette “Bread”5
- Maple Blueberry Overnight Oats.....6
- Smashed Sweet Potato Breakfast Bowl.....7
- Smoked Salmon Quinoa Breakfast Bowl.....8
- Spinach, Bacon, Brie Egg Bites.....9
- Strawberry Shortcake Smoothie.....10
- Sweet and Savory Morning Bowl.....11
- Tropical Smoothie.....12

Lunch

- Artichoke & Egg Salad.....14
- Chopped Spring Roll Noodle Salad.....15
- Egg Salad Toast.....16
- Grilled Chicken with Mediterranean Quinoa.....17
- Grilled Chicken w/ Carrot Slaw Salad.....18
- Hearty Simple Salad.....19
- Make Ahead Turkey Kofta20
- Potato Latkes21
- Slow-Cooker Chicken Sandwich, Parsnip Fries.....22
- Turkey Chili with Sweet Potatoes & Lentils.....23

Dinner

- Beef Burgers w/ Mediterranean Salad.....25
- FODMAP Friendly Beef Ramen.....26
- Lemon Chicken with Sweet Potato Mash.....27
- Mexican Inspired Stuffed Peppers.....28
- Pork Chops with Brie Parsnip Puree & Roasted Carrots.....29
- Sheet Pan Cod & Mixed Vegetables.....30
- Shrimp and Green Beans.....31
- Sweet Plantain Pastelon "Sheppard's Pie".....32
- Teriyaki Beef Fried Rice.....33
- Tomato & Lime Salsa Chicken Bowl.....34



Low Fodmap Breakfast

START YOUR DAY RIGHT

Breakfast Meat Bites with Fruit



SERVINGS: 4

PREP TIME: 10 MINS

COOKING TIME: 20-25 MINS

INGREDIENTS

- 1 lb (448 g) ground turkey
- 1/4 cup (60 g) lactose-free milk
- 8 (400 g) eggs
- 1/4 tsp (0.2 g) sage
- 1/2 tsp (1 g) paprika
- 1/4 tsp (0.5 g) oregano
- 1/4 tsp (0.5 g) crushed red pepper
- Parchment paper to line muffin pan
- 4 small oranges, peeled and divided
- 2 cups (400 g) pineapple

DIRECTIONS

1. Preheat oven to 400° F (204° C)
2. Mix ground turkey, milk and seasoning together and let sit.
3. Add parchment paper to 8 cups in large muffin pan.
4. Place about 1/4 cup of mix into pan and flatten down into parchment paper.
5. Add one egg on top of each meat mixture. This should make about 8 servings.
6. Bake for 20-25 minutes, until eggs are fully cooked.
7. Let cool and serve with an orange and 1 cup of pineapple per serving.

NUTRITION INFO

Calories: 449, Carbohydrate: 36 grams, Protein: 37 grams, Fat: 19 grams



Breakfast Sweet Potato with Kale, Bison, & Egg



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 medium sweet potato
- 4oz (114 g) of ground bison
- 2 cups (134 g) kale, stems removed and chopped
- 1/4 tsp (0.5 g) dried oregano
- Salt and pepper to taste
- 1 tbsp (14 g) avocado oil
- 2 large eggs

DIRECTIONS

1. Bake sweet potato the night before or poke holes in all sides of sweet potato and place them on a microwaveable plate. Microwave for 5 minutes or until tender.
2. Remove from microwave and let stand for 1 minute. Slice potatoes open.
3. Place a medium skillet over medium heat. Once hot, add ground bison and cook until almost done. Add prepared kale to skillet and continue to cook until bison is done and kale is wilted.
4. Add oregano, salt and pepper.
5. Divide mixture between sweet potatoes.
6. In the same skillet, add avocado oil to cook eggs to your desired doneness.
7. Place 1 egg on each sweet potato. Enjoy!

NUTRITION INFO

Calories: 338, Carbohydrate: 27 grams, Protein: 20 grams, Fat: 22 grams



Lemon courgette “Bread”



SERVINGS: 8

PREP TIME: 15 MINUTES COOKING TIME: 60 MINUTES

INGREDIENTS

- 1 1/2 cups (186 g) grated courgette (2 medium-sized courgettes)
- 1/4 cup (85 g) maple syrup
- 1/4 cup (55 g) olive oil
- 1/2 cup (113 g) lactose-free yogurt
- 2 eggs
- 1 tsp (4 g) vanilla extract
- 1 1/2 cups (180 g) buckwheat flour
- 1/2 tsp (3 g) kosher salt
- 1/2 tsp (2.3 g) bicarbonate of soda
- 1/2 tsp (2.3 g) baking powder
- 1 tbsp (6 g) lemon zest
- 4 tbsp (64 g) almond butter
- 8 hard-boiled eggs

DIRECTIONS

1. Preheat oven to 350°F (176°C).
2. Press grated courgette between two clean dish towels to remove as much water as possible.
3. In a large bowl, hand-mix courgette, maple syrup, olive oil, lactose-free yogurt, eggs, vanilla extract, buckwheat flour, bicarbonate of soda, baking powder, kosher salt, and lemon zest.
4. Add courgette "bread" batter to a non-stick, 9" baking pan.
5. Bake for 45-60 minutes until firm and golden brown.
6. When serving, spread almond butter on one serving of courgette bread and serve with one hard-boiled egg.

Tip: No need to peel the courgette before grating. courgette peel is full of awesome antioxidants!

NUTRITION INFO

Calories: 323 Carbohydrate: 27 grams, Protein: 13 grams, Fat: 19 grams



Maple Blueberry Overnight Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOK TIME: 0 MINUTES
(SOAK OVERNIGHT)

INGREDIENTS

- 1/2 cup (40 g) rolled oats
- 1/2 cup (120 g) oat or almond milk
- 1/2 tbsp (20 g) maple syrup
- 1 tbsp (4 g) ground flax seeds
- 1/2 cup (74 g) blueberries
- 2 hard boiled eggs

DIRECTIONS

1. In a jar or container, combine rolled oats, oat milk, maple syrup, ground flax seeds, and 1/4 cup of blueberries.
2. Allow the oats to sit in the fridge for at least 8 hours or overnight.
3. Top with the remaining 1/4 cup of blueberries.
4. Serve cold with a side of hard boiled eggs and enjoy!

NUTRITION INFO

Calories: 426, Carbohydrate: 48 grams, Protein: 23 grams, Fat: 17 grams



Smashed Sweet Potato Breakfast Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOK TIME: 20-25 MINUTES

INGREDIENTS

- 1 cup (133 g) diced sweet potatoes
- 1/2 tbsp (7 g) avocado oil
- 2 slices (56 g) turkey bacon
- 2 cups (60 g) spinach
- 1 whole egg
- 2 egg whites
- 1/4 small avocado
- Salt and pepper to taste

DIRECTIONS

1. In a small saucepan, boil 4 cups of water. Once the water is boiling, add the diced sweet potatoes and cook until soft.
2. While the sweet potatoes are boiling, heat a medium skillet to medium heat and spray with avocado oil.
3. Cook the two slices of turkey bacon to desired crispiness. Set aside.
4. In the same skillet, add the spinach and sauté until bright green. Set aside.
5. Cook the eggs to desired texture and temperature. Set aside.
6. Strain the sweet potatoes from the boiling water and, in a serving bowl, mash the sweet potatoes. Top with sautéed spinach, turkey bacon, egg, and sliced avocado. Season with salt and pepper.
7. Serve hot and enjoy!

NUTRITION INFO

Calories: 454 Carbohydrate: 34 grams, Protein: 25 grams, Fat: 25 grams



Smoked Salmon Quinoa Breakfast Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

(COOK QUINOA AHEAD OF TIME)

INGREDIENTS

- 1/2 cup (93 g) cooked quinoa
- 4 oz (113 g) smoked salmon
- 1/2 cup (34 g) chopped kale
- 1/4 (40 g) small cucumber, thinly sliced
- 1 tbsp (9 g) sunflower seeds
- 1 tbsp (0.6 g) fresh dill, chopped
- 1/2 tbsp (8 g) tahini
- 1 tsp (5 g) apple cider vinegar
- 1/2 tbsp (7 g) soy sauce
- Black pepper to taste

DIRECTIONS

1. In a bowl, add quinoa, smoked salmon, sliced cucumber, and chopped kale.
2. Sprinkle with chopped fresh dill and sunflower seeds.
3. Separately, in a small bowl mix together tahini, apple cider vinegar, coconut aminos, and black pepper.
4. Pour tahini dressing over quinoa, salmon, cucumber, and kale. Enjoy!

NUTRITION INFO

Calories: 427, Carbohydrate: 41 grams, Protein: 40 grams, Fat: 13 grams



Spinach, Bacon, Brie Egg Bites



SERVINGS: 4

PREP TIME: 5-15 MINUTES COOK TIME: 15-25 MINUTES

INGREDIENTS

- 12 eggs
- Avocado oil spray
- 2 cups (60 g) spinach (chopped)
- 5 slices (75 g) of cooked uncured bacon (chopped)
- 3oz (85 g) brie cheese, diced
- Salt and pepper to taste
- 4 cups (708 g) chopped honeydew melon
- 4 cups (640 g) chopped cantaloupe

DIRECTIONS

1. Preheat the oven to 350°F (175°C).
2. In a 12-muffin tin, spray each muffin compartment with non-stick avocado oil spray.
3. Crack one egg into each hole.
4. Evenly divide the spinach, bacon, and brie cheese into each muffin compartment.
5. Season with salt and pepper.
6. Whisk each egg, spinach, bacon, and brie muffin compartment until the ingredients are mixed together and the yolk is evenly combined.
7. Bake for 15-25 minutes or until you can easily pierce a fork through the egg with no residuals left on the fork.
8. Serve hot (3 egg bites per serving) and enjoy with 1 cup of honeydew and 1 cup of cantaloupe per serving.

