Low FODMAP Diet

Created by Fit Nutrition Canada

Low FODMAP Diet

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Fried Eggs & Steamed Spinach	Fried Eggs & Steamed Spinach	Peanut Butter Cup Overnight Oats	Peanut Butter Cup Overnight Oats	Peanut Butter Cup Overnight Oats	Bell Pepper Egg Cups	Bell Pepper Egg Cups
Snack 1	Macadamia Nuts Chopped Bell Peppers	Macadamia Nuts Chopped Bell Peppers	Macadamia Nuts Chopped Bell Peppers	Olive Tapenade with Crackers	Olive Tapenade with Crackers	Olive Tapenade with Crackers	Olive Tapenade with Crackers
Lunch	Turkey Pineapple Quinoa Bowl	One Pan Salmon with Green Beans & Roasted Tomato Brown Rice	Turkey Pineapple Quinoa Bowl	Maple Mustard Chicken with Green Beans	Slow Cooker Spaghetti Squash & Meatballs	Slow Cooker Maple Mustard Chicken	Slow Cooker Spaghetti Squash & Meatballs
Snack 2	Grapes & Walnuts	Grapes & Walnuts	Kiwi Brazil Nuts	Kiwi Brazil Nuts	Grapes & Walnuts	Kiwi Brazil Nuts	Grapes & Walnuts
Dinner	One Pan Salmon with Green Beans & Roasted Tomato Brown Rice	Turkey Pineapple Quinoa Bowl	Maple Mustard Chicken with Green Beans	Slow Cooker Spaghetti Squash & Meatballs	Slow Cooker Maple Mustard Chicken	Slow Cooker Spaghetti Squash & Meatballs	Slow Cooker Maple Mustard Chicken

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Low FODMAP Diet

7 days

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Calories	1567	**Calories**	1567	**Calories**	1619	**Calories**	1630	**Calories**	1731	**Calories**	1573	**Calories**	1528
Fat	97g	**Fat**	97g	**Fat**	97g	**Fat**	81g	**Fat**	84g	**Fat**	79g	**Fat**	76g
Carbs	104g	**Carbs**	104g	**Carbs**	127g	**Carbs**	159g	**Carbs**	155g	**Carbs**	121g	**Carbs**	117g
Fiber	20g	Fiber	20g	Fiber	29g	Fiber	27g	Fiber	25g	Fiber	23g	Fiber	20g
Sugar	32g	Sugar	32g	Sugar	47g	Sugar	51g	Sugar	54g	Sugar	45g	Sugar	48g
Protein	84g	**Protein**	84g	**Protein**	80g	**Protein**	81g	**Protein**	97g	**Protein**	101g	**Protein**	99g
Cholesterol	544mg	Cholesterol	544mg	Cholesterol	166mg	Cholesterol	212mg	Cholesterol	343mg	Cholesterol	715mg	Cholesterol	715mg
Vitamin A	12242IU	Vitamin A	12242IU	Vitamin A	6401IU	Vitamin A	2968IU	Vitamin A	3248IU	Vitamin A	7292IU	Vitamin A	7264IU
Vitamin C	223mg	Vitamin C	223mg	Vitamin C	332mg	Vitamin C	184mg	Vitamin C	60mg	Vitamin C	336mg	Vitamin C	212mg
Calcium	359mg	Calcium	359mg	Calcium	637mg	Calcium	693mg	Calcium	654mg	Calcium	454mg	Calcium	396mg
Iron	12mg	Iron	12mg	Iron	12mg	Iron	15mg	Iron	16mg	Iron	15mg	Iron	15mg
Vitamin D	98IU	Vitamin D	98IU	Vitamin D	67IU	Vitamin D	77IU	Vitamin D	78IU	Vitamin D	110IU	Vitamin D	110IU
Folate	407µg	Folate	407µg	Folate	272µg	Folate	268µg	Folate	258µg	Folate	337µg	Folate	328µg

