



7-Day Low FODMAP Meal Plan

Created by sanoMidLife



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Overview:

This 7-day meal plan is designed to inspire you. Feel free to make adjustments based on your dietary needs, preferences and/or what works best for your lifestyle.

Here's a brief overview to help you navigate this resource:

- This meal plan includes a calendar with an overview of meals and snacks for the week.
- A grocery list is provided, outlining the supplies and quantities needed to prepare all the meals and snacks.
- Each recipe includes directions, ingredients, helpful notes, and nutritional details per serving.
- Meals and snacks highlighted in grey represent leftovers, meaning you won't need to cook again - there will be enough prepared from the original dish for future meals.

By making intentional and informed choices about your nutrition, you can feel strong and healthy during midlife. Stay consistent, listen to your body, and celebrate your progress!

Evidence:

This meal plan was created using low FODMAP foods with the following principles in mind:

Fibre:

Fibre has several health benefits including improving digestive health. Following a low FODMAP diet can result in a decreased fibre intake. This is why the meal plan has been designed to contain up to 30 grams of fibre daily from low FODMAP fruits, vegetables, nuts, and grains. Soluble fibre 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 and oats and provides vitamin C from whole food sources like 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.

7-Day Low FODMAP Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Fried Eggs & Steamed Spinach	Fried Eggs & Steamed Spinach	Peanut Butter Cup Overnight Oats	Peanut Butter Cup Overnight Oats	Peanut Butter Cup Overnight Oats	Spinach & Sweet Potato Frittata	Spinach & Sweet Potato Frittata
Snack 1	Macadamia Nuts	Macadamia Nuts	Macadamia Nuts	Eggs, Cheese & Crackers	Crackers & Cheese	Crackers & Cheese	Crackers & Cheese
	Carrot Sticks	Carrot Sticks	Carrot Sticks				
Lunch	Ground Turkey, Green Beans & Rice	One Pan Salmon with Green Beans & Roasted Tomato	Ground Turkey, Green Beans & Rice	Maple Mustard Chicken with Green Beans	Turkey & Spinach Roasted Acorn Squash Bowls	Slow Cooker Maple Mustard Chicken	Mason Jar Salmon Salad
		Brown Rice					
Snack 2	Cheddar Cheese & Cucumber	Cheddar Cheese & Cucumber	Kiwi	Kiwi	Clementines & Macadamia Nuts	Kiwi	Clementines & Macadamia Nuts
			Brazil Nuts	Brazil Nuts		Brazil Nuts	
Dinner	One Pan Salmon with Green Beans & Roasted Tomato	Ground Turkey, Green Beans & Rice	Maple Mustard Chicken with Green Beans	Turkey & Spinach Roasted Acorn Squash Bowls	Slow Cooker Maple Mustard Chicken	Mason Jar Salmon Salad	Slow Cooker Maple Mustard Chicken
	Brown Rice						

7-Day Low FODMAP Meal Plan

44 items

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 tsps 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
- ☐ 156 grams Oat Crackers

Baking

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

Bread, Fish, Meat & Cheese

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

Cold

- ☐ 12 Egg
- ☐ 2 tsps Ghee
- ☐ 1 1/2 cups Unsweetened Almond Milk

Other

- ☐ 1 3/4 cups Water

Fried Eggs & Steamed Spinach

5 ingredients · 10 minutes · 1 serving



Directions

1. 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.
2. In the same pan, cook your eggs. Season with sea salt and pepper.
3. 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.

Ingredients

2 cups Baby Spinach

1 tbsp Water

Sea Salt & Black Pepper (to taste)

1 tsp Ghee

2 Egg

Peanut Butter Cup Overnight Oats

7 ingredients · 8 hours · 3 servings



Directions

1. 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.
2. 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.

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

Spinach & Sweet Potato Frittata

5 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. 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.
3. 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.
4. 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.

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)

Macadamia Nuts

1 ingredient · 2 minutes · 3 servings



Directions

1. Divide between bowls and enjoy!

Ingredients

1 cup Macadamia Nuts

Carrot Sticks

1 ingredient · 5 minutes · 3 servings



Directions

1. 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.

Ingredients

3 Carrot (medium)

Eggs, Cheese & Crackers

3 ingredients · 15 minutes · 4 servings



Directions

1. Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
2. Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle and slice into halves.
3. Serve the eggs with the cheese and crackers on a plate or in a container if on the go. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Store crackers separately.

Serving Size

One serving is equal to one egg, one ounce of cheese, and four crackers.

Dairy-Free

Use dairy-free cheese instead.

More Flavor

Season the egg with salt and pepper.

Additional Toppings

Add raw veggies, like cucumber slices, celery, or carrot sticks.

No Oat Crackers

Use another cracker instead.

Ingredients

4 Egg

112 grams Cheddar Cheese (sliced)

156 grams Oat Crackers

Ground Turkey, Green Beans & Rice

5 ingredients · 20 minutes · 3 servings



Directions

1. 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.
2. Meanwhile, cook your rice according to the directions on the package and set aside.
3. Steam your green beans.
4. 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.

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

Cheddar Cheese & Cucumber

2 ingredients · 5 minutes · 2 servings



Directions

1. 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.

Ingredients

112 grams Cheddar Cheese (cubed)

1 Cucumber (sliced)

Kiwi

1 ingredient · 5 minutes · 1 serving



Directions

1. Peel and slice. Enjoy!

Ingredients

2 Kiwi

Brazil Nuts

1 ingredient · 5 minutes · 1 serving



Directions

1. Divide into bowls and enjoy!

Ingredients

1/4 cup Brazil Nuts

Clementines & Macadamia Nuts

2 ingredients · 5 minutes · 2 servings



Directions

1. 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.

Ingredients

1/2 cup Macadamia Nuts

6 Clementines (peeled and sectioned)

One Pan Salmon with Green Beans & Roasted Tomato

5 ingredients · 25 minutes · 2 servings



Directions

1. Preheat oven to 510°F (266°C).
2. 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.
3. Season your salmon fillets with sea salt and black pepper.
4. 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.
5. 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.

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

Brown Rice

2 ingredients · 45 minutes · 2 servings



Directions

1. 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!

Ingredients

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

Maple Mustard Chicken with Green Beans

8 ingredients · 25 minutes · 2 servings



Directions

1. 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.
2. Toss your green beans in the extra virgin olive oil and season with sea salt and black pepper to taste. Set aside.
3. 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.
4. 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.

Ingredients

- 1 **tblsp** Maple Syrup
- 1 **tblsp** Dijon Mustard
- 1 **1/2 tsp** Apple Cider Vinegar
- 1 **tblsp** Tamari
- 227 **grams** Chicken Breast
- 4 **cups** Green Beans (washed and trimmed)
- 1 **1/2 tsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Turkey & Spinach Roasted Acorn Squash Bowls

10 ingredients · 50 minutes · 2 servings



Directions

1. Preheat the oven to 450°F and line a baking sheet with parchment paper.
2. 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.
3. 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.
4. 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.
5. 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.

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 **tbsps** Water
- 2 **cups** Baby Spinach (chopped and packed)

Slow Cooker Maple Mustard Chicken

10 ingredients · 4 hours · 4 servings



Directions

1. 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.
2. 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.
3. 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.

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)

Mason Jar Salmon Salad

7 ingredients · 20 minutