



# Low FODMAP Diet

TRACY KACZMARCZYK



# Low FODMAP Diet

## HEAVY METAL FITNESS

**THIS MEAL PLAN INCLUDES: RECIPES, GROCERY LIST, NUTRITION BREAKDOWN, EVIDENCE, MEAL PLAN TIPS, & PREP GUIDE**

Low FODMAP nutrition for Irritable Bowel Syndrome (IBS) - Irritable Bowel Syndrome (IBS) affects an estimated 10-15% of the population. People with uncontrolled IBS often suffer from gas, bloating, diarrhea, constipation, and stomach pain which can have a terrible effect on their quality of life. Following a Low FODMAP diet has been shown to significantly improve these symptoms in about 75% of cases.

This 7-day plan focuses on low FODMAP meals. By eliminating foods that ferment and cause digestive discomfort (FODMAPs), you may be able to identify exactly which foods are responsible for your symptoms.

This program was created by a Registered Dietician with the following key considerations:

### FIBER

Fiber has several health benefits including improving digestive health. Following a low FODMAP diet can result in a decreased fiber intake. This is why the meal plan has been designed to contain up to 30 grams of fiber daily from low FODMAP fruits, vegetables, nuts, and grains. Soluble fiber found in oats, green beans, and spinach is incorporated into the program and has been shown to improve glycemic control and lower blood cholesterol.

### PROTEIN & HEALTHY FATS

This program is lower-carbohydrate, paired with healthy fats and high-quality protein sources to create a steady release of energy throughout the day. Getting enough daily protein can help with weight management and prevent muscle loss. This meal plan provides 20% of your daily calories from protein. Omega-3 fatty acids are incorporated from salmon, nut butter, nuts, and seeds. These fats provide cardiovascular benefits and reduce inflammation.

### ANTIOXIDANTS

A low-FODMAP diet may be poor in natural antioxidants, such as flavonoids, carotenoids, and vitamin C contained in some FODMAP-rich vegetables. To prevent this, the plan provides essential fat-soluble antioxidants like vitamin A and vitamin E from nuts and oils. These foods are paired with healthy fats to



increase absorption. This plan includes polyphenols found in cocoa, grapes, and oats and provides vitamin C from whole food sources like bell peppers, kiwi, and squash.

## **IRON**

Iron is an important mineral that helps produce red blood cells and transports oxygen throughout the body. Iron is a potential nutrient deficiency on a low FODMAP diet. This program provides daily iron from foods like turkey, chicken, salmon, and eggs. These iron sources are paired with foods that have vitamin C to enhance iron absorption.

## **B VITAMINS**

Research shows a decrease in B vitamins, such as Riboflavin and Thiamin in a low FODMAP diet. These vitamins help enzymes release energy from carbohydrates and fat, break down amino acids, and transport oxygen and energy-containing nutrients around the body. This meal plan provides the recommended daily amount of Riboflavin and Thiamin from salmon, spinach, eggs, chicken, and rice.

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## **GROCERY LIST TIPS**

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## **SHOPPING TIPS**

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## **RECIPE TIPS**

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

## **HOW TO USE**

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

## **LEFTOVERS**

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a



leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



## MON



**BREAKFAST**  
Fried Eggs & Steamed Spinach



**SNACK 1**  
Macadamia Nuts, Chopped Bell Peppers



**LUNCH**  
Ground Turkey, Green Beans & Rice



**SNACK 2**  
Grapes & Walnuts



**DINNER**  
One Pan Salmon with Green Beans & Roasted Tomato, Brown Rice

## TUE



**BREAKFAST**  
Fried Eggs & Steamed Spinach



**SNACK 1**  
Macadamia Nuts, Chopped Bell Peppers



**LUNCH**  
One Pan Salmon with Green Beans & Roasted Tomato, Brown Rice



**SNACK 2**  
Grapes & Walnuts



**DINNER**  
Ground Turkey, Green Beans & Rice

## WED



**BREAKFAST**  
Peanut Butter Cup Overnight Oats



**SNACK 1**  
Macadamia Nuts, Chopped Bell Peppers



**LUNCH**  
Ground Turkey, Green Beans & Rice



**SNACK 2**  
Kiwi, Brazil Nuts



**DINNER**  
Maple Mustard Chicken with Green Beans

## THU



**BREAKFAST**  
Peanut Butter Cup Overnight Oats



**SNACK 1**  
Olive Tapenade with Crackers



**LUNCH**  
Maple Mustard Chicken with Green Beans



**SNACK 2**  
Kiwi, Brazil Nuts



**DINNER**  
Slow Cooker Spaghetti Squash & Meatballs

## FRI



**BREAKFAST**  
Peanut Butter Cup Overnight Oats



**SNACK 1**  
Olive Tapenade with Crackers



**LUNCH**  
Slow Cooker Spaghetti Squash & Meatballs



**SNACK 2**  
Grapes & Walnuts



**DINNER**  
Slow Cooker Maple Mustard Chicken

## SAT



**BREAKFAST**  
Bell Pepper Egg Cups



**SNACK 1**  
Olive Tapenade with Crackers



**LUNCH**  
Slow Cooker Maple Mustard Chicken



**SNACK 2**  
Kiwi, Brazil Nuts



**DINNER**  
Slow Cooker Spaghetti Squash & Meatballs

## SUN



**BREAKFAST**  
Bell Pepper Egg Cups



**SNACK 1**  
Olive Tapenade with Crackers



**LUNCH**  
Slow Cooker Spaghetti Squash & Meatballs



**SNACK 2**  
Grapes & Walnuts



**DINNER**  
Slow Cooker Maple Mustard Chicken

**MON****FAT 50%**    **CARBS 30%**    **PROTEIN 20%**

Calories 1626                      Cholesterol 544mg  
 Fat 93g                                Sodium 524mg  
 Carbs 127g                          Vitamin A 9408IU  
 Fiber 21g                            Vitamin C 197mg  
 Sugar 29g                          Calcium 365mg  
 Protein 84g                         Iron 11mg

**TUE****FAT 50%**    **CARBS 30%**    **PROTEIN 20%**

Calories 1626                      Cholesterol 544mg  
 Fat 93g                                Sodium 524mg  
 Carbs 127g                          Vitamin A 9408IU  
 Fiber 21g                            Vitamin C 197mg  
 Sugar 29g                          Calcium 365mg  
 Protein 84g                         Iron 11mg

**WED****FAT 48%**    **CARBS 34%**    **PROTEIN 18%**

Calories 1675                      Cholesterol 166mg  
 Fat 93g                                Sodium 976mg  
 Carbs 150g                          Vitamin A 3567IU  
 Fiber 30g                            Vitamin C 306mg  
 Sugar 44g                          Calcium 643mg  
 Protein 80g                         Iron 11mg

**THU****FAT 43%**    **CARBS 38%**    **PROTEIN 19%**

Calories 1625                      Cholesterol 212mg  
 Fat 81g                                Sodium 2425mg  
 Carbs 159g                          Vitamin A 2958IU  
 Fiber 27g                            Vitamin C 184mg  
 Sugar 51g                          Calcium 683mg  
 Protein 80g                         Iron 15mg

**FRI****FAT 43%**    **CARBS 35%**    **PROTEIN 22%**

Calories 1727                      Cholesterol 343mg  
 Fat 84g                                Sodium 2503mg  
 Carbs 155g                          Vitamin A 3237IU  
 Fiber 25g                            Vitamin C 60mg  
 Sugar 54g                          Calcium 640mg  
 Protein 96g                         Iron 16mg

**SAT****FAT 45%**    **CARBS 30%**    **PROTEIN 25%**

Calories 1571                      Cholesterol 715mg  
 Fat 79g                                Sodium 2564mg  
 Carbs 121g                          Vitamin A 7281IU  
 Fiber 23g                            Vitamin C 336mg  
 Sugar 45g                          Calcium 440mg  
 Protein 100g                        Iron 15mg

**SUN****FAT 44%**    **CARBS 30%**    **PROTEIN 26%**

Calories 1526                      Cholesterol 715mg  
 Fat 76g                                Sodium 2561mg  
 Carbs 117g                          Vitamin A 7253IU  
 Fiber 20g                            Vitamin C 212mg  
 Sugar 48g                          Calcium 382mg  
 Protein 98g                         Iron 15mg



## FRUITS

- 4 cups Grapes
- 6 Kiwi
- 1/16 Lemon

## BREAKFAST

- 1/4 cup All Natural Peanut Butter
- 1/3 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1 1/2 tsps Black Pepper
- 3/4 cup Brazil Nuts
- 2 tbsps Chia Seeds
- 1 tsp Dried Basil
- 1 cup Macadamia Nuts
- 1 tbsp Oregano
- 1 tsp Paprika
- 1 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 cup Walnuts