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Low FODMAP Diet

50 items

Fruits

- [ ] **4 cups** Grapes
- [ ] **6** Kiwi
- [ ] **1/16** Lemon
- [ ] **1 cup** Pineapple

Breakfast

- [ ] **1/4 cup** All Natural Peanut Butter
- [ ] **1/3 cup** Maple Syrup

Seeds, Nuts & Spices

- [ ] **1 1/2 tsps** Black Pepper
- [ ] **3/4 cup** Brazil Nuts
- [ ] **1/8 tsp** Cayenne Pepper
- [ ] **2 tbsps** Chia Seeds
- [ ] **1 tbsp** Curry Powder
- [ ] **1 tsp** Dried Basil
- [ ] **1 cup** Macadamia Nuts
- [ ] **1 tbsp** Oregano
- [ ] **1 tsp** Paprika
- [ ] **1 1/2 tsps** Sea Salt
- [ ] **0** Sea Salt & Black Pepper
- [ ] **1 cup** Walnuts

Vegetables

- [ ] **5 cups** Baby Spinach
- [ ] **1** Carrot
- [ ] **1 cup** Cherry Tomatoes
- [ ] **1 tbsp** Ginger
- [ ] **14 cups** Green Beans
- [ ] **3/4** Green Bell Pepper
- [ ] **2 tbsps** Parsley
- [ ] **2 3/4** Red Bell Pepper
- [ ] **1** Spaghetti Squash
- [ ] **3/4** Yellow Bell Pepper
- [ ] **1** Zucchini

Boxed & Canned

- [ ] **1/2 cup** Brown Rice
- [ ] **3 cups** Crushed Tomatoes
- [ ] **1/2 cup** Quinoa
- [ ] **7 1/16 ozs** Whole Grain Crackers

Baking

- [ ] **1/4 cup** Brown Rice Flour
- [ ] **1 tbsp** Cocoa Powder
- [ ] **1 1/2 cups** Oats

Bread, Fish, Meat & Cheese

- [ ] **8 ozs** Chicken Breast
- [ ] **2 lbs** Chicken Thighs
- [ ] **2 lbs** Extra Lean Ground Turkey
- [ ] **10 ozs** Salmon Fillet

Condiments & Oils

- [ ] **1 1/2 tsps** Apple Cider Vinegar
- [ ] **1/2 cup** Black Olives
- [ ] **1 tbsp** Capers
- [ ] **1/3 cup** Dijon Mustard
- [ ] **1/3 cup** Extra Virgin Olive Oil
- [ ] **2 tbsps** Tamari

Cold

- [ ] **9** Egg
- [ ] **2 tsps** Ghee
- [ ] **1 1/2 cups** Unsweetened Almond Milk

Other

- [ ] **2 2/3 cups** Water

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Fried Eggs & Steamed Spinach

5 ingredients · 10 minutes · 1 serving

Directions

1. Heat a pan over medium heat and add spinach and water. Stir just until wilted, then remove from heat. Season with sea salt, pepper and ghee. Transfer to a plate.
2. In the same pan, cook your eggs. Season with sea salt and pepper.
3. Plate the spinach with eggs. Enjoy!

Notes

No Ghee
Use butter or oil instead.

More Flavour
Sprinkle everything with nutritional yeast or Everything Bagel Seasoning.

Ingredients

2 cups Baby Spinach

1 tbsp Water

Sea Salt & Black Pepper (to taste)

1 tsp Ghee

2 Egg

Nutrition

Amount per serving

Calories	193	Vitamin A	6166IU
Fat	14g	Vitamin C	17mg
Carbs	3g	Calcium	117mg
Fiber	1g	Iron	3mg
Sugar	1g	Vitamin D	82IU
Protein	14g	Folate	163µg
Cholesterol	382mg		

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Peanut Butter Cup Overnight Oats

7 ingredients · 8 hours · 3 servings

Directions

1. Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to four days. Add an extra splash of almond milk and/or a drizzle of honey (optional).

Toppings
Banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.

Warm it Up
Heat in microwave for 30 to 60 seconds before eating.

