

sample low FODMAP meal plan

Breakfast

Option 1

Porridge with a low FODMAP milk of choice (avoid oats if you are coeliac)

Option 2

2 poached eggs on wheat-free toast

Option 3

Low FODMAP fruit smoothie with a small handful of walnuts and low FODMAP milk

Option 4

Pancakes made with buckwheat flour, served with a banana and cinnamon



Lunch

Option 1

Tuna salad with low FODMAP vegetables, tuna and quinoa

Option 2

Chicken salad with low FODMAP vegetables, chicken and brown rice

Option 3

Sashimi with rice

Option 4

Egg frittata with low FODMAP vegetables and a salad



Dinner

Option 1

Grilled fish with low FODMAP vegetables (steamed, roasted, or a side salad)

Option 2

BBQ meat with low FODMAP vegetables and potatoes

Option 3

Tofu and low FODMAP vegetable stir fry with brown rice

Option 4

Wheat-free pasta with a low FODMAP tomato-based sauce



Snacks

- Low FODMAP fruit salad
- Low FODMAP muesli bar
- Low FODMAP veggie sticks with a low FODMAP hummus
- Low FODMAP yoghurt
- A small handful of low FODMAP nuts