## FROZEN

- 3 cups Frozen Green Beans

## VEGETABLES

- 4 cups Baby Spinach
- 1 cup Cherry Tomatoes
- 14 cups Green Beans
- 3/4 Green Bell Pepper
- 2 tbsps Parsley
- 2 3/4 Red Bell Pepper
- 1 Spaghetti Squash
- 3/4 Yellow Bell Pepper

## BOXED & CANNED

- 1/2 cup Brown Rice
- 3 cups Crushed Tomatoes
- 3/4 cup Jasmine Rice
- 7 1/16 ozs Whole Grain Crackers

## BAKING

- 1/4 cup Brown Rice Flour
- 1 tbsp Cocoa Powder
- 1 1/2 cups Oats

## BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 2 lbs Chicken Thighs
- 1 3/4 lbs Extra Lean Ground Turkey
- 10 ozs Salmon Fillet

## CONDIMENTS & OILS

- 1 1/2 tsps Apple Cider Vinegar
- 1/2 cup Black Olives
- 1 tbsp Capers
- 1 1/8 tsps Coconut Oil
- 1/3 cup Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Tamari

## COLD

- 9 Egg
- 2 tsps Ghee
- 1 1/2 cups Unsweetened Almond Milk

## OTHER

- 1 2/3 cups Water

SAVE **\$15** ON YOUR FIRST MONTH OF  
**NUTRITION COACHING**

**Behavior-Based Food Habits & Accountability**

Discount for new nutrition clients only. Can only be used once. Mention this ad to your coach!

**Using small, consistent actions, you can build the habits you need to look and feel better for life.**

**“I KNOW WHAT TO DO... BUT I HAVE A HARD TIME STAYING CONSISTENT.”**

Sound familiar? You've probably tried multiple fad diets, endless cardio sessions, and 21-day quick-fix programs. And you've probably concluded that they simply don't work in the long run. Instead of the all-or-nothing approach, we use a sustainable, practice-based approach to build healthy habits into your life, one day at a time. Nutrition Coaching can help you redefine your relationship with food and empower your food choices. Whether you need food accountability or a supplement to your fitness training, we can help you identify the simple tasks that lead to lasting behavior change.

**\$195/MONTH**

**No rules. No restrictions. Just good habits for life.**

**Here's what's in the Nutrition Coaching Program:**

-  **30 Minute Coaching Call Twice a Month**
-  **Custom Calorie / Macro / Portion Guide**
-  **Access to Coaching Software & Mobile App**
-  **Optional Integration with MyFitnessPal & Fitbit**
-  **Daily App Check-ins & Personal Reminders**
-  **In-App Messaging & Feedback**
-  **Monthly Macro-Based Recipe Suggestions\***
-  **Optional Access to Meal Planning App for Recipe DIY\***
-  **Your Choice of 4 7-Day RD-Created Meal Plans\***
-  **Exclusive Resources to help you implement your habits**

 **Small yet powerful practices to improve everyday life**

Our focus will be on sustainable nutrition habits and small actions, supported with step-by-step guidance. We'll work together to create and practice healthy habits across every aspect of your life, from sleep and stress-management to movement and mindfulness. These new habits will help you feel more calm, confident, and prepared for each day—no matter what life throws at you.

 **Easy-to-use online platform paired with personal service**

You'll start by telling us about yourself, including your goals, health challenges, and daily routine. From there, we'll customize your program and start the coaching process via our easy-to-use mobile app. Bi-monthly phone calls will help you stay on track.

 **Simple practices and daily accountability**

Every day, you'll work on a simple nutrition or lifestyle practice. Each practice will be customized to help you get the results you want.

 **Personal coaching and detailed progress checking**

Your coach will check in with you to see how you're doing and to answer any questions you have. Also, you can message your coach in-app whenever you need.

