



Low FODMAP Diet

DR. SARAH WHITE, ND

MON



BREAKFAST
Fried Eggs & Steamed Spinach



SNACK 1
Macadamia Nuts, Carrot Sticks



LUNCH
Ground Turkey, Green Beans & Rice



SNACK 2
Cheddar Cheese & Cucumber



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

TUE



BREAKFAST
Fried Eggs & Steamed Spinach



SNACK 1
Macadamia Nuts, Carrot Sticks



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



SNACK 2
Cheddar Cheese & Cucumber



DINNER
Ground Turkey, Green Beans & Rice

WED



BREAKFAST
Peanut Butter Cup Overnight Oats



SNACK 1
Macadamia Nuts, Carrot Sticks



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
Crackers & Cheese



LUNCH
Maple Mustard Chicken with Green Beans



SNACK 2
Kiwi, Brazil Nuts



DINNER
Turkey & Spinach Roasted Acorn Squash Bowls

FRI



BREAKFAST
Peanut Butter Cup Overnight Oats



SNACK 1
Crackers & Cheese



LUNCH
Turkey & Spinach Roasted Acorn Squash Bowls



SNACK 2
Clementines & Macadamia Nuts



DINNER
Slow Cooker Maple Mustard Chicken

SAT



BREAKFAST
Spinach & Sweet Potato Frittata



SNACK 1
Crackers & Cheese



LUNCH
Slow Cooker Maple Mustard Chicken



SNACK 2
Kiwi, Brazil Nuts



DINNER
Mason Jar Salmon Salad

SUN



BREAKFAST
Spinach & Sweet Potato Frittata



SNACK 1
Crackers & Cheese



LUNCH
Mason Jar Salmon Salad



SNACK 2
Clementines & Macadamia Nuts



DINNER
Slow Cooker Maple Mustard Chicken

FRUITS

- 6 Clementines
- 6 Kiwi
- 2 tbsps Lemon Juice

BREAKFAST

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

SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 3/4 cup Brazil Nuts
- 2 tbsps Chia Seeds
- 1 tbsp Chili Powder
- 1/2 tsp Cumin
- 1 tsp Dried Basil
- 1 1/2 cups Macadamia Nuts
- 1/2 tsp Oregano
- 1 tsp Paprika
- 1 1/3 tps Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 3 cups Frozen Green Beans

VEGETABLES

- 1 Acorn Squash
- 7 1/2 cups Baby Spinach
- 3 Carrot
- 1 cup Cherry Tomatoes
- 2 Cucumber
- 14 cups Green Beans
- 8 leaves Romaine
- 1/2 Sweet Potato

BOXED & CANNED

- 1/2 cup Brown Rice
- 3/4 cup Jasmine Rice
- 160 grams Oat Crackers

BAKING

- 1 tbsp Cocoa Powder
- 1 1/2 cups Oats

BREAD, FISH, MEAT & CHEESE

- 332 grams Cheddar Cheese
- 227 grams Chicken Breast
- 907 grams Chicken Thighs
- 567 grams Extra Lean Ground Turkey
- 567 grams Salmon Fillet

CONDIMENTS & OILS

- 1 1/2 tps Apple Cider Vinegar
- 2 2/3 tps Coconut Oil
- 1/3 cup Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Tamari

COLD

- 8 Egg
- 2 tps Ghee
- 1 1/2 cups Unsweetened Almond Milk

OTHER

- 1 3/4 cups Water

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

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

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.

Spinach & Sweet Potato Frittata

2 SERVINGS 25 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
1/2 Sweet Potato (medium, peeled and cut into small cubes)
1 1/2 cups Baby Spinach (chopped)
4 Egg (whisked)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
- 03 Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 04 Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

ADDITIONAL TOPPINGS

Salsa, hot sauce, or ketchup.

NO SPINACH

Use kale or swiss chard instead.

Macadamia Nuts

3 SERVINGS 2 MINUTES



INGREDIENTS

1 cup Macadamia Nuts

DIRECTIONS

01 Divide between bowls and enjoy!

Carrot Sticks

3 SERVINGS 5 MINUTES



INGREDIENTS

3 Carrot (medium)

DIRECTIONS

01 Peel the carrot and slice it into sticks. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.

MORE FLAVOR

Season with salt.

SERVE IT WITH

Hummus, guacamole or your favorite dip.

Crackers & Cheese

4 SERVINGS 5 MINUTES



INGREDIENTS

160 grams Oat Crackers

220 grams Cheddar Cheese (sliced)

DIRECTIONS

01 Serve the crackers with the cheese. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Add fresh or dried fruit, or nuts.