NUTRITION INFO

Calories: 503, Carbohydrate: 29 grams, Protein: 28 grams, Fat: 30 grams



Strawberry Shortcake Smoothie



SERVINGS: 1

PREP TIME: 5 MINS

COOKING TIME: 0

INGREDIENTS

- 5 strawberries (60g) frozen strawberries
- 1 cup (245 g) lactose-free milk
- 1 cup (225 g) lactose-free plain Greek yogurt
- 5-6 (14 g) macadamia nuts
- 1 tbsp (6 g) chia seeds

DIRECTIONS

1. Place all ingredients in a blender and mix until desired thickness. Add 1 tbsp of water at a time if mix is too thick.
2. Pour in a glass and enjoy!

NUTRITION INFO

Calories: 533, Carbohydrate: 51 grams, Protein: 12 grams, Fat: 37 grams



Sweet and Savoury Morning Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1/4 cup (56 g) 1% milk fat cottage cheese
- 1/4 cup (40 g) chopped cantaloupe
- 3/4 cup (114 g) halved strawberries
- 1 tbsp (10 g) hemp seeds
- 2 tbsp (16 g) chopped pecans
- 2 hard boiled eggs

DIRECTIONS

1. Top cottage cheese with cantaloupe, strawberries, hemp hearts, and pecans.
2. Serve with two hard boiled eggs on the side.

NUTRITION INFO

Calories: 331, Carbohydrate: 17 grams, Protein: 18 grams, Fat: 22 grams



Tropical Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup (245 g) almond milk
- 3/4 cup (117 g) chopped pineapple
- 5 strawberries, halved
- 30 g collagen peptides (unflavored)
- 1 tbsp (10 g) hemp seeds
- 1 handful kale
- 1/2 tbsp (8 g) almond butter
- 1/4 avocado

DIRECTIONS

1. Place all ingredients in a blender and mix until desired thickness.
2. Pour in a glass and enjoy!

NUTRITION INFO

Calories: 379, Carbohydrate: 31 grams, Protein: 26 grams, Fat: 20 grams





Low Fodmap Lunch

GET THE BOOST YOU NEED

Artichoke & Egg Salad



SERVINGS: 1

PREP TIME: 10 MINS

COOKING TIME: 0

INGREDIENTS

- 1/4 cup (65 g) artichoke hearts (jar/can)
- 6 (28 g) Kalamata olives (pitted)
- 1/2 cup (10 g) rocket
- 1/2 cup (75 g) cherry tomatoes
- 1 tbsp (10 g) hemp seeds
- 3 hard-boiled eggs
- 1/2 tbsp (7 g) olive oil
- 1/4 cup (38 g) strawberries, chopped
- 1/4 cup (37 g) blueberries
- 1/4 cup (31 g) raspberries

DIRECTIONS

1. Roughly chop artichoke hearts and olives and place in serving bowl.
2. Cut cherry tomatoes in half and place in serving bowl with artichoke hearts and olives.
3. Add rocket, oil and hemp seeds.
4. Cut hard boiled eggs in quarters and remove yolk. (option to use only the egg whites to reduce fat).
5. Add eggs to the bowl and serve fruit on the side.

NUTRITION INFO

Calories: 498, Carbohydrate: 30 grams, Protein: 29 grams, Fat: 31 grams

Chopped Spring Roll Noodle Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 20
MINUTES

INGREDIENTS

- 12 oz (340 g) ground chicken
- 1 cup (47 g) lettuce of choice, washed and shredded
- 1/4 cup (60 g) green bell pepper, deseeded and diced
- 1/4 cup (28 g) shredded carrots
- 1/2 cup (28 g) red cabbage, finely sliced
- 1 tbsp (3 g) fresh mint, finely sliced
- 3 ounces (85 g) thin rice noodles
- 1/2 cup (100 g) cucumber, peeled and cut into bite-sized pieces
- 2 tbsp (28 g) peanut vinaigrette

DIRECTIONS

1. Cook the rice noodles according to the directions on the package. Drain and rinse them under cold water. Set aside.
2. Cook the ground chicken on medium heat for 10-15 minutes until thoroughly cooked. Set aside.
3. Prepare the vegetables and place them in a large bowl.
4. Place the cooked noodles in the bowl with the vegetables and toss to combine.
5. Separate the noodles and vegetables into 2 bowls, and top with ground chicken.
6. Add peanut dressing when ready to eat.
7. Leftovers can be saved for up to 5 days.