**GET LASTING RESULTS WITH COACHING & ACCOUNTABILITY**

# Fried Eggs & Steamed Spinach

1 SERVING 10 MINUTES



## INGREDIENTS

2 cups Baby Spinach  
1 tbsp Water  
Sea Salt & Black Pepper (to taste)  
1 tsp Ghee  
2 Egg

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |        |
|----------|-----|-------------|--------|
| Calories | 193 | Cholesterol | 382mg  |
| Fat      | 14g | Sodium      | 213mg  |
| Carbs    | 3g  | Vitamin A   | 6166IU |
| Fiber    | 1g  | Vitamin C   | 17mg   |
| Sugar    | 1g  | Calcium     | 117mg  |
| Protein  | 14g | Iron        | 3mg    |

## DIRECTIONS

- 01 Heat a pan over medium heat and add spinach and water. Stir just until wilted, then remove from heat. Season with sea salt, pepper and ghee. Transfer to a plate.
- 02 In the same pan, cook your eggs. Season with sea salt and pepper.
- 03 Plate the spinach with eggs. Enjoy!

## NOTES

### NO GHEE

Use butter or oil instead.

### MORE FLAVOUR

Sprinkle everything with nutritional yeast or Everything Bagel Seasoning.

# Peanut Butter Cup Overnight Oats

3 SERVINGS 8 HOURS



## INGREDIENTS

1 1/2 cups Oats (quick or rolled)  
1 1/2 cups Unsweetened Almond Milk  
1/4 cup All Natural Peanut Butter  
2 tbsps Chia Seeds  
2 tbsps Maple Syrup  
1 tbsp Cocoa Powder  
1/2 cup Water

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 375 | Cholesterol | 0mg   |
| Fat      | 18g | Sodium      | 89mg  |
| Carbs    | 46g | Vitamin A   | 250IU |
| Fiber    | 8g  | Vitamin C   | 0mg   |
| Sugar    | 11g | Calcium     | 322mg |
| Protein  | 12g | Iron        | 3mg   |

## DIRECTIONS

- 01 Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 02 Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Add an extra splash of almond milk and/or a drizzle of honey (optional).

### TOPPINGS

Banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.

### WARM IT UP

Heat in microwave for 30 to 60 seconds before eating.

### NO MAPLE SYRUP

Use honey instead.

### MORE FIBER

Add ground flaxseed.

# Bell Pepper Egg Cups

1 SERVING 20 MINUTES



## INGREDIENTS

1 Red Bell Pepper  
2 Egg  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |        |
|----------|-----|-------------|--------|
| Calories | 174 | Cholesterol | 372mg  |
| Fat      | 10g | Sodium      | 147mg  |
| Carbs    | 8g  | Vitamin A   | 4266IU |
| Fiber    | 3g  | Vitamin C   | 152mg  |
| Sugar    | 5g  | Calcium     | 64mg   |
| Protein  | 14g | Iron        | 2mg    |

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Slice pepper in half and carve out the seeds.
- 03 Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

## NOTES

### MORE FLAVOUR

Roast the red pepper in the oven before cracking the egg into them.

### ADDED TOUCH

Sprinkle with cheese during the last 2 minutes.

### SERVE IT WITH

Toast for dipping or our Grain-Free Flax Bread.

### MORE PROTEIN

If it is a large bell pepper, fill remaining space with egg whites for added protein.

# Macadamia Nuts

3 SERVINGS 2 MINUTES



## INGREDIENTS

1 cup Macadamia Nuts

## DIRECTIONS

01 Divide between bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |      |
|----------|-----|-------------|------|
| Calories | 321 | Cholesterol | 0mg  |
| Fat      | 34g | Sodium      | 2mg  |
| Carbs    | 6g  | Vitamin A   | 0IU  |
| Fiber    | 4g  | Vitamin C   | 1mg  |
| Sugar    | 2g  | Calcium     | 38mg |
| Protein  | 4g  | Iron        | 2mg  |

# Chopped Bell Peppers

3 SERVINGS 5 MINUTES



## INGREDIENTS

3/4 Yellow Bell Pepper

3/4 Green Bell Pepper

3/4 Red Bell Pepper

## NUTRITION

### AMOUNT PER SERVING

|          |    |             |        |
|----------|----|-------------|--------|
| Calories | 26 | Cholesterol | 0mg    |
| Fat      | 0g | Sodium      | 3mg    |
| Carbs    | 6g | Vitamin A   | 1135IU |
| Fiber    | 2g | Vitamin C   | 147mg  |
| Sugar    | 2g | Calcium     | 10mg   |
| Protein  | 1g | Iron        | 0mg    |

## DIRECTIONS

01 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

## NOTES

### STORAGE

Refrigerate in an airtight container up to 3 to 4 days.

