

One-Day Sample Low FODMAP Meal Plan

Adapted from LivingPlate.com

BREAKFAST

Chocolate Peanut Butter Chia Pudding

Servings: 1

Ingredients

3 Tablespoons chia seeds
1 ½ Tablespoons raw cacao powder
½ Tablespoon maple syrup
2/3 cup unsweetened coconut or almond milk
1 Tablespoon natural peanut butter
½ small banana

Instructions

1. Mix chia seeds, cacao powder, maple syrup and nondairy milk in jar with a tight lid. Shake vigorously to combine. Let sit for 10 minutes, then shake again.
2. Place overnight or for at least 4 hours in refrigerator.
3. Once ready, top pudding with peanut butter and a layer of sliced bananas.
4. Optional: top with some seeds, dried shredded coconut (max. ¼ cup), dark chocolate chips made without high fructose corn syrup and/or additional sliced banana.

Nutritional Information per Serving

Calories: 197
Protein: 6 g
Fat: 10 g
Carbs: 24 g
Fiber: 7 g
Sugar: 12 g

MORNING SNACK

Raspberries and walnuts

Servings: 1

Ingredients

1 cup raspberries
6 whole walnuts

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Nutritional Information per serving

Calories: 221
Protein: 5.2 g
Fat: 16.7 g
Carbs: 18.3 g
Fiber: 9.6 g
Sugar: 6 g

LUNCH

Grain-free chicken wraps

Servings: 4 wraps

Ingredients

2 cups chopped chicken breast, cooked
1 cucumber, cut in half and then lengthwise
½ cup baby carrots
½ red bell pepper, sliced
4 collard greens leaves

FOR SAUCE:

1 Tablespoon natural peanut butter
Juice of 1 lime
½ teaspoon minced ginger
1 teaspoon chili flakes

Instructions

1. Mix all the ingredients for the sauce and set aside.
2. Assemble collard wraps with peppers, chicken, cucumbers and carrots.
3. Add about 1 teaspoon of sauce to each wrap and close tight.

Nutritional Information per Serving

Calories: 164
Protein: 23.3 g
Fat: 2.9 g
Carbs: 7.2 g
Fiber: 1.8 g
Sugar: 3.2 g

AFTERNOON SNACK

Greek yogurt with cinnamon pepitas

Servings: 1

Ingredients

- 1 cup plain, lactose-free yogurt (*check ingredients and avoid any with added inulin or chicory root*)
- 1 Tablespoons raw pumpkin seeds (pepitas)
- 1 pinch of cinnamon
- ¼ teaspoon pure maple syrup

Nutritional Information per serving

- Calories: 203
- Protein: 19.4 g
- Fat: 7.5 g
- Carbs: 14.3 g
- Fiber: 0.3 g
- Sugar: 15 g

Instructions

1. Toss and mix ingredients together.
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DINNER

Asian Stir-fry

Servings: 2

Ingredients

- 1 Tablespoon avocado oil
- ¼ cup scallions, green only, chopped
- 2 teaspoons fresh ginger, minced
- 1 cup baby carrots
- 1 medium red bell pepper, sliced
- 1 medium yellow red bell pepper, sliced
- 1 head baby bok choy, sliced crosswise into 1 inch strips (about 1 ½ cups)
- 1 Tablespoon gluten-free soy sauce
- 1 lb shrimp, raw and peeled
- 1 teaspoon chili flakes
- ½ Tablespoon sesame seeds oil
- 2 cups of boiled zucchini noodles

Instructions

1. Heat the avocado oil in a large skillet over medium heat.
2. Sauté the scallions and ginger for about 3 minutes.
3. Add the carrots, peppers and bok choy and soy sauce, sauté for 5-7 minutes until almost tender.
4. Add the shrimp and chili flakes, sauté for 5-7 minutes or until shrimp is fully cooked.
5. Stir in the sesame oil then serve over zucchini noodles.

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Nutritional Information per serving

Calories: 420

Protein: 44.8 g

Fat: 14.4 g

Carbs: 24.5 g

Fiber: 15.3 g

Sugar: 11.6 g

Disclosure: The information included on this site is not a substitute for professional medical advice, examination, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider before changing your diet, exercise regimen, starting any new treatment or making changes to existing treatment.