NUTRITION INFO

Calories: 451, Carbohydrate: 46 grams, Protein: 34 grams, Fat: 14 grams



Egg Salad Toast



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 hardboiled eggs
- 2 hardboiled egg whites
- 1/4 tbsp (3 g) olive oil
- 1 tsp (5 g) apple cider vinegar
- 1 tsp (2 g) paprika
- Salt and pepper to taste
- 2 slices gluten-free bread
- 1 cup (30 g) spinach
- 1/4 small avocado, sliced

DIRECTIONS

1. In a bowl, mash the hardboiled eggs until the eggs are in small pieces.
2. Combine olive oil, apple cider vinegar, paprika, salt, and pepper and stir until combined.
3. Add the olive oil mixture into the hardboiled eggs and stir until combined.
4. To build the toast, top the whole wheat bread with spinach first, then the egg salad and avocado.
5. Serve cold and enjoy!

NUTRITION INFO

Calories: 439 Carbohydrate: 30 grams, Protein: 26 grams, Fat: 24 grams



Grilled Chicken with Mediterranean Quinoa



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 10 oz (2280 g) chicken breast
- 1/2 cup (85 g) quinoa
- 1 cup (240g) bone broth
- 1/4 cup (90 g) fresh lemon juice (2-3 lemons)
- 1 tbsp (14 g) olive oil
- 1 tsp (6 g) kosher salt
- 1/4 cup (30 g) Kalamata olives
- 1 cup (149 g) cherry tomatoes
- 1 cucumber
- 1 cup (113 g) shredded carrots
- 2 tbsp (30 g) feta cheese

DIRECTIONS

1. Bring unsalted broth to a boil.
2. Thoroughly rinse quinoa until water runs clear.
3. Add rinsed quinoa to boiling broth.
4. Lower quinoa and chicken broth to a simmer and cover. Cook until all the liquid has been absorbed.
5. Cut Kalamata olives and cherry tomatoes in half. Add to a large bowl with the shredded carrots and feta cheese.
6. Dice cucumber and add to bowl.
7. Add lemon juice, olive oil, and kosher salt to the bowl with vegetables. Mix.
8. Add cooked quinoa to the vegetable bowl and mix until combined. Place in the refrigerator for 1 hour to chill and marinate.
9. Season chicken breast with kosher salt and black pepper to your taste. Grill or bake over medium-high heat until fully cooked.

NUTRITION INFO

Calories: 507 , Carbohydrate: 40 grams, Protein: 41 grams, Fat: 23 grams



Grilled Chicken w/ Carrot Slaw Salad



SERVINGS: 1

PREP TIME: 5-10 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cups (226 g) shredded raw carrots
- 1/2 tbsp (7 g) olive oil
- 1/2 tbsp (10 g) maple syrup
- 1 tbsp (15 g) apple cider vinegar
- 1 tbsp (19 g) lime juice
- 1 tbsp (17 g) Dijon mustard
- Salt and pepper to taste
- 5 oz (140 g) grilled chicken breast (measured raw)
- 1 cup (38 g) grapes

DIRECTIONS

1. In a bowl, combine shredded carrots, olive oil, maple syrup, apple cider vinegar, lime juice, Dijon mustard, salt and pepper. Stir until combined.
 - a. For best results, allow the carrot slaw salad to marinate in the refrigerator for 30 minutes or longer before serving.
2. Top with grilled chicken breast.
3. Serve with a side of grapes and enjoy!

NUTRITION INFO

Calories: 330, Carbohydrate: 27 grams, Protein: 35 grams, Fat: 9 grams



Hearty Simple Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

(COOK CHICKEN AHEAD OF
TIME)

INGREDIENTS

- 2 cups (40 g) rocket or rocket
- 5 oz (140 g) baked chicken breast, sliced (pre-marinated with avocado oil and coconut aminos)
- 1/4 cup (31 g) raspberries
- 1 oz (28 g) goat cheese, crumbled
- 1/4 avocado
- 1 tbsp (14 g) olive oil
- Juice of 1/2 lemon
- Salt and pepper to taste

DIRECTIONS

1. Top salad greens with sliced baked chicken breast, raspberries, goat cheese, and avocado.
2. Mix olive oil, lemon juice, salt, and pepper together and toss with salad.

NUTRITION INFO

Calories: 463, Carbohydrate: 9 grams, Protein: 41 grams, Fat: 30 grams



Make Ahead Turkey Kofta



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 12 oz (336 g) ground turkey
- 4 tbsp (60 g) crumbled feta cheese
- 1/2 cup (30 g) chopped parsley
- 1 tsp (6 g) salt
- 1/2 tbsp (7 g) avocado oil
- 3 cups (60 g) rocket or rocket
- 10 (170 g) cherry tomatoes, halved
- 1 medium cucumber, chopped
- 1 tbsp (8 g) slivered almonds
- 1/2 tbsp (7 g) olive oil
- 1 tbsp (14 g) lemon
- 2 kiwis

DIRECTIONS

1. In a large bowl add ground turkey, feta cheese, chopped parsley, and salt. Mix together using your hands until well blended.
2. In a large skillet, warm avocado oil over medium heat. Create palm sized patties with the turkey mixture and add to the skillet. Cook for approximately 15 minutes until turkey is cooked through, flipping once when the bottom begins to brown.
3. Toss rocket with tomatoes, cucumber, slivered almonds, olive oil, and lemon juice.
4. Serve salad with turkey burgers (warm or cooled) with sliced kiwi.

