

Example of Low FODMAP Vegetarian Meal Plan¹

WEEK 1	BREAKFAST	LUNCH	DINNER	SNACK/DESSERT
MONDAY	Fruit and vegetable blend	Brown rice and quinoa salad with feta and roasted vegetables	Vegetarian curry with tofu	Chia seed pudding trifle with lactose free yogurt, homemade muesli, raspberry sauce and dark choc chips
TUESDAY	Oats and/or quinoa porridge with maple syrup and either blueberries/raspberries/strawberries, topped with sliced almond	Low FODMAP bread with grilled eggplant, mozzarella slice, tomato and basil	Lentil and vegetables cottage pie with pumpkin and potato mash	Rice cakes with peanut butter or hard cheese
WEDNESDAY	Scrambled eggs on low FODMAP bread	Low FODMAP vegetables (potatoes, pumpkin, capsicums/bell pepper, zucchini/courgette frittata	Grilled tofu with steamed broccoli, stir-fried kale and garden salad	Homemade popcorn
THURSDAY	Lactose free yoghurt with low FODMAP muesli and berries	Rice salad with boiled eggs, cube chopped cheese, olives and capers	Eggplant gluten-free pasta bake	Carrot and cucumber sticks with roasted capsicum (bell pepper) and pumpkin dip
FRIDAY	Low FODMAP homemade granola muesli with low FODMAP milk	Rice paper rolls with tofu and vegetables	Vegetables and tofu kebabs with a satay sauce marinade with potato salad	Handful of low FODMAP nuts and an orange
SATURDAY	Poached eggs on wilted spinach on low FODMAP bread	Low FODMAP minestrone/soup with gluten free pasta	Stuffed capsicums (bell pepper) and zucchini (courgette) with tempeh, grated cheese, feta brown rice and quinoa	Low FODMAP fruit salad
SUNDAY	Oats and quinoa flakes banana pancakes with maple syrup	Nut roast with low FODMAP roasted vegetables	Tempeh tacos with chopped tomatoes, lettuce, corn (small amount)	Chocolate and peanut butter cake in mug

Example of Low FODMAP Vegetarian Meal Plan¹

WEEK 2	BREAKFAST	LUNCH	DINNER	SNACK/DESSERT
MONDAY	Green smoothie (e.g. spinach, kale, cucumber, ginger, kiwi, pineapple)	Jacket potato with cottage cheese and chives	Gluten-free spaghetti with ratatouille sauce with side salad	Chocolate protein balls ²
TUESDAY	Scrambled eggs on low FODMAP toast	Quinoa salad with roasted pumpkin and pine-nuts	Grilled tofu with potato waffles, roasted fennel and glazed carrots	Raspberry and dark choc-chips muffins
WEDNESDAY	Muesli with fresh berries and lactose free milk or coconut cream	Tofu and avocado/vegetables sushi with tamari sauce	Gluten free pasta with homemade pesto sauce with side dish mozzarella caprese	Banana and vanilla chia seed cup topped with crushed peanuts
THURSDAY	Banana, blueberry, oats, almond meal smoothie	Egg and mayo and chives low FODMAP sandwich	Eggplant (aubergine) goulash with polenta and sauerkraut	Low FODMAP fruit and marshmallow kebabs
FRIDAY	Chocolate protein shake	Tofu Mexican soup with corn chips or toasted corn tortilla strips	Gluten-free pizza base with low FODMAP ingredients	Banana cake
SATURDAY	French toast bread with maple syrup and chopped strawberries	Roasted vegetable rissoles (chickpeas, pumpkin, carrot, zucchini) with Greek salad	Vegetables stir-fry (zucchini, capsicums (peppers), bok choy with ginger, lemongrass, served with rice noodles	Orange flourless cake
SUNDAY	Spinach and kale omelette	Homemade vegetarian gluten free lasagna and side salad	Saffron risotto	Pina colada sorbet with coconut cream, pineapple, mint

¹ Choose the Low FODMAP ingredients you can safe tolerate to make your recipes and consume the quantities indicated by Monash University on their low FODMAP app for Smartphones.

Make sure that the gluten-free commercially prepared food, such as bread, muesli and other cereals, do not contain high FODMAP ingredients. Also lactose free yoghurt may contain high FODMAP ingredients such as inulin.

² Made with quinoa flakes, almond meal, cacao powder, flaxseed meal, peanut or other nut butter, coconut oil, vanilla essence, cinnamon or all spice mix, shredded coconut to roll the balls in at the end. Store the protein balls in the fridge.

If you have any comments, questions or suggestions, please do not hesitate to contact me via my website:

www.lowFODMAPdiets.com