# Olive Tapenade with Crackers

4 SERVINGS 10 MINUTES



## INGREDIENTS

1/2 cup Black Olives (pitted)  
1 tbsp Capers  
2 tbsps Parsley  
1/16 Lemon (juiced)  
1 tbsp Extra Virgin Olive Oil  
1/16 tsp Sea Salt  
7 1/16 ozs Whole Grain Crackers

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 292 | Cholesterol | 0mg   |
| Fat      | 15g | Sodium      | 653mg |
| Carbs    | 35g | Vitamin A   | 221IU |
| Fiber    | 2g  | Vitamin C   | 3mg   |
| Sugar    | 6g  | Calcium     | 25mg  |
| Protein  | 4g  | Iron        | 3mg   |

## DIRECTIONS

- 01 Combine the olives, capers, parsley, lemon juice, olive oil and sea salt in a food processor and blend until desired consistency is reached. Adjust salt and lemon juice to taste.
- 02 Top crackers with the olive tapenade and enjoy!

## NOTES

### NO LEMON JUICE

Use apple cider vinegar instead.

### NO OLIVE OIL

Use avocado oil instead.

### STORAGE

Refrigerate in an airtight container up to 7 days.

# Ground Turkey, Green Beans & Rice

3 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 1/8 tps Coconut Oil
- 12 ozs Extra Lean Ground Turkey
- 1/8 tsp Sea Salt
- 3/4 cup Jasmine Rice (dry/uncooked)
- 3 cups Frozen Green Beans

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 383 | Cholesterol | 84mg  |
| Fat      | 11g | Sodium      | 227mg |
| Carbs    | 47g | Vitamin A   | 648IU |
| Fiber    | 5g  | Vitamin C   | 6mg   |
| Sugar    | 3g  | Calcium     | 81mg  |
| Protein  | 26g | Iron        | 2mg   |

## DIRECTIONS

- 01 Heat coconut oil in a pan over medium heat and add the ground turkey. Cook for 5 to 10 minutes, or until completely cooked through. Use a spatula to break it up as it cooks. Season with sea salt and any other spices you desire.
- 02 Meanwhile, cook your rice according to the directions on the package and set aside.
- 03 Steam your green beans.
- 04 Divide the turkey, rice and green beans into bowls or containers. Add your desired seasonings and serve.

## NOTES

### LEFTOVERS

Store in an airtight container in the fridge for up to 3 days. Freeze for up to 3 months.

### NO GROUND TURKEY

Use ground chicken, beef, pork, or lamb instead.

### VEGAN & VEGETARIAN

Use cooked lentils instead of ground meat.

### NO GREEN BEANS

Use asparagus, edamame or green peas instead.

### LIKES IT SPICY

Serve with hot sauce.

# Grapes & Walnuts

4 SERVINGS 3 MINUTES



## INGREDIENTS

4 cups Grapes (washed)  
1 cup Walnuts

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |      |
|----------|-----|-------------|------|
| Calories | 258 | Cholesterol | 0mg  |
| Fat      | 20g | Sodium      | 2mg  |
| Carbs    | 20g | Vitamin A   | 92IU |
| Fiber    | 3g  | Vitamin C   | 4mg  |
| Sugar    | 16g | Calcium     | 42mg |
| Protein  | 5g  | Iron        | 1mg  |

## DIRECTIONS

01 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

## NOTES

### NO WALNUTS

Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

# Kiwi

1 SERVING 5 MINUTES



## INGREDIENTS

2 Kiwi

## DIRECTIONS

01 Peel and slice. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 84  | Cholesterol | 0mg   |
| Fat      | 1g  | Sodium      | 4mg   |
| Carbs    | 20g | Vitamin A   | 120IU |
| Fiber    | 4g  | Vitamin C   | 128mg |
| Sugar    | 12g | Calcium     | 47mg  |
| Protein  | 2g  | Iron        | 0mg   |

# Brazil Nuts

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 cup Brazil Nuts

## DIRECTIONS

01 Divide into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |      |
|----------|-----|-------------|------|
| Calories | 219 | Cholesterol | 0mg  |
| Fat      | 22g | Sodium      | 1mg  |
| Carbs    | 4g  | Vitamin A   | 0IU  |
| Fiber    | 2g  | Vitamin C   | 0mg  |
| Sugar    | 1g  | Calcium     | 53mg |
| Protein  | 5g  | Iron        | 1mg  |