NUTRITION INFO

Calories: 489, Carbohydrate: 21 grams, Protein: 41 grams, Fat: 28 grams

Potato Latkes



SERVINGS: 2

PREP TIME: 15 MINUTES COOKING TIME: 30 MINUTES

INGREDIENTS

- 2 1/2 medium potatoes (735 g), peeled and grated
- 1 tsp (12 g) kosher salt
- 1/2 tbsp (3.2 g) black pepper
- 1/4 cup (30 g) buckwheat flour
- 2 eggs
- 2 egg whites
- 1/4 grated cucumber
- 1 cup (225 g) lactose-free Greek yogurt
- 1 tbsp (3 g) dried dill
- 1 tbsp (14 g) olive oil

DIRECTIONS

1. Press grated sweet potatoes between two clean dish towels to remove as much water as possible.
2. Mix grated cucumber, lactose-free Greek yogurt, dried dill, and 1/2 tbsp kosher salt to create a sauce. Refrigerate until ready to eat.
3. Mix sweet potatoes with buckwheat flour, eggs, 1 tbsp kosher salt, and black pepper.
4. Using a 1/2 cup measure, make sweet potato patties.
5. Cook sweet potato patties in olive oil over medium heat until crispy on both sides.

Tip: The more water you press out of the sweet potatoes, the crispier your latkes will get!

NUTRITION INFO

Calories: 575, Carbohydrate: 84 grams, Protein: 23 grams, Fat: 18 grams



Slow-Cooker Chicken Sandwich, Parsnip Fries



SERVINGS: 4

PREP TIME: 5-10 MINUTES

COOK TIME: 4 HOURS

INGREDIENTS

- 1 1/4 lb (560 g) chicken breast
- 2 cups (480 g) bone broth
- 1 tbsp (7 g) paprika
- 1 tsp (6 g) salt
- 1 tsp (2 g) pepper
- 1/2 tsp (2 g) dried thyme
- 4 gluten-free buns
- 2 medium parsnips (133 g), peeled and sliced into small sticks
- 1 tbsp (14 g) olive oil
- Salt and pepper to taste

DIRECTIONS

1. In a slow cooker, add chicken breast, chicken stock, paprika, salt, pepper, and dried thyme.
2. Cook on low for 4 hours or until chicken is easy to shred. Shred chicken and set aside.
3. In a small bowl, toss the parsnip sticks, olive oil, salt and pepper.
4. Lay the parsnip sticks flat on a baking sheet and broil on high for 8-10 minutes or until they begin to crisp. Rotate/stir and broil for another 6-8 minutes.
5. Serve the chicken warm on a gluten-free bun with the parsnip fries. Enjoy!

NUTRITION INFO

Calories: 423, Carbohydrate: 46 grams, Protein: 45 grams, Fat: 7 grams



Turkey Chili with Potatoes & Lentils



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 40 MINUTES

INGREDIENTS

- 1 tbsp (14 g) olive oil
- 1/2 lb (224 g) lean ground turkey
- 1 tbsp (16 g) tomato paste
- 1 cup (243 g) chicken stock
- 1 cup (133 g) peeled and diced potato
- 1/2 medium tomato (60 g), chopped
- 1 tbsp (9 g) taco seasoning
- 1/2 tsp (2.3 g) cinnamon
- 1/3 cup (66 g) dry lentils, rinsed
- Salt and pepper to taste

DIRECTIONS

1. Place a soup pot over medium heat. Once warm, add oil and swish around the bottom of the pot.
2. Add ground turkey and cook while breaking it up into a crumble. Continue to cook until almost done.
3. Add tomato paste and cook for 1 minute.
4. Add stock of choice, sweet potatoes, chopped tomato, taco seasoning, ground cinnamon, and lentils. Stir.
5. Adjust heat to high and bring to a boil. Cover and reduce heat to medium-low.
6. Simmer for 15 minutes (until potatoes are soft and lentils are cooked through).
7. Season with salt and pepper as desired.

NUTRITION INFO

Calories: 391, Carbohydrate: 31 grams, Protein: 32 grams, Fat: 16 grams





Low Fodmap Dinner

END THE DAY FEELING
GOOD.

