



5-Day Low FODMAP Menu

Prepared by Joanna Baker APD



THIS WEEKS MENU SPONSORED BY

FODMAPPED
for you!

Shopping list

Fruit & Veggies

Low FODMAP fruit for snacks (oranges, cantaloupe, bananas, berries)
Spinach
Tomato
Cherry tomatoes/baby truss tomatoes
Zucchini
Cucumber
Lemons
Fresh mint
Fresh basil
Strawberries (fresh or frozen)
Potatoes
Carrot
Pumpkin
Eggplant
Green beans
Broccoli
Lettuce
Leek (only green leaves are low FODMAP)

Meat

whole chicken (butterflied)
beef mince
firm white fish
salmon fillets

Freezer

frozen berries Strawberries, blueberries, raspberries

Fridge

Parmesan cheese
Cheese
Eggs
Lactose free milk or soy protein milk
Lactose free or Greek yoghurt
Lactose free cottage cheese
Low FODMAP basil pesto (no garlic)
Stuffed green olives
Pickles

Pantry

FODMAPPED for You Butter Chicken
FODMAPPED for You roast pumpkin soup
Low Fodmap bread
Low FODMAP buns
90 second rice cups
Canned tuna
Sliced almonds
Sunflower seeds
Rice crackers
Mixed nuts (no cashews or pistachios)
Pineapple
Beetroot



PANTRY STAPLES

Garlic Infused olive oil
Lite olive oil
Butter/margarine
Herbs & Spices: paprika, celery salt, rosemary, cinnamon
Salt & Pepper
Oats
Low FODMAP all purpose flour
Polenta
Baker powder

Peanut butter
Vanilla essence
Maple syrup
Apple cider vinegar
Sparkling mineral water
Balsamic vinegar
Rice
Mayonaise
Tomato sauce



On Sunday Prepare

BUTTERFLY BBQ CHICKEN

INGREDIENTS serves 6

- 1 sachet (200g) FODMAPPED Butter Chicken Curry Simmer Sauce
- 1.2-1.5kg free range chicken, butterflied
- Zest & juice of 1 lemon
- 1/4 cup lactose free yoghurt

Salad

Baby spinach leaves, tomatoes, cucumber, mint leaves, chopped toasted almonds

Dressing

- 1/2 cup lactose free yoghurt
- Juice of 1 lemon
- 1 tbsp apple cider vinegar
- 2 tbsp mint leaves, finely sliced

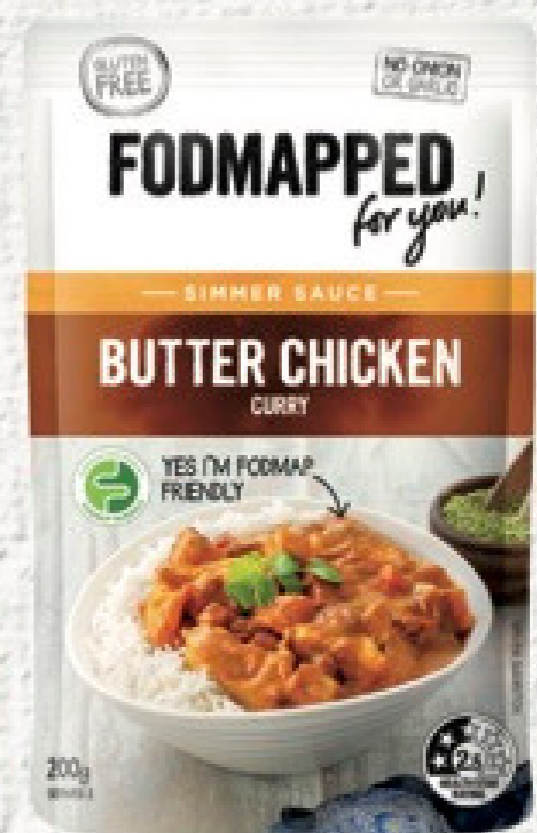
METHOD

1. Preheat covered BBQ or oven to 170C.
2. Combine the FODMAPPED Butter Chicken Curry Simmer Sauce, lemon juice and zest with the lactose free yoghurt and mix well.
3. Place the butterflied chicken into a large zip lock bag and pour over the combined marinade. Reseal and marinate chicken for up to 24 hours, in the refrigerator.
4. Place chicken into an ovenproof dish and roast or BBQ for 1 hour and a quarter, or until juices run clear when tested with a skewer.
5. To make the dressing combine yoghurt, lemon juice, vinegar and mint leaves and mix well.

Serve: Place roasted chicken on a large chopping board and serve chicken sliced or in portions with spinach salad and dress generously.

NOTES

Chicken thighs may be used in place of whole butterflied chicken.





Breakfast options

Option 1 - Fridge Oats

1/2 cup each

- Rolled oats
- Berries (fresh or frozen)
- lactose free milk

Place all ingredients in a jar add 1 tsp Chia seeds mix well and refrigerate over night, in the morning top with ½ cup lactose free yoghurt.

Option 2 - Porridge

- 1/2 cup rolled oats
- 1/2 sliced banana
- pinch of cinnamon

Combine oats, banana, cinnamon, 1/2 cup water and 1/2 cup lactose free milk and cook either on the stove or in the microwave.

Serve with lactose free yoghurt

Option 3 - Toast

Low FODMAP toast topped with 4 tablespoons of cottage cheese, sliced strawberries and a drizzle of maple syrup

Option 4 - Smoothie

place 200 ml lactose free milk, 1/2 cup frozen berries, 2 Tbl rolled oats and a teaspoon of vanilla essence in the blender and blend until smooth.

Option 5 - Eggs

Dice 1/2 a tomato and a chunk of zucchini. Place in the microwave with a handful of pinch and cook on high for 1 minute.

Scramble two eggs and a table spoon of lactose free milk in a seperate bowl and pour over the top on the veggie mixture. Top with a tablespoon of grated cheese and microwave in one minute bursts, string in between, until cooked.



Snack options

- tub of lactose free or greek yoghurt yoghurt with half a cup of berries and cinnamon
- **homemade muffin (see recipe)**
- lactose free latte or flat white
- bocconcini balls with cherry tomatoes, basil & olive oil
- cucumber or carrot sticks with cheese
- Rice crackers with peanut butter and banana
- dark chocolate
- Low FODMAP fruit
- Low FODMAP mixed nuts



Muffin Recipe

SAVOURY PUMPKIN MUFFINS

INGREDIENTS serves 12

- 1 cup (250mL) FODMAPPED Roasted Pumpkin + a Hint of Sage Soup
- 3 cups gluten free self-raising flour
- 1/2 tsp celery salt
- 1 tsp gluten free baking powder
- 1/2 tsp smoked paprika
- 1/2 cup stuffed green green olives, chopped
- 2 eggs
- 2 tbsp olive oil
- 1 - 1 1/2 cups sparkling mineral water
- Dried polenta to line tin
- Sunflower seeds to garnish

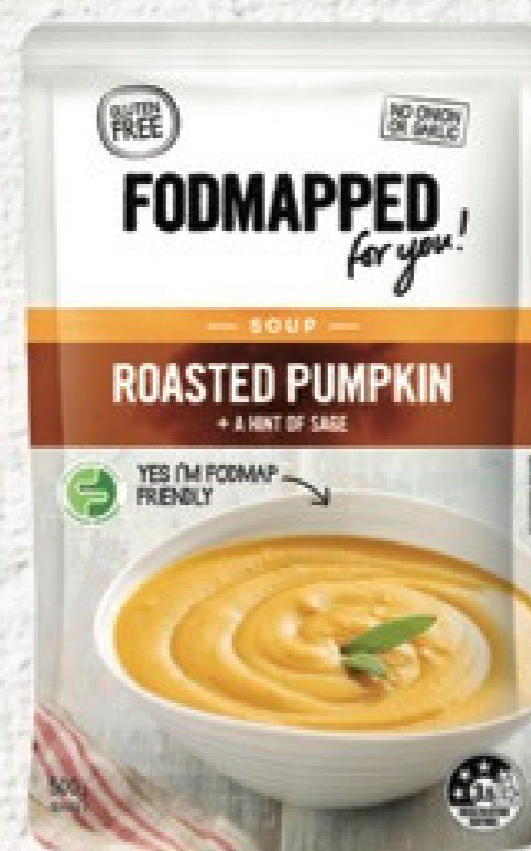
METHOD

1. Preheat oven to 170C.
2. Grease muffin tins and sprinkle lightly with dried polenta to coat all sides.
3. In a large mixing bowl combine the flour, celery salt, baking powder, smoked paprika and olives. Mix well.
4. In a jug whisk together the eggs, olive oil and FODMAPPED Roasted Pumpkin + a Hint of Sage Soup until well combined.
5. Make a well in the centre of the dry ingredients and pour in the pumpkin soup mixture. Combine, gradually adding the mineral water until mixture is a soft dropping consistency.
6. Spoon the mixture into the prepared muffins tins, filling about three quarters full. Sprinkle surface with sunflower seeds.
7. Bake muffins for 18-20 minutes until lightly golden.
8. Cool on a wire rack and serve warm with soup or salad.

NOTES

Muffins are delicious spread with lactose free cream cheese.

Stuffed olives maybe replaced with chopped semi-dried tomatoes, cubed chorizo sausage or goats cheese.



Monday

Breakfast: pick 1 option from list

Lunch: Sandwich with BBQ butterfly chicken (prepared on Sunday) tomato, lettuce and cheese on low FODMAP bread.

Dinner:

Heat oven to 220 degrees.

Slice potatoes into chunks and boil in salted water until just softened. Drain and return potatoes to pot. Add a tablespoon of olive oil, salt and rosemary and stir to coat. Place potatoes on parchment paper on an oven tray and into the oven. Set timer for 10 minutes.

Slice vegetables (carrot, pumpkin, zucchini, capsicum, eggplant) in to 2cm chunks and place in an oven tray. Drizzle with oil, balsamic vinegar & maple syrup. When timer goes, place vegetables in oven and set timer for a further 15 minutes

Pan fry salmon skin side down for 2 minutes, turn and cook for a further 2-3 minutes. Allow to stand and finish cooking through.

Snacks: Choose from suggestions on snack list.

*cook extra salmon for lunch tomorrow



Tuesday

Breakfast: pick 1 option from list

Lunch: Left over salmon with left over roast veggies and a low FODMAP roll.

Dinner: Butterfly BBQ chicken (cooked on Sunday) with mash potatoes and steamed vegetables (carrots, broccoli, beans - max 12 beans)

Snacks: Choose from suggestions on snack list.

* place aside some chicken for lunch tomorrow. Portion and freeze any remaining leftover chicken.



Certified low FODMAP soups, pasta sauces and simmer sauces. Follow us for stockists, new products & recipes.

Wednesday

Breakfast: pick 1 option from list

Lunch: Left over BBQ Butterfly chicken with lettuce, tomato & cucumber dressed with garlic infused oil and lemon juice served with low FODMAP roll.

Dinner: Frittata (see recipe below) served with steamed vegetables (carrots, broccoli, beans - max 12 beans)

Snacks: Choose from suggestions on snack list.

Frittata Recipe

Ingredients:

- 100g peeled pumpkin and chopped into chunks
- Garlic infused olive oil
- ½ cup green leek tips
- 6 eggs
- 1½ cup cooked rice
- ½ cup lactose free milk
- ½ punnet cherry tomatoes (halved)
- 100g spinach
- 25 g grated parmesan
- 1 Tbl Rosemary

Method:

1. Toss pumpkin in a tsp of olive oil and grill on an oven tray lined with baking paper for 10 mins until just softened
2. Heat oil in a pan and cook green leek tips for 3-4 minutes, add spinach and cook for a further 1-2 minutes until beginning to wilt.
3. Spray an oven proof dish with a little oil and add leek tips, spinach, pumpkin, cherry tomatoes, and rice.
4. Whisk the eggs and milk and pour over the vegetables
5. Sprinkle with parmesan and bake for 20-25 at 180° minutes until set

* save leftover frittata for lunch tomorrow

Thursday

Breakfast: pick 1 option from list

Lunch: Left over Frittata

Dinner: Mediterranean fish - see recipe below

Snacks: Choose from suggestions on snack list.

Mediterranean fish

Ingredients:

- 4 large potatoes chopped into chunks
- 1 tbl garlic infused olive oil
- 2 tbl extra virgin olive oil
- 2 tbl balsamic vinegar
- 1 tbl pure maple syrup
- 4 cups of chopped veggies – zucchini, capsicum, squash, cherry tomatoes
- 4 fillets of firm white fish
- 4 tbl low FODMAP pesto (no garlic or cashews)
- 1 lemon sliced into rings
- Fresh basil to serve

Method:

1. Heat oven to 180°C bake function.
2. Microwave potatoes to soften.
3. Combine the garlic infused olive oil, extra virgin olive oil, balsamic vinegar and pure maple syrup in a large bowl. Add chopped veggies and potatoes and coat in the marinade.
4. Line a baking tray with a large sheet of baking paper. Arrange the fish fillets and veggies on the baking paper. Spread a tablespoon of pesto on each fillet of fish and bake in the oven for 10 minutes, or until fish just cooked through.
5. Garnish with basil leaves and serve.

* make extra veggies to have leftovers at lunch tomorrow

Friday

Breakfast: pick 1 option from list

Lunch: Can of tuna combined with a 90 second rice cup and leftover veggies from last night

Dinner: Burgers:

Combine mince in a bowl with 1 tablespoon low FODMAP basil pesto, Season with salt & pepper and mix well. Seperate into 4-6 portions and roll into balls. Squash flat into patty's and cook in a pan or on the BBQ.

Serve with choice of toppings: tomato sauce, mayonnaise, lettuce, cheese, tomato, pineapple, beetroot (up to 2 slices), pickles on a low FODMAP bun.

Snacks: Choose from suggestions on snack list.



FODMAPPED

for you!

FODMAPPED is the world's first dedicated low FODMAP brand, producing food products specifically designed for people on a low FODMAP diet, those living with Irritable Bowel Syndrome (IBS) and other gastrointestinal diseases. Australian owned and operated FODMAPPED Foods is based in Melbourne, Australia, locally producing low FODMAP soups, stock, simmer sauces and pasta sauces – products that traditionally present a challenge for sufferers of gastrointestinal diseases.

Made from real ingredients, our entire FODMAPPED range is 100% free from gluten, onions and garlic (some of the main triggers for people with IBS) but still rich in flavour and most importantly SAFE for sufferers of IBS. Furthermore, every product is certified with the FODMAP Friendly logo (the only registered certification worldwide that identifies the FODMAP levels of packaged food) and have each been independently lab tested by a NATA certified laboratory, so you can know with confidence that they really have been FODMAPPED for you!

Our current product range includes ready-to-eat soups, stocks, simmer sauces and pasta sauces with many more exciting products in the pipeline.

