

Meal Ideas for the low FODMAP diet

Breakfast

½ cup oatmeal
½-1 cup fresh berries
Walnuts
Lactose free milk

2 eggs
Gluten free or sourdough toast
1 cup cantaloupe

Egg omelet with tomatoes, spinach, cheese
Potatoes
1 orange

Cold cereal- Rice Krispies, Corn flakes, Corn or Rice Chex, Cheerios
1 banana
Lactose free milk

Cream of rice cereal with 1 tsp brown sugar
½-1 cup blueberries

Gluten free or sourdough bread
2 Tbsp peanut or almond butter
Lactose free yogurt

Gluten free pancake/waffles
2 Tbsp pure maple syrup
Lactose free milk

Lunch/Dinner

Sandwich on gluten free or sourdough bread
lean turkey, hard cheese, lettuce, tomato
mayonnaise
1 cup (15-17) grapes
Baked chips

Homemade chicken and rice soup
Rice crackers
½ cup mandarin oranges

Corn quesadilla
Chicken, cheese, chopped tomatoes
2 Tbsp avocado
Baby carrots

Tossed salad with lean protein (chicken, tuna)
cucumber, tomato, shredded carrots, feta olive
oil or balsamic vinegar dressing
Rice cakes
Kiwifruit

Firm tofu sautéed with bok choy, carrots, red
bell pepper, broccoli bits, green part of scallion
white or brown rice
Soy sauce

Grilled chicken
Medium baked potato, butter
Roasted carrots

Gluten free mac and cheese (made with
Lactose free milk)
Sautéed spinach

Baked pork chop
½ cup sweet potato
Tossed salad with tomato and cucumber
Salad dressing

Grilled scallops
Quinoa with sautéed celery, broccoli, carrots,
peas, and corn
1 cup raspberries with whipped cream

Turkey
Gravy from the bird thickened with corn starch
Mashed potatoes
1/3 cup corn

Grilled kabobs with chicken, green bell pepper,
tomato, zucchini
Brown rice or quinoa

Gluten free pasta, shrimp, diced tomato, basil,
garlic infused olive oil, toasted pine nuts,
Parmesan cheese

Grilled salmon or white fish with lemon
Baked potato or brown rice
½ cup steamed broccoli or allowed vegetable

Sushi – California roll, salmon avocado, spring
roll, etc.
Soy sauce

**It's important to always check packaged and
processed foods for high FODMAP
ingredients.**