# One Pan Salmon with Green Beans & Roasted Tomato

2 SERVINGS 25 MINUTES



## INGREDIENTS

2 cups Green Beans (washed and trimmed)

1 cup Cherry Tomatoes

1 1/2 tps Extra Virgin Olive Oil (or coconut oil)

Sea Salt & Black Pepper (to taste)

10 ozs Salmon Fillet

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |        |
|----------|-----|-------------|--------|
| Calories | 275 | Cholesterol | 78mg   |
| Fat      | 13g | Sodium      | 72mg   |
| Carbs    | 10g | Vitamin A   | 1367IU |
| Fiber    | 4g  | Vitamin C   | 22mg   |
| Sugar    | 5g  | Calcium     | 61mg   |
| Protein  | 31g | Iron        | 2mg    |

## DIRECTIONS

- 01 Preheat oven to 510°F (266°C).
- 02 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 03 Season your salmon fillets with sea salt and black pepper.
- 04 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 05 Divide veggies between plates and top with salmon. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### NO SALMON

Use any type of fish fillet. Baking times will vary depending on thickness.

### VEGAN

Use roasted chickpeas instead of salmon.

### MORE CARBS

Serve with quinoa or rice.

### ADDED TOUCH

Toss the green beans in balsamic vinegar before serving.

# Brown Rice

2 SERVINGS 45 MINUTES



## INGREDIENTS

1/2 cup Brown Rice (uncooked)  
1 cup Water

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |      |
|----------|-----|-------------|------|
| Calories | 170 | Cholesterol | 0mg  |
| Fat      | 1g  | Sodium      | 5mg  |
| Carbs    | 35g | Vitamin A   | 0IU  |
| Fiber    | 2g  | Vitamin C   | 0mg  |
| Sugar    | 0g  | Calcium     | 16mg |
| Protein  | 3g  | Iron        | 1mg  |

## DIRECTIONS

- 01 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

# Maple Mustard Chicken with Green Beans

2 SERVINGS 25 MINUTES



## INGREDIENTS

1 tbsp Maple Syrup  
1 tbsp Dijon Mustard  
1 1/2 tsps Apple Cider Vinegar  
1 tbsp Tamari  
8 ozs Chicken Breast  
4 cups Green Beans (washed and trimmed)  
1 1/2 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |        |
|----------|-----|-------------|--------|
| Calories | 267 | Cholesterol | 82mg   |
| Fat      | 7g  | Sodium      | 650mg  |
| Carbs    | 21g | Vitamin A   | 1414IU |
| Fiber    | 5g  | Vitamin C   | 24mg   |
| Sugar    | 13g | Calcium     | 92mg   |
| Protein  | 30g | Iron        | 3mg    |

## DIRECTIONS

- 01 In a small bowl, combine the maple syrup, dijon mustard, apple cider vinegar and tamari. Whisk well and pour it into a ziplock baggie with the chicken breasts. Shake well and store in the fridge while you prep the rest.
- 02 Toss your green beans in the extra virgin olive oil and season with sea salt and black pepper to taste. Set aside.
- 03 Preheat the grill to medium heat. Add the chicken breasts and cook for about 10 minutes per side, or until cooked through. At the halfway point, transfer the green beans into a grilling basket. Grill for about 10 minutes or until slightly charred, tossing periodically.
- 04 Remove chicken and beans from the grill and divide onto plates. Enjoy!

## NOTES

### NO GRILL

Use an oven preheated to 400°F (204°C) instead. Cook the chicken for 10 to 15 minutes per side or until cooked through.

### NO GREEN BEANS

Use asparagus or zucchini instead.

### MORE CARBS

Grill or roast some sweet potato as a side.

### PREP AHEAD

Marinate the chicken and store in the fridge up to 24 hours.

# Slow Cooker Spaghetti Squash & Meatballs

4 SERVINGS 4 HOURS



## INGREDIENTS

- 1 lb Extra Lean Ground Turkey
- 1/4 cup Brown Rice Flour
- 1 Egg (whisked)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Oregano (divided)
- 3 cups Crushed Tomatoes
- 1 tsp Sea Salt (divided)
- 1 tsp Black Pepper (divided)
- 1 Spaghetti Squash (medium)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |        |
|----------|-----|-------------|--------|
| Calories | 388 | Cholesterol | 130mg  |
| Fat      | 18g | Sodium      | 1028mg |
| Carbs    | 33g | Vitamin A   | 953IU  |
| Fiber    | 6g  | Vitamin C   | 29mg   |
| Sugar    | 8g  | Calcium     | 144mg  |
| Protein  | 27g | Iron        | 5mg    |

## DIRECTIONS

- 01 In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 02 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, half the sea salt and half of the black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 03 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Add the remaining salt and pepper. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- 04 Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 05 Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

## NOTES

### NO GROUND TURKEY

Use any type of ground meat.

### CHEESE LOVER

Sprinkle with parmesan cheese.

# Slow Cooker Maple Mustard Chicken

4 SERVINGS 4 HOURS



## INGREDIENTS

2 lbs Chicken Thighs (skinless, boneless)  
2 tbsps Maple Syrup  
1/3 cup Dijon Mustard  
1 tsp Dried Basil  
1 tsp Paprika  
1/2 tsp Sea Salt  
1/2 tsp Black Pepper  
8 cups Green Beans (washed and trimmed)  
1 tbsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |        |
|----------|-----|-------------|--------|
| Calories | 414 | Cholesterol | 213mg  |
| Fat      | 13g | Sodium      | 731mg  |
| Carbs    | 21g | Vitamin A   | 1721IU |
| Fiber    | 6g  | Vitamin C   | 24mg   |
| Sugar    | 13g | Calcium     | 107mg  |
| Protein  | 48g | Iron        | 4mg    |

## DIRECTIONS

- 01 Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
- 02 Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
- 03 Divide green beans between plates and top with maple mustard chicken. Enjoy!

## NOTES

### NO CHICKEN THIGHS

Use chicken breast or drumsticks instead.

### SAVE TIME

Combine the chicken and marinade in a large zip lock baggie ahead of time. Shake well to mix and store in the fridge for up to 24 hours or freeze.

### MORE CARBS

Serve with rice, sweet potato or quinoa.

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

| Day   | Task  | Notes   |  |
|---|---|---|--|
| <p style="text-align: center;"><b>0<br/>Sun</b></p> |  | <p>Grocery shop.</p>  | <p>Grab the grocery list for the 7 Day Low FODMAP Program and get to it! Adjust serving sizes if necessary and mark off any items you already have.</p>  |
|   |  | <p>Freeze the chicken breasts and half the ground turkey.</p>                     | <p>We'll remind you later on in the week when to set them out to thaw.</p>   |
|   |   | <p>Start the prep for Slow Cooker Maple Mustard Chicken.</p>                      | <p>Follow the recipe to create the marinade. Add the chicken thighs to a container or large zip lock baggie and pour the marinade in. Seal and shake well to coat the chicken. Store in the freezer.</p> |
|   |   | <p>Make Ground Turkey, Green Beans &amp; Rice.</p>                                | <p>Divide into containers and store in the fridge.</p>   |
|   |   | <p>Prepare Macadamia Nuts and Chopped Bell Peppers for snacks.</p>                | <p>Divide into containers or ziplock baggies and store in the fridge.</p>  |
|   |   | <p>Make Grapes &amp; Walnuts snacks.</p>  | <p>Divide into containers or ziplock baggies and store in the fridge.</p>  |
|   | <p>Wash and trim green beans.</p>   | <p>For tomorrow night's One Pan Salmon with Green Beans &amp; Roasted Tomato.</p> |  |

|  |   |   |   |
|--|---|---|---|
| <b>1<br/>Mon</b>                           |    | Make the Fried Eggs & Steamed Spinach for breakfast.  | Enjoy!  |
|  |   | Pack your meals if you are on-the-go.   | Fried Eggs & Steamed Spinach, Macadamia Nuts and Chopped Bell Peppers, Ground Turkey, Green Beans & Rice, and Grapes & Walnuts.                               |
|  |    | Make One Pan Salmon with Green Beans & Roasted Tomato with a side of Brown Rice for dinner. | Divide the leftovers into containers. Let cool then cover and store in the fridge.  |
| <b>2<br/>Tue</b>                           |    | Make the Fried Eggs & Steamed Spinach for breakfast.  | Enjoy!  |
|  |   | Pack your meals if you are on-the-go.   | Fried Eggs & Steamed Spinach, Macadamia Nuts and Chopped Bell Peppers, One Pan Salmon with Green Beans & Roasted Tomato with Brown Rice and Grapes & Walnuts. |
|  |  | Enjoy Ground Turkey, Green Beans & Rice for dinner.   | Bon appetit!  |
|  |   | Portion out Kiwi and Brazil Nuts for snacks.  | Divide into containers and store in the fridge.   |
|  |   | Thaw the chicken breasts and ground turkey.   | Transfer from the freezer to the fridge.  |
| Make the Peanut Butter Cup Overnight Oats. | Store in the fridge overnight.  |   |   |

