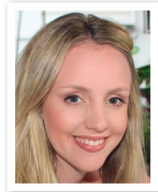


YOUR LOW-FODMAP MEAL PLAN

This menu removes foods that can trigger bloating
 Melissa Meier, Accredited Practising Dietitian



Compiled by dietitian
 Melissa Meier



MONDAY

Breakfast

• **Overnight oats**
 made of 1/3 cup each of rolled oats, lactose-free milk & yoghurt, topped with 1/2 cup blueberries & 2 tbs chopped walnuts
 (1700kJ/410cal total)

Lunch

• **Egg & salad sandwich**
 2 hard-boiled eggs, 1 tbs mayo & lettuce on 2 slices low-FODMAP bread
 (1800kJ/430cal total)

Dinner

• **Spicy lentil soup (healthyfood.com)**
 • 2 squares dark chocolate
 (2200kJ/530cal total)

Snacks

• 1 x Carman's Original Fruit Free Muesli Bar
 • **Homemade smoothie**
 made of 1 cup lactose-free milk, 1 firm sugar banana & 1 tbs chia seeds
 • 1 slice low-FODMAP toast with 1 tbs natural peanut butter

Daily total:
 8700kJ (2080cal)



TUESDAY

Breakfast

• **Omelette & toast**
 made of 2 eggs, 1 cup baby spinach, 5 cherry tomatoes & 20g grated cheddar, plus 2 slices low-FODMAP toast
 (1800kJ/430cal total)

Lunch

• Leftover **Spicy lentil soup (healthyfood.com)**
 • 1 cup red grapes
 (2500kJ/600cal total)

Dinner

• **Seared steak with maple-mustard sauce & quinoa salad (healthyfood.com)**
 • 1 orange
 (2300kJ/550cal total)

Snacks

• 1 cup carrot sticks, 10 brown rice crackers & 40g cheddar
 • 3/4 cup lactose-free yoghurt topped with 1 tbs each pumpkin & sunflower seeds

Daily total:
 8700kJ (2080cal)



WEDNESDAY

Breakfast

• **PB & banana toast**
 2 slices low-FODMAP toast topped with 1 tbs natural peanut butter & 1 firm sugar banana
 (1900kJ/450cal total)

Lunch

• **Tuna & salad wrap**
 1 x 95g can tuna (drained), 1/2 cup rocket, 1/2 tomato, 1/2 grated carrot, 3 slices beetroot, 1 slice cheddar & 1 tbs mayo on a large low-FODMAP wrap
 (2400kJ/570cal total)

Dinner

• **Teriyaki chicken stir-fry (healthyfood.com)**
 • 1 cup pineapple
 (2400kJ/570cal total)

Snacks

• 3/4 cup lactose-free yoghurt topped with 30g chopped macadamias & 10 sliced strawberries
 • 2 squares dark chocolate
 (1900kJ/450cal total)

Daily total:
 8600kJ (2060cal)



THURSDAY

Breakfast

• **Overnight oats**
 (see Monday)
 (1700kJ/410cal total)

Lunch

• Leftover **Teriyaki chicken stir-fry (healthyfood.com)**
 (2100kJ/500cal total)

Dinner

• **Baked salmon & veg**
 100g baked salmon fillet, served with veg fried rice (3/4 cup cooked brown rice, 1/2 cup broccoli florets, 1/4 red capsicum & 1 diced carrot cooked in 1 tbs olive oil & 1 tsp each fresh ginger & reduced-salt soy sauce)
 (2800kJ/670cal total)

Snacks

• **Homemade smoothie**
 (see Monday)
 • 1 x Carman's Original Fruit Free Muesli Bar
 • 1 orange
 (2200kJ/530cal total)

Daily total:
 8800kJ (2100cal)



FRIDAY

Breakfast

• **Omelette and toast**
 (see Tuesday)
 (1800kJ/430cal total)

Lunch

• **Chicken sandwich**
 100g skinless BBQ chicken breast, 1 sliced tomato, iceberg lettuce & 1 tbs mayo on 2 slices low-FODMAP bread
 • 1 orange
 (2300kJ/550cal total)

Dinner

• **Spaghetti bolognese (healthyfood.com)**
 (2300kJ/550cal total)

Snacks

• 10 brown rice crackers & 40g cheddar
 • 3/4 cup lactose-free yoghurt topped with 1 tbs each pumpkin & sunflower seeds
 • 1 cup red grapes
 (2400kJ/570cal total)

Daily total:
 8800kJ (2100cal)



SATURDAY

Breakfast

• **PB & banana toast**
 (see Wednesday)
 (1900kJ/450cal total)

Lunch

• Leftover **Spaghetti bolognese (healthyfood.com)**
 (2300kJ/550cal total)

Dinner

• **Vegetarian pizza**
 1 low-FODMAP wrap topped with 1 tbs tomato paste, 1/4 zucchini, 1/4 red capsicum, 3/4 cup diced eggplant, 1/4 cup olives, 40g feta & basil leaves
 • 1 cup salad leaves with 1 tbs olive oil
 • 1 cup pineapple
 (2600kJ/620cal total)

Snacks

• 1 x Carman's Original Fruit Free Muesli Bar
 • 1/4 cup blueberries
 • 3/4 cup lactose-free yoghurt topped with 1 tbs each pumpkin & sunflower seeds

Daily total:
 8800kJ (2100cal)



SUNDAY

Breakfast

• **Ricotta & berry toast**
 2 slices low-FODMAP toast, topped with 2 tbs ricotta & 8 strawberries
 • 1 regular soy latte
 (1600kJ/380cal total)

Lunch

• **Tuna & salad wrap**
 (see Tuesday)
 • 1 cup pineapple
 (2700kJ/650cal total)

Dinner

• **Grilled fish & veg**
 150g grilled white fish with 1/4 baked sweet potato & 1 cup salad leaves with 1 tbs balsamic vinegar
 • 2 scoops lactose-free ice cream
 (2500kJ/600cal total)

Snacks

• **Homemade smoothie**
 (see Monday)
 • 1 x Carman's Original Fruit Free Muesli Bar
 (1900kJ/450cal total) *hfg*

Daily total:
 8700kJ (2080cal)

EACH DAY'S MENU GIVES YOU ...

- about 8700kJ (about 2100cal) for weight maintenance
- over 35g of fibre for good gut health
- 2-3 tasty, low-FODMAP snacks for at home or on-the-go
- 100 per cent of your daily calcium needs

Recipes from healthyfood.com are clickable