Beef Burgers w/ Mediterranean Salad



SERVINGS: 2

PREP TIME: 5-15 MINUTES

COOKING TIME: 10-15 MINUTES

INGREDIENTS

- 1 lb (453 g) ground beef
- 1/4 cup (15 g) fresh parsley
- Salt and pepper to taste
- 1/4 cup (25 g) cucumbers, diced
- 1/3 cup (60 g) tomatoes, diced
- 1/2 cup (67 g) olives, diced
- 1/2 tbsp (7 g) olive oil
- 2 tbsp (1 g) parsley
- Salt and pepper to taste

DIRECTIONS

1. In a large bowl, combine ground beef, parsley, salt, and pepper. Form into 4 equal size burgers, and set aside.
2. Cook the burgers over medium-high heat on a grill or cast iron skillet. Cook on one side for 3-4 minutes, flip and cook for another 3-4 minutes (for a medium temperature burger).
3. In a small bowl, combine cucumber, tomato, olives, olive oil, parsley, salt and pepper. Toss until fully combined.
4. Allow the burgers to rest for 5-10 minutes before topping with the Mediterranean salad.
5. Serve and enjoy!

NUTRITION INFO

Calories: 410, Carbohydrate: 7 grams, Protein: 50 grams, Fat: 19 grams



FODMAP Friendly Beef Ramen



SERVINGS: 2

PREP TIME: 10 MINS

COOKING TIME: 45
MINUTES

INGREDIENTS

- 1/2 lb (227 g) flank steak
- Salt and pepper
- 1 tbsp (14 g) avocado oil
- 1/2 head bok choy
- 1/2 cup (57 g) shredded carrots
- 1 cup (240 g) bone broth
- 1/2 cup (118 g) water
- 1 tbsp (14 g) coconut aminos
- 1/8 tsp (0.4 g) cumin
- 1/8 tsp (0.2 g) cayenne pepper
- 1/4 tsp (0.5 g) paprika
- 2.5 oz (70 g) brown rice noodles

DIRECTIONS

1. Season flank steak with salt and pepper.
2. Heat 1/2 tbsp avocado oil in pot or dutch oven on medium high heat.
3. Sear flank steak for 3 minutes on each side and set aside.
4. Add 1/2 tbsp of oil to the same pot. Reduce heat to medium and add shredded carrots. Cook for 3 minutes.
5. Add bone broth, water, bok choy (cut into quarters), coconut aminos, cumin, cayenne, and paprika.
6. Slice flank steak into strips and place back into the pot.
7. Increase to medium-high heat, bring to a boil, then decrease temperature to low for 20 minutes to simmer.
8. Add two blocks of rice noodles to simmering pot for 5 minutes.
9. Once noodles are cooked, serve and enjoy. Left overs can be kept frozen for 3 months or refrigerated for 3 days.

NUTRITION INFO

Calories: 456 Carbohydrate: 44 grams, Protein: 38 grams, Fat: 15 grams



Lemon Chicken with Sweet Potato Mash



SERVINGS: 2

PREP TIME: 10 MINS

COOKING TIME: 25
MINUTES

INGREDIENTS

- 1 lb (452 g) chicken thighs (boneless and skinless)
- Juice of 1 lemon
- Salt to taste
- Pepper to taste
- 1/4 tsp (0.3 g) rosemary
- 1/4 tsp (1 g) thyme
- 1 tbsp (14 g) olive oil
- 2 medium sweet potatoes (peeled and boiled)
- 3 tsp (7 g) cinnamon
- 2 cups (220 g) green beans

DIRECTIONS

1. Preheat oven to 350° F (176° C).
2. Whisk lemon juice, olive oil, salt, pepper, rosemary, and thyme in bowl and add chicken to marinate for 5 minutes.
3. Place chicken on baking sheet and cook for 20 minutes or until internal temperature reaches 165° F (73° C).
4. While chicken is cooking, bring a medium pot of water to boil, peel skin off of potatoes and cut into cubes.
5. Boil potatoes for 10 minutes or until tender.
6. In a steamer pot, add water and green beans and steam for 5-10 minutes. Strain and set aside to cool, and season with salt and pepper.
7. Strain water from potatoes and let cool in bowl. Add a dash of cinnamon and mash potatoes with fork.

NUTRITION INFO

Calories: 406, Carbohydrate: 21 grams, Protein: 47 grams, Fat: 16 grams



Mexican Inspired Stuffed Peppers



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 2 large (238 g) peppers (red or yellow)
- 1 cup (133 g) diced potato
- 1/2 cup (90 g) diced tomato
- 12 oz (340 g) lean ground beef
- 1 tbsp (7 g) paprika
- 1 tsp (3 g) chili powder
- 1 tsp (2 g) coriander
- 1/2 tsp (1 g) all spice
- 1/4 cup (28 g) cheddar cheese