|   |   |   |   |
|---|---|---|---|
| <b>3<br/>Wed</b>  |    | Enjoy Peanut Butter Cup Overnight Oats for dinner.              | Bon appetit!  |
|   |   | Pack your meals if you are on-the-go.                           | Peanut Butter Cup Overnight Oats, Macadamia Nuts and Chopped Bell Peppers, Ground Turkey, Green Beans & Rice, and Kiwi and Brazil Nuts. |
|   |    | Make Maple Mustard Chicken with Green Beans for dinner.         | Divide leftovers into containers for tomorrow's lunch.  |
|   |   | Make Olive Tapenade with Crackers for snacks.                   | Divide into single-serving containers and store in the fridge. Store the crackers separately at room temperature.                       |
| <b>4<br/>Thu</b>  |    | Have the Peanut Butter Cup Overnight Oats for breakfast.        | Enjoy!  |
|   |   | Get started on the Slow Cooker Spaghetti Squash with Meatballs. | Follow the recipe to combine everything in the slow cooker. Set on high for 4 hours or low for 6 hours.                                 |
|   |   | Pack your meals if you are on-the-go.                           | Peanut Butter Cup Overnight Oats, Olive Tapenade with Crackers, Maple Mustard Chicken with Green Beans and Kiwi and Brazil Nuts.        |
|   |  | Enjoy Slow Cooker Spaghetti Squash with Meatballs for dinner.   | Divide leftovers into containers and store in the fridge.   |
| Thaw the chicken thighs you prepared earlier in the week for the Slow Cooker Maple Mustard Chicken. |   | Transfer from the freezer to the fridge.                        |   |

|                  |   |   |  |
|------------------|---|---|--|
| <b>5<br/>Fri</b> |   | Have the Peanut Butter Cup Overnight Oats for breakfast.              | Enjoy!   |
|                  |    | Add the Slow Cooker Maple Mustard Chicken to the slow cooker.         | Add all the contents from the bowl or baggie you prepared at the start of the week into the slow cooker. Cover and cook on low for 8 hours or on high for 4 hours. |
|                  |   | Pack your meals if you are on-the-go.                                 | Peanut Butter Cup Overnight Oats, Olive Tapenade with Crackers, Slow Cooker Spaghetti Squash & Meatballs, and Grapes & Walnuts.                                    |
|                  |    | Enjoy Slow Cooker Maple Mustard Chicken for dinner.                   | Steam the green beans as a side. Divide leftovers into containers for tomorrow's lunch and Sunday's dinner.  |
| <b>6<br/>Sat</b> |   | Make Bell Pepper Egg Cups for breakfast.                              | Enjoy!   |
|                  |  | Pack your meals if you are on-the-go.                                 | Bell Pepper Egg Cups, Olive Tapenade with Crackers, Slow Cooker Maple Mustard Chicken and Kiwi and Brazil Nuts.  |
|                  |  | Have leftover Slow Cooker Spaghetti Squash with Meatballs for dinner. | Enjoy!   |

|                  |   |  |   |
|------------------|---|--|---|
| <b>7<br/>Sun</b> |  | Make Bell Pepper Egg Cup for breakfast.                      | Enjoy!  |
|                  |   | Pack your meals if you are on-the-go.                        | Bell Pepper Egg Cups, Olive Tapenade with Crackers, Slow Cooker Spaghetti Squash & Meatballs, and Grapes & Walnuts. |
|                  |  | Enjoy leftover Slow Cooker Maple Mustard Chicken for dinner. | Don't forget to set aside some time to plan your meals and prepare for the upcoming week!                           |

## **WAIVER**

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