

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	1/3 cup oats cooked with your choice of lactose-free milk, ¼ cup blueberries, 1 kiwi fruit and 1tsp chia seeds	2 slices of Helga's Lower Carb wholemeal and seeds toast with 2 slices of reduced fat cheese and sliced tomato	1 cup Freedom Foods Active Balance buckwheat and quinoa cereal with your choice of lactose free milk and fresh strawberries	2 slices of Helga's Lower Carb wholemeal and seeds toast with Mayver's peanut butter and 1/3 banana sliced	¼ cup Carmen's fruit free muesli with 150g lactose free yoghurt, fresh strawberries and 1 kiwi fruit	2 scrambled eggs with ½ cup sautéed spinach on two slices of Helga's Lower Carb wholemeal and seeds toast	Green smoothie with 1/3 frozen banana, ½ cup frozen blueberries, 1 cube of frozen spinach, 1 cup of your choice of lactose free milk, and 1 tsp chia seeds
Snack	2 Low FODMAP protein balls	1 regular almond milk latte	8 walnut halves and a kiwi fruit	1 regular almond milk latte	2 Low FODMAP protein balls	8 walnut halves and a kiwi fruit	2 low FODMAP protein balls
Lunch	Leftover low FODMAP pasta bolognese	Leftover dukkah chicken and quinoa salad	Leftover green frittata with toast	Leftover Thai chicken stir fry with rice noodles	Oat Mountain bread (use two wraps for double layer) filled with chilli tuna, spinach, shredded carrot, capsicum and 1tsp whole-egg mayo	Oat Mountain bread (use two wraps for double layer) filled with roast turkey, lettuce, cucumber, tomato and 1tsp whole-egg mayo	Out for lunch: Gluten free toast with poached eggs, spinach and tomato
Snack	2 multigrain rice cakes with 1 slice of tasty cheese	2 low FODMAP protein balls	2 multigrain rice cakes with 2tsp Mayver's peanut butter	1 mandarin and 4 brazil nuts	¼ cup berries with 100g lactose-free yoghurt	2 multigrain rice cakes with 2tsp Mayver's peanut butter	1 orange
Dinner	Dukkah chicken and quinoa salad	Green Frittata with toast	Sweet Chilli chicken stir fry with rice noodles	Lemongrass Salmon with basmati rice and Asian greens	200g (raw weight) fillet steak, grilled, with steamed low FODMAP vegetables (i.e. green beans, carrot, potato, broccoli)	Enjoy a night out! See tips below Or baked potato with ¼ cup tinned lentils, shredded spinach, carrot, capsicum, and 30g grated tasty cheese	Low FODMAP pasta Bolognese
Dessert	1-2 squares of dark chocolate (min 70%)	1 orange	2 low FODMAP protein balls	¼ cup berries with 100g lactose-free yoghurt	2 multigrain rice cakes with 2tsp Mayver's peanut butter	1 glass of wine	100g natural dairy or dairy-free yoghurt, served with ¼ cup berries

The *FREE* low FODMAP meal plan



Low FODMAP Bolognese (serves 4)

Per serve: 336cal / 32g protein / 30g carbohydrate / 9g fat

Ingredients

- 500g lean beef mince
- 1 carrot, diced
- ½ red capsicum, diced
- ½ stick of celery
- 2 tsp garlic infused olive oil
- 400g tin of tomatoes
- 2tsp Masterfoods dried Italian herbs
- 100g gluten-free spaghetti
- 2 small zucchini, spiralised to make 'zucchini noodles'
- Salt and pepper, to taste



Method:

1. Heat garlic infused olive oil in a pan. Add carrot, celery and capsicum, and cook until soft.
2. Add beef mince, and cook until browned (approx. 8-10 minutes)
3. Add the tinned tomatoes, herbs, salt and pepper. Mix well and cook for 30min, or until sauce has reduced
4. Meanwhile, cook pasta according to direction. Spiralise the zucchini and add to the pasta pot with approx 4 minutes of cooking time remaining.
5. Combine the cooked pasta and zucchini noodles with bolognese sauce.