DIRECTIONS

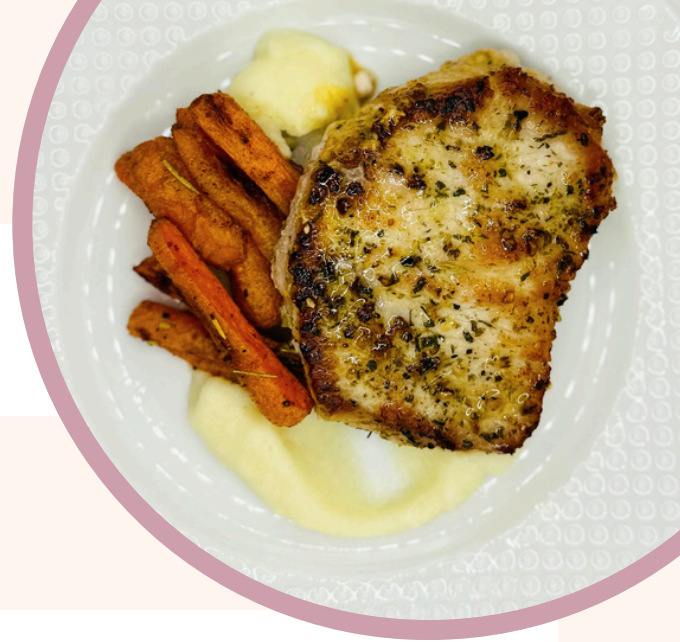
1. Preheat the oven to 350° F (176° C). Slice the peppers in half and scoop out the seeds. Place on a baking sheet and bake for 10 minutes (remove and set aside after baked).
2. While the peppers are baking, heat a large skillet over medium heat.
3. Add sweet potatoes and diced tomato into the skillet and sauté until the sweet potatoes begin to soften and the tomatoes roast (about 8-10 minutes).
4. Add the ground beef to the skillet with the sweet potatoes and tomatoes.
5. Once the ground beef is cooked through, season with paprika, chili powder, coriander, and all spice.
6. Divide and pour the meat mixture into the peppers, top with cheddar cheese and place back in the oven for an additional 10 minutes.
7. Serve warm and enjoy!

NUTRITION INFO

Calories: 494, Carbohydrate: 46 grams, Protein: 46 grams, Fat: 15 grams



Pork Chops with Brie Parsnip Pure & Roasted Carrots



SERVINGS: 2

PREP TIME: 15 MINUTES COOKING TIME: 25 MINUTES

INGREDIENTS

- 8 oz (227 g) boneless pork chops
- 16 oz (454 g) fresh parsnips
- 2 cups (300 g) baby carrots
- 1/2 tsp (0.3 g) dried oregano
- 1/2 tsp (0.6 g) dried rosemary
- 1/2 tsp (1 g) paprika
- 1/4 tsp (0.5 g) nutmeg
- 1 1/2 tsp (9 g) salt
- 1 tbsp (14 g) olive oil
- 1/4 cup (60 g) unsweetened almond milk
- 1 1/2 oz (43 g) brie cheese (no rind)

DIRECTIONS

1. Preheat oven to 350°F (176°C).
2. Cut baby carrots in half and toss them in the paprika, dried rosemary, nutmeg, 1/2 tsp kosher salt, and 1/2 tbsp olive oil. Roast baby carrots for 25 minutes or until tender.
3. Peel fresh parsnips and cut them into one-inch pieces. Add cut parsnips to a pot and add cold water until covered. Boil until fork-tender.
4. Add almond milk, brie, and 1 tsp kosher salt to a saucepan and warm over medium heat. Once warm, remove from stove and set aside (the brie may not melt, which is ok!)
5. Season pork chops on both sides with dried oregano and 1 tsp kosher salt.
6. Sear pork chops with remaining olive oil on both sides on medium-high heat until they reach an internal temperature of 145°F (63°C). Remove from the stove and set aside to rest.
7. Add fork-tender parsnips and almond milk mixture to a blender and puree until smooth.

Tip: Substitute brie with a creamy blue cheese for an extra tangy flavor!

NUTRITION INFO

Calories: 524, Carbohydrate: 54 grams, Protein: 33 grams, Fat: 21 grams



Sheet Pan Cod & Mixed Vegetables



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20-25 MINUTES

INGREDIENTS

- 1 tbsp (14 g) olive oil
- 2 cups (226 g) sliced courgette
- 1 head bok choy
- 1 cup (110 g) green beans
- 10 oz (284 g) red potatoes (cut into small pieces)
- 12 oz (336 g) cod fillets
- 1/2 tbsp (3.5 g) paprika
- 1/2 tsp (0.9 g) ginger powder
- Salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 350°F (176°C).
2. Drizzle the olive oil onto a large sheet pan.
3. Toss the courgette, bok choy, red potatoes and green beans onto the sheet pan and combine with the olive oil until all the vegetables are coated.
4. Place the cod onto the sheet pan with the vegetables.
5. Season the entire sheet pan with paprika, ginger, salt, and pepper.
6. Bake for 20-25 minutes or until the cod is tender to touch.
7. Serve hot and enjoy!