No Maple Syrup
Use honey instead.

More Fiber
Add ground flaxseed.

Ingredients

1 1/2 cups Oats (quick or rolled)

1 1/2 cups Unsweetened Almond Milk

1/4 cup All Natural Peanut Butter

2 tbsps Chia Seeds

2 tbsps Maple Syrup

1 tbsp Cocoa Powder

1/2 cup Water

Nutrition

Amount per serving

Calories	377	Vitamin A	250IU
Fat	18g	Vitamin C	0mg
Carbs	46g	Calcium	322mg
Fiber	8g	Iron	3mg
Sugar	11g	Vitamin D	50IU
Protein	12g	Folate	32µg
Cholesterol	0mg		

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Bell Pepper Egg Cups

3 ingredients · 20 minutes · 1 serving

Directions

1. Preheat oven to 425ºF (218ºC).
2. Slice pepper in half and carve out the seeds.
3. Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

Notes

More Flavour
Roast the red pepper in the oven before cracking the egg into them.

Added Touch
Sprinkle with cheese during the last 2 minutes.

Serve it With
Toast for dipping or our Grain-Free Flax Bread.

More Protein
If it is a large bell pepper, fill remaining space with egg whites for added protein.

Ingredients

1 Red Bell Pepper

2 Egg

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	174	Vitamin A	4266IU
Fat	10g	Vitamin C	152mg
Carbs	8g	Calcium	64mg
Fiber	3g	Iron	2mg
Sugar	5g	Vitamin D	82IU
Protein	14g	Folate	102µg
Cholesterol	372mg		

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Macadamia Nuts

1 ingredient · 2 minutes · 3 servings

Directions

1. Divide between bowls and enjoy!

Ingredients

1 cup Macadamia Nuts

Nutrition

Amount per serving

Calories	321	Vitamin A	0IU
Fat	34g	Vitamin C	1mg
Carbs	6g	Calcium	38mg
Fiber	4g	Iron	2mg
Sugar	2g	Vitamin D	0IU
Protein	4g	Folate	5µg
Cholesterol	0mg		

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Chopped Bell Peppers

3 ingredients · 5 minutes · 3 servings

Directions

1. Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

Notes

Storage
Refrigerate in an airtight container up to 3 to 4 days.

Ingredients

3/4 Yellow Bell Pepper

3/4 Green Bell Pepper

3/4 Red Bell Pepper

Nutrition

Amount per serving

Calories	26	Vitamin A	1135IU
Fat	0g	Vitamin C	147mg
Carbs	6g	Calcium	10mg
Fiber	2g	Iron	0mg
Sugar	2g	Vitamin D	0IU
Protein	1g	Folate	29µg
Cholesterol	0mg		

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Olive Tapenade with Crackers

7 ingredients · 10 minutes · 4 servings

Directions

1. Combine the olives, capers, parsley, lemon juice, olive oil and sea salt in a food processor and blend until desired consistency is reached. Adjust salt and lemon juice to taste.
2. Top crackers with the olive tapenade and enjoy!

Notes

No Lemon Juice
Use apple cider vinegar instead.

No Olive Oil
Use avocado oil instead.

Storage
Refrigerate in an airtight container up to 7 days.

Ingredients

1/2 cup Black Olives (pitted)

1 tbsp Capers

2 tbsps Parsley

1/16 Lemon (juiced)

1 tbsp Extra Virgin Olive Oil

1/16 tsp Sea Salt

7 1/16 ozs Whole Grain Crackers

Nutrition

Amount per serving

Calories	292	Vitamin A	221IU
Fat	15g	Vitamin C	3mg
Carbs	35g	Calcium	25mg
Fiber	2g	Iron	3mg
Sugar	6g	Vitamin D	0IU
Protein	4g	Folate	55µg
Cholesterol	0mg		

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Turkey Pineapple Quinoa Bowl

13 ingredients · 30 minutes · 4 servings

Directions

1. Place quinoa and water in a saucepan and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
2. In a large skillet, heat olive oil over medium heat. Add ground turkey to skillet and stir in curry powder, pinch of cayenne pepper, sea salt and pepper to taste. Stir until turkey is cooked through (8 - 10 minutes).
3. When turkey is cooked stir in ginger, pineapple, quinoa, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted.
4. Spoon into bowls and enjoy!

