

Low FODMAP Menu Ideas

Breakfast

oatmeal

Made with water or any lactose free milk
Walnuts/ flax/ chia seeds
Maple Syrup/brown sugar
½ ripe banana or suitable fruit

eggs

Grits
Bacon/sausage/ham
Cheese
½ grapefruit or suitable fruit

cereal

Low FODMAP grain (Rice Krispies, Cheerios, Corn Chex)
Lactose free milk, rice or almond milk
½ cup Blueberries

egg omelet

Feta, spinach, and olives; or cheddar, red bell pepper, green part green onion; or zucchini, 4 cherry tomatoes, parmesan
Home fried potatoes

smoothie

(blueberries, almond milk, banana) or (frozen banana, 1 T. peanut butter, almond milk)
Protein powder with suitable ingredients
Rice or popcorn cake

home fries/grits bowl

Pick toppings:
Eggs, bacon, ham, tofu, cheddar cheese, feta, jack, spinach, peppers, olives, chives
Side of fruit

Lunch or Dinner

tuna or chicken salad

with suitable ingredients (tuna, boiled egg, celery, green part of scallion, mayo) (chicken, celery, walnuts, green part green onion, mayo, lemon juice)
Over bed of spinach/lettuce with rice crackers

soup

Homemade chicken and rice soup or beef vegetable soup
Mandarin orange
Rice crackers (Crunchmaster Multi-grain, Nabisco Rice Thins)

pork carnitas

see recipe at triplebraided.com with corn tortillas
Homemade salsa (Muir Glen™ canned fire roasted tomatoes, cilantro, lime juice, green part green onion)

stir fry

Pick ingredients:
firm tofu, bok choy, red peppers, bean sprouts, chicken, carrots, water chestnuts, sesame seeds, tamari/soy sauce, cilantro, peanuts
White or brown rice
Grilled pineapple

jambalaya

see modified recipe at triplebraided.com
Cup of soup (tomato basil, pumpkin – use recipes and/or check labels for suitable store bought)

baked potato bar

Pick toppings:
Cheddar cheese, bacon, chicken, butter, lactose-free cottage cheese, broccoli, roasted red peppers, green part scallions/green onions, sour cream (2 Tbs)

Pick one from each column:

meat/protein

fish
chicken
pork
beef
tofu
eggs
Lentils/chickpeas*
*1/2 cup, canned

fruit

banana
blueberries
strawberries
cantaloupe
orange
grapefruit
grapes
kiwi
pineapple

starch

white/sweet potato
polenta/grits
corn/quinoa pasta
brown/white rice
mashed potatoes
corn tortillas
quinoa
wheat free bread

salad

arugula/roasted red pepper/feta (balsamic vinegar + olive oil dressing)
romaine/strawberries (sugar, lemon jc, Dijon mustard, oil, poppy seeds)
tomato/mozzarella/basil

vegetable

roasted/steamed
carrots
roasted/stir fried
zucchini
oven roasted
tomatoes
spinach
cucumbers
boiled turnips
stuffed bell pepper