NUTRITION INFO

Calories: 395, Carbohydrate: 40 grams, Protein: 42 grams, Fat: 10 grams



Shrimp and Green Beans



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 tbsp (14 g) olive oil
- 1.5 cups (165 g) green beans, washed and trimmed
- 12 oz (340 g) uncooked shrimp, peeled and deveined
- 1 tbsp (14 g) soy sauce
- 1/4 tsp (0.4 g) red pepper flakes, optional
- Salt to taste
- 1/3 cup (60 g) white rice

DIRECTIONS

1. Cook rice according to package.
2. In large skillet, heat oil over medium-high heat.
3. Once hot, add green beans and stir-fry 5 to 7 minutes. Place green beans in a bowl and set aside.
4. Add shrimp to empty skillet and cook for 2 to 3 minutes per side.
5. Add green beans to the shrimp skillet along with coconut aminos, and red pepper flakes (optional).
6. Stir and cook until shrimp is done. Adjust flavor with salt.
7. Serve with cooked rice.

NUTRITION INFO

Calories: 342 Carbohydrate: 35 grams, Protein: 28 grams, Fat: 10 grams



Sweet Plantain Pastelon "Shepperd's Pie"



SERVINGS: 4

PREP TIME: 15 MINUTES COOKING TIME: 45 MINUTES

INGREDIENTS

- 3 yellow plantains (537 g), peeled
- 1/2 red pepper
- 1 medium carrot
- 16 oz (448 g) ground turkey
- 1 tsp (2 g) cumin
- 1 tsp (1.8 g) red chili flakes
- 1 tsp (2 g) paprika
- 1 tsp (6 g) kosher salt
- 1/2 tsp (1 g) black pepper
- 1/4 cup (4 g) fresh chopped coriander
- 1/4 cup (25 g) parmesan cheese
- 1/4 cup (62 g) unsweetened almond milk
- 1/2 cup (57 g) shredded white cheddar cheese

DIRECTIONS

1. Cut yellow plantains, red pepper, and carrot into fourths. Boil in 6 cups of water until yellow plantains are fork-tender.
2. Mix ground turkey with cumin, red chili flakes, paprika, kosher salt, coriander, and parmesan cheese.
3. Sauté ground turkey on medium-high heat until fully cooked.
4. Preheat oven to 350°F (176°C).
5. Add cooked yellow plantains, red peppers, carrot, and unsweetened almond milk to a blender. Blend until smooth.
6. Layer yellow plantain puree, ground turkey, and white cheddar cheese on an oven-safe pan.
7. Bake at 350°F (175°C) until white cheddar cheese melts.

Tip: Yellow plantains can be substituted with russet potatoes.

NUTRITION INFO

Calories: 430, Carbohydrate: 47 grams, Protein: 31 grams, Fat: 16 grams



Teriyaki Beef Fried Rice



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 10 oz (280 g) steak, sliced thin
- 1 tbsp (15 g) soy sauce
- 1/2 tbsp (7 g) avocado oil
- 1/2 tbsp (8 g) grated ginger
- 1/2 tbsp (7 g) sesame oil
- 1/2 cup (64 g) sliced carrots
- 1 cup (90 g) broccoli florets, chopped small
- 1 1/2 (237 g) cups cooked white rice

DIRECTIONS

1. Cook rice according to package.
2. In a bowl, add the steak, coconut aminos, avocado oil, and grated ginger. Allow this to marinate for 10 minutes in the refrigerator.
3. While the steak is marinating, prepare the rice. If the rice is not yet cooked, do this according to the package.
4. In a large skillet, warm the sesame oil. Add the chopped carrots and broccoli, and cook 3- 5 minutes, until desired consistency.
5. Add the cooked rice to the skillet and toss with the vegetables. Cook for 2-3 minutes.
6. Remove rice and vegetables from the skillet and set aside. Add the marinated sliced steak to the skillet and cook approximately 3 minutes, turning once.
7. Serve the cooked steak with the fried rice.

NUTRITION INFO

Calories: 511, Carbohydrate: 48 grams, Protein: 35 grams, Fat: 19 grams



Tomato & Lime Salsa Chicken Bowl



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 1 (180 g) cup diced tomatoes
- 4 tbsp (4 g) chopped coriander
- Juice of 1 lime (38 g)
- 1 tbsp (14 g) olive oil
- Salt and pepper to taste
- 12 oz (336 g) chicken breast
- 3/4 cups (140 g) white rice

DIRECTIONS

1. In a small bowl, combine diced tomatoes, coriander, lime juice, olive oil and salt and pepper. Stir until combined into a "salsa" like consistency.
2. Let sit in refrigerator until ready to serve.
3. Cook rice according to package instructions.
4. Season chicken with salt and pepper and grill until internal temperature is 165°F (74°C).
5. In a serving bowl, place the grilled chicken on top of white rice and top with the coriander lime tomato salsa.

NUTRITION INFO

Calories: 532, Carbohydrate: 62 grams, Protein: 46 grams, Fat: 10 grams