Dukkah chicken and quinoa salad (serves 4)

Per serve: 390cal / 38g protein / 33g carbohydrate / 10g fat

Key Ingredients

- 2 skinless chicken breast
- ¼ cup Dukkah spice mix (from supermarket)
- 1 cup tri-coloured quinoa
- 3 large tomatoes, diced
- 1 Lebanese cucumber, diced
- 1 red capsicum, diced
- 2 spring onions, green part only, diced
- salt and pepper to taste
- Juice of half a lemon
- olive oil



Method

1. Cook quinoa according to packet direction. Alternatively, use a microwave cup of quinoa.
2. Slice the chicken breast into 4-6 smaller pieces and coat with dukkah spice. Heat a pan with a small drizzle of olive oil and pan fry for 10 minutes, or until chicken is cooked through. Remove from the pan and thinly slice each small fillet, ready for the salad.
3. Add chopped tomato, cucumber, capsicum and spring onion to a bowl. Remove cooked quinoa from the pot and add to the salad. Dress with 1 tsp olive oil and juice of half a lemon. Season with salt and pepper. Add the chicken, and serve.

Green Frittata with toast (serves 4)

Per serve: 330cal / 26g protein / 13g carbohydrate / 18g fat

Ingredients

- 250g chopped silberbeet leaves
- 1 teaspoon garlic infused olive oil
- 1 zucchini, coarsely grated
- 1 teaspoon finely grated lemon rind
- 6 eggs
- 2 egg whites
- ½ cup reduced-fat fresh ricotta
- ½ cup grated parmesan or reduced fat grated cheese
- 1/4 cup chopped fresh chives
- 100g skinless roasted red capsicum, finely chopped
- 4 slices of Helga's Lower Carb wholemeal and seeds toast, to serve



Sweet Chilli chicken stir fry with rice noodles (serves 4)

Per serve: 316cal / 35g protein / 25g carbohydrate / 7g fat

Ingredients

- 2 chicken breasts, sliced into stir fry chunks
- 2 bundles of vermicelli rice noodles
- 2 tsp garlic infused olive oil
- 1 head of bok choy, sliced
- 1 handful of green beans, cut into 3cm lengths
- 2 small carrots, but into batons
- 1tbs Ayam Sweet Chilli Sauce (Original or Light)
- 1tbs crushed peanuts
- 1/4 cup coriander leaves and bean shoots, to garnish (optional)



Method

1. Preheat oven to 180C. Grease and line a 20cm round cake pan (or any suitable oven-proof dish). Place silverbeet in a heatproof bowl. Cover with boiling water. Stand for 30 seconds. Refresh. Drain, squeezing excess liquid. Coarsely chop.
2. Heat oil in a frying pan over medium-high heat. Stir in zucchini and lemon rind for 2 minutes or until zucchini is bright green. Cool.
3. Whisk eggs, egg whites, ricotta and parmesan in a bowl. Stir in zucchini mixture, silverbeet and two-thirds of chives. Pour into pan. Bake for 25-30 minutes or until set.
4. Combine the capsicum and remaining chives in a bowl and sprinkle over frittata to serve. Serve with 1 slice of Helga's Lower Carb wholemeal and seeds toast

Method

1. Soak vermicelli noodles for 10 minutes, then cook according to packet direction
2. Set a large non-stick frying pan over medium heat. Add chicken and 1tsp garlic oil to pan; cook for 3-4 minutes per side, or until chicken is just cooked. Transfer to a plate, cover loosely with foil to keep warm and set aside.
3. Heat remaining garlic oil in a large non-stick frying pan set over medium-high heat. Add veggies and stir-fry for 2 minutes. Add sweet chilli sauce; toss. Cover frying pan and steam for 1 minute, or until green veg are tender yet crisp. Toss chicken and noodles through vegies.
4. Garnish with peanuts, bean shoots and coriander, and serve.

Lemongrass salmon with Asian greens and basmati rice (serves 1)

Per serve: 511cal / 37g protein / 21g carbohydrate / 30g fat

Ingredients

- 150g salmon fillets, skin on
- garlic infused olive oil
- 1tbs Tamari sauce
- ½ tsp grated ginger, or ginger paste
- ½ tsp Creative gourmet lemongrass paste
- 1/2 tsp dried chilli flakes, optional
- 1 spring onions, sliced (green part only)
- 1 bok choy, sliced in half lengthways
- 1 handful of green beans, topped and tailed
- ½ cup of cooked basmati rice

**Method:**

1. In a large ziplock plastic bag, add the salmon fillet, tamari sauce, ginger, lemongrass and chilli (optional). Close the bag and shake contents to roughly coat the salmon. Marinate salmon in the fridge for as long as possible, ideally over 1 hour or overnight.
2. Heat barbeque or grill pan to medium, and grease lightly with garic oil. Place the salmon on the grill/pan, skin side down. Cook for 5-6 minutes, or until skin becomes crisp. Flip and cook for another 3-4 minutes, or until the salmon is cooked to your liking. It tastes great a little bit pink.
3. Add the bok choy and beans to the same grill/pan as the salmon and cook for a total of 5-6 minutes, or until soft.
4. Serve salmon with vegetables and basmati rice

