

7-Day Gentle Low FODMAP diet with Recipes

Meal Plan

Day	Breakfast	Lunch	Dinner
Day 1	Gluten-free oats with lactose-free milk, kiwi, and chia seeds	Quinoa salad with cucumber, carrot, and green beans	Grilled chicken with zucchini and roasted potatoes
Day 2	Scrambled eggs with sourdough spelt toast and mandarin	Bok choy and green bean stir-fry with rice	Baked salmon with carrot and cucumber salad
Day 3	Smoothie with almond milk, spinach, kiwi, and chia seeds	Sourdough spelt bread sandwich with lactose-free cheese, lettuce, and cucumber	Grilled beef with quinoa and bok choy
Day 4	Lactose-free yogurt with gluten-free granola, pineapple, and almonds	Zucchini noodles with grilled chicken and garlic-infused olive oil	Baked cod with green beans and quinoa
Day 5	Gluten-free oats with lactose-free milk, kiwi, and walnuts	Rice paper rolls with chicken, lettuce, and carrot	Grilled shrimp with zucchini and roasted potatoes
Day 6	Scrambled eggs with sourdough spelt toast and orange slices	Quinoa salad with cucumber, carrot, and zucchini	Baked chicken with green beans and rice
Day 7	Smoothie with almond milk, spinach, mandarin, and chia seeds	Bok choy and green bean stir-fry with rice noodles	Grilled beef with roasted potatoes and carrot salad

Recipes

Quinoa Salad with Cucumber, Carrot, and Green Beans (Lunch - Day 1)

Ingredients:

1 cup cooked quinoa

½ cup green beans (steamed)

1 small cucumber (sliced)

1 small carrot (shredded)

2 tbsp olive oil

1 tbsp lemon juice

Salt and pepper to taste

Instructions:

Cook quinoa according to package instructions.

Steam green beans for 5 minutes until tender.

Combine quinoa, green beans, cucumber, and carrot in a bowl.

Drizzle with olive oil and lemon juice. Season with salt and pepper.

Grilled Chicken with Zucchini and Roasted Potatoes (Dinner - Day 1)

Ingredients:

1 chicken breast (seasoned with salt and pepper)

1 zucchini (sliced)

1 cup baby potatoes (halved)

2 tbsp garlic-infused olive oil

Instructions:

Preheat the oven to 400°F (200°C). Toss baby potatoes in 1 tbsp olive oil and roast for 25-30 minutes.

Grill the chicken breast for 6-7 minutes on each side.

Grill zucchini slices for 3 minutes on each side, or until tender.

Baked Salmon with Carrot and Cucumber Salad (Dinner - Day 2)

Ingredients:

1 salmon fillet

1 small cucumber (sliced)

1 small carrot (shredded)

1 tbsp olive oil

Lemon juice, salt, and pepper

Instructions:

Preheat the oven to 375°F (190°C). Place salmon on a baking sheet and season with salt, pepper, and lemon juice.

Bake for 12-15 minutes until cooked through.

Serve with cucumber and carrot salad dressed with olive oil and lemon juice.

Zucchini Noodles with Grilled Chicken and Garlic-Infused Olive Oil (Lunch - Day 4)

Ingredients:

1 medium zucchini (spiralized)

1 chicken breast (grilled)

2 tbsp garlic-infused olive oil

Salt and pepper to taste

Instructions:

Grill the chicken breast and slice into strips.

Lightly sauté zucchini noodles in garlic-infused olive oil for 3-4 minutes.

Serve with sliced chicken and season with salt and pepper.

Baked Cod with Green Beans and Quinoa (Dinner - Day 4)

Ingredients:

1 cod fillet

½ cup cooked quinoa

½ cup green beans (steamed)

1 tbsp olive oil

Salt and pepper

Instructions:

Preheat the oven to 375°F (190°C). Season cod with salt and pepper and bake for 12-15 minutes.

Serve with quinoa and steamed green beans, drizzled with olive oil.

Rice Paper Rolls with Chicken, Lettuce, and Carrot (Lunch - Day 5)

Ingredients:

3 rice paper sheets

½ cup cooked chicken (shredded)

½ cup lettuce (shredded)

1 small carrot (shredded)

2 tbsp garlic-infused olive oil for dipping

Instructions:

Soak rice paper sheets in warm water until soft.

Fill with chicken, lettuce, and carrot, and roll up.

Serve with garlic-infused olive oil for dipping.

Grilled Shrimp with Zucchini and Roasted Potatoes (Dinner - Day 5)

Ingredients:

1 cup shrimp (peeled and deveined)

1 zucchini (sliced)

1 cup baby potatoes (halved)

2 tbsp olive oil

Salt and pepper

Instructions:

Preheat the oven to 400°F (200°C). Toss potatoes in olive oil and roast for 25-30 minutes.

Grill shrimp and zucchini slices for 3-4 minutes per side.

Serve with roasted potatoes.