Ingredients

1/2 cup Quinoa

1 cup Water

1 tbsp Extra Virgin Olive Oil

1 lb Extra Lean Ground Turkey

1 tbsp Curry Powder

1/8 tsp Cayenne Pepper

Sea Salt & Black Pepper (to taste)

1 tbsp Ginger (peeled and grated)

1 cup Pineapple (cored and sliced into chunks)

1 Carrot (grated)

1 Zucchini (grated)

1 tbsp Tamari

1 cup Baby Spinach

Nutrition

Amount per serving

Calories	324	Vitamin A	3482IU
Fat	15g	Vitamin C	32mg
Carbs	24g	Calcium	75mg
Fiber	4g	Iron	3mg
Sugar	6g	Vitamin D	16IU
Protein	26g	Folate	86µg
Cholesterol	84mg		

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Grapes & Walnuts

2 ingredients · 3 minutes · 4 servings

Directions

1. Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

Notes

No Walnuts
Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

Ingredients

4 cups Grapes (washed)

1 cup Walnuts

Nutrition

Amount per serving

Calories	258	Vitamin A	92IU
Fat	20g	Vitamin C	4mg
Carbs	20g	Calcium	42mg
Fiber	3g	Iron	1mg
Sugar	16g	Vitamin D	0IU
Protein	5g	Folate	33µg
Cholesterol	0mg		

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Kiwi

1 ingredient · 5 minutes · 1 serving

Directions

1. Peel and slice. Enjoy!

Ingredients

2 Kiwi

Nutrition

Amount per serving

Calories	84	Vitamin A	120IU
Fat	1g	Vitamin C	128mg
Carbs	20g	Calcium	47mg
Fiber	4g	Iron	0mg
Sugar	12g	Vitamin D	0IU
Protein	2g	Folate	35µg
Cholesterol	0mg		

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Brazil Nuts

1 ingredient · 5 minutes · 1 serving

Directions

1. Divide into bowls and enjoy!

Ingredients

1/4 cup Brazil Nuts

Nutrition

Amount per serving

Calories	219	Vitamin A	0IU
Fat	22g	Vitamin C	0mg
Carbs	4g	Calcium	53mg
Fiber	2g	Iron	1mg
Sugar	1g	Vitamin D	0IU
Protein	5g	Folate	7µg
Cholesterol	0mg		

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One Pan Salmon with Green Beans & Roasted Tomato

5 ingredients · 25 minutes · 2 servings

Directions

1. Preheat oven to 510ºF (266ºC).
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days.

No Salmon
Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan
Use roasted chickpeas instead of salmon.

More Carbs
Serve with quinoa or rice.

Added Touch
Toss the green beans in balsamic vinegar before serving.

Ingredients

2 cups Green Beans (washed and trimmed)

1 cup Cherry Tomatoes

1 1/2 tsps Extra Virgin Olive Oil (or coconut oil)

Sea Salt & Black Pepper (to taste)

10 ozs Salmon Fillet

Nutrition

Amount per serving

Calories	275	Vitamin A	1367IU
Fat	13g	Vitamin C	22mg
Carbs	10g	Calcium	61mg
Fiber	4g	Iron	2mg
Sugar	5g	Vitamin D	0IU
Protein	31g	Folate	80µg
Cholesterol	78mg		

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Brown Rice

2 ingredients · 45 minutes · 2 servings

Directions

1. Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

1/2 cup Brown Rice (uncooked)

1 cup Water

Nutrition

Amount per serving

Calories	170	Vitamin A	0IU
Fat	1g	Vitamin C	0mg
Carbs	35g	Calcium	16mg
Fiber	2g	Iron	1mg
Sugar	0g	Vitamin D	0IU
Protein	3g	Folate	11µg
Cholesterol	0mg		