Low FODMAP protein balls (makes 15 balls)

Per ball: 84cal / 3g protein / 1g carbohydrate / 6g fat

Ingredients

- 1 cup flaxseed/linseed meal
- ½ cup shredded, unsweetened coconut
- ½ cup mixed seeds (with cranberry, optional)
- 2 tbs 100% peanut butter
- 2 tbs cocoa or cacao powder
- 1 tsp cinammon
- 1 tsp vanilla essence
- 2 tbs organic stevia or pure maple syrup (optional)

**Method**

1. Chocolate bliss balls: Combine half the flaxseed meal, coconut, seed mix and peanut butter in a food processor, and add all the cocoa/cacao. Add stevia or syrup, if using. Blend until smooth. Take heaped tsp quantities and roll into small balls. Refrigerate
2. Vanilla bliss balls: Repeat as above, replacing cocoa with the cinnamon and vanilla. Refrigerate.

Your guide to planning a healthy day on a low FODMAP diet



Non-starchy vegetables: 5 serves per day

- ½ cup cooked vegetables (i.e. zucchini, green beans, carrots, broccoli)
- 1 cup salad vegetables (i.e. spinach, tomato, cucumber, capsicum)

Fruits: 2 serves per day

- 1 med-large piece of fruit (i.e. orange, grapefruit)
- 2 smaller pieces of fruit (kiwi, mandarin)
- 1 cup of fruit (diced cantaloupe, grapes, berries)

Protein Foods: 3 serves per day

- 100g lean meat, chicken, fish, pork, tofu
- 2 eggs

Carbohydrates and grains: 3-4 serves per day

- 1 slice of low FODMAP bread or 1 mountain bread/small GF wrap
- 3 multigrain rice cakes
- 40g wholegrain cereal (oats, GF weat bix, buckwheat flakes*)
- 1 medium white potato or ½ cup sweet potato
- 1/3 – ½ cup cooked rice, noodles, GF pasta (i.e. buckwheat/quinoa)
- 1/3 cup tinned lentils or ¼ cup tinned chickpeas

Dairy Foods: 2 serves per day

- 250ml lactose free milk or milk alternative (calcium fortified)
- 200g lactose free yoghurt
- 40g hard cheese

Oils and fats: 3 serves per day

- 1tsp extra virgin olive oil or oil-based spread
- Thin spread of avocado (approx. 1/8)
- 20g low FODMAP nuts or seeds

Tips for eating out

Golden rule: Beware the onion and the garlic in sauces and marinades.

- Call ahead to enquire if there would be anything on the menu (or that can be adapted) without onion or garlic, or other high FODMAP ingredients. If available, you can view the menu online before you call
- The easiest meals to order out are generally 'meat and three veg'. Think a grilled fish, chicken or steak with potato and garden salad (no onion) or steamed veggies (i.e. green beans, carrots, ½ cup broccoli, zucchini)
- Vietnamese and Japanese are usually very easy – for Vietnamese, try rice paper rolls, pho with rice noodles, and vermicelli noodle salads. Ask for no crispy shallots, and dressings on the side. For Japanese, try sushi, miso soup, miso cod. For both cuisine's, ask which stir fries and hot plates are onion and garlic free. Remember to request no cauliflower, mushrooms, cashews or other high FODMAP ingredients
- Italian – ask for a GF pizza or pasta, and request no onion or garlic in the sauce. A simple pizza with fresh tomato, herbs and cheese, or a pasta al 'olio with fresh tomatoes and seafood are good ideas!
- Thai - Pad Sew Ew does not contain onion and garlic in most cases. Ask which other stir fries and salads are made without onion, garlic and high FODMAP vegetables/nuts
- Burgers - check for gluten free buns, and that there is no onion or garlic in the patties or sauces.
- Indian restaurants and Mexican restaurants can be a challenge. Call and check out their menu in advance

Examples of low FODMAP restaurant meals:

Poached egg, white sourdough toast, spinach and tomato



Sandwich on GF bread, 3 salad fillings and a protein



Poke bowl with low FODMAP toppings



GF pasta with fresh tomato, basil and olives. No garlic.



Sushi!



Fillet steak, boiled potato and green beans



Stir fried salmon, low FODMAP vegetables, no onion or garlic



Grilled fish with brown rice and salad



Chicken with ½ corn, salad, check marinade – no garlic



Vietnamese chicken vermicelli salad, no garlic or shallots



Rice paper rolls