Ground Turkey, Green Beans & Rice

3 SERVINGS 20 MINUTES



INGREDIENTS

1 1/8 tsps Coconut Oil
340 grams Extra Lean Ground Turkey
1/8 tsp Sea Salt
3/4 cup Jasmine Rice (dry/uncooked)
3 cups Frozen Green Beans

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.

Cheddar Cheese & Cucumber

2 SERVINGS 5 MINUTES



INGREDIENTS

112 grams Cheddar Cheese (cubed)
1 Cucumber (sliced)

DIRECTIONS

01 Serve cheese cubes and cucumber slices on a plate or in a bowl and enjoy!

NOTES

LEFTOVERS

Store cheese cubes and cucumber separately in the fridge.

DAIRY-FREE

Use a dairy-free cheese instead.

SERVE IT WITH

Crackers, vegetables, nuts or cooked meat slices.

NO CHEDDAR

Use swiss or gouda cheese instead.

Kiwi

1 SERVING 5 MINUTES



INGREDIENTS

2 Kiwi

DIRECTIONS

01 Peel and slice. Enjoy!

Brazil Nuts

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Brazil Nuts

DIRECTIONS

01 Divide into bowls and enjoy!

Clementines & Macadamia Nuts

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Macadamia Nuts

6 Clementines (peeled and sectioned)

DIRECTIONS

01 Divide the macadamia nuts and clementines onto plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days, or longer if the clementines are left unpeeled.

NUT-FREE

Use pumpkin seeds or sunflower seeds instead of macadamia nuts.

NO MACADAMIA NUTS

Use almonds or walnuts instead.

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)

283 grams Salmon Fillet

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

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
227 grams Chicken Breast
4 cups Green Beans (washed and trimmed)
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

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.

Turkey & Spinach Roasted Acorn Squash Bowls

2 SERVINGS 50 MINUTES



INGREDIENTS

- 1 Acorn Squash
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Coconut Oil
- 227 grams Extra Lean Ground Turkey
- 1 tbsp Chili Powder
- 1/2 tsp Oregano
- 1/2 tsp Cumin
- 1/8 tsp Sea Salt
- 2 tsps Water
- 2 cups Baby Spinach (chopped and packed)

DIRECTIONS

- 01 Preheat the oven to 450°F and line a baking sheet with parchment paper.
- 02 Carefully slice the pointy tips off the bottom of the acorn squash to create a flat surface. Then carefully slice them in half through the center. Carve out the seeds and pulp. Brush the inside of the halves with olive oil. Place face up on the baking sheet and bake for 35 to 45 minutes or until golden brown.
- 03 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 04 Once the turkey is cooked through, stir in the chili powder, oregano, cumin, sea salt and water. Mix very well then add in the baby spinach and continue to stir just until wilted. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 05 Remove squash from the oven and stuff each half with the turkey/spinach mix. Enjoy!

NOTES

VEGAN & VEGETARIAN

Use lentils or black beans instead of ground meat.

SAVE TIME

Roast acorn squash ahead of time and warm it at the time of meal.

LEFTOVERS

Store covered in the fridge up to 3 days. Reheat in the oven, toaster oven or slow cooker.

EXTRA PROTEIN AND HEALTHY FAT

Top with a fried or poached egg.

WASTE NOT, WANT NOT

Set aside the seeds from the acorn squash. Rinse them and spread them across a tea towel to dry. Roast in the oven using our Cinnamon Toast Crunch Pumpkin Seeds recipe.

Slow Cooker Maple Mustard Chicken

4 SERVINGS 4 HOURS



INGREDIENTS

907 grams 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 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

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.

Mason Jar Salmon Salad

2 SERVINGS 20 MINUTES



INGREDIENTS

1/2 tsp Sea Salt (divided)
283 grams Salmon Fillet
2 tbsps Extra Virgin Olive Oil
2 tbsps Lemon Juice
1 tsp Dijon Mustard
1 Cucumber (sliced)
8 leaves Romaine (chopped)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add sea salt to the salmon and bake for 10 to 12 minutes or until cooked through and flaky. Once cooled, flake into pieces with a fork.
- 02 In the mason jar, whisk together the extra virgin olive oil, lemon juice, mustard and remaining sea salt. Add the cucumber, salmon and the romaine. Seal with a lid.
- 03 When ready to eat, shake well and dump into a bowl. Enjoy!

NOTES

LEFTOVERS

Refrigerate in the mason jar or an airtight container for up to two days.

SERVING SIZE

16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

MORE FLAVOR

Add additional herbs or spices to the salmon.

ADDITIONAL TOPPINGS

Add additional veggies to the salad such as carrots, peppers or cabbage.