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Maple Mustard Chicken with Green Beans

8 ingredients · 25 minutes · 2 servings

Directions

1. In a small bowl, combine the maple syrup, dijon mustard, apple cider vinegar and tamari. Whisk well and pour it into a ziplock baggie with the chicken breasts. Shake well and store in the fridge while you prep the rest.
2. Toss your green beans in the extra virgin olive oil and season with sea salt and black pepper to taste. Set aside.
3. Preheat the grill to medium heat. Add the chicken breasts and cook for about 10 minutes per side, or until cooked through. At the halfway point, transfer the green beans into a grilling basket. Grill for about 10 minutes or until slightly charred, tossing periodically.
4. Remove chicken and beans from the grill and divide onto plates. Enjoy!

Notes

No Grill
Use an oven preheated to 400ºF (204ºC) instead. Cook the chicken for 10 to 15 minutes per side or until cooked through.

No Green Beans
Use asparagus or zucchini instead.

More Carbs
Grill or roast some sweet potato as a side.

Prep Ahead
Marinate the chicken and store in the fridge up to 24 hours.

Ingredients

1 tbsp Maple Syrup

1 tbsp Dijon Mustard

1 1/2 tsps Apple Cider Vinegar

1 tbsp Tamari

8 ozs Chicken Breast

4 cups Green Beans (washed and trimmed)

1 1/2 tsps Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	268	Vitamin A	1414IU
Fat	7g	Vitamin C	24mg
Carbs	21g	Calcium	92mg
Fiber	5g	Iron	3mg
Sugar	13g	Vitamin D	1IU
Protein	30g	Folate	78µg
Cholesterol	82mg		

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Slow Cooker Spaghetti Squash & Meatballs

9 ingredients · 4 hours · 4 servings

Directions

1. In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
2. In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, sea salt and black pepper. Mix well and then submerge your turkey meatballs into the sauce.
3. Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
4. Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
5. Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

Notes

No Ground Turkey
Use any type of ground meat.

Cheese Lover
Sprinkle with parmesan cheese.

Ingredients

1 lb Extra Lean Ground Turkey

1/4 cup Brown Rice Flour

1 Egg (whisked)

2 tbsps Extra Virgin Olive Oil (divided)

1 tbsp Oregano (divided)

3 cups Crushed Tomatoes

1 tsp Sea Salt (divided)

1 tsp Black Pepper (divided)

1 Spaghetti Squash (medium)

Nutrition

Amount per serving

Calories	390	Vitamin A	963IU
Fat	18g	Vitamin C	29mg
Carbs	33g	Calcium	154mg
Fiber	6g	Iron	5mg
Sugar	8g	Vitamin D	26IU
Protein	28g	Folate	61µg
Cholesterol	130mg		

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Slow Cooker Maple Mustard Chicken

10 ingredients · 4 hours · 4 servings

Directions

1. Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
2. Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
3. Divide green beans between plates and top with maple mustard chicken. Enjoy!

Notes

No Chicken Thighs
Use chicken breast or drumsticks instead.

Save Time
Combine the chicken and marinade in a large zip lock baggie ahead of time. Shake well to mix and store in the fridge for up to 24 hours or freeze.

More Carbs
Serve with rice, sweet potato or quinoa.

Leftovers
Refrigerate in an airtight container for up to three days.

Ingredients

2 lbs Chicken Thighs (skinless, boneless)

2 tbsps Maple Syrup

1/3 cup Dijon Mustard

1 tsp Dried Basil

1 tsp Paprika

1/2 tsp Sea Salt

1/2 tsp Black Pepper

8 cups Green Beans (washed and trimmed)

1 tbsp Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	414	Vitamin A	1722IU
Fat	13g	Vitamin C	24mg
Carbs	21g	Calcium	111mg
Fiber	6g	Iron	4mg
Sugar	13g	Vitamin D	2IU
Protein	48g	Folate	77µg
Cholesterol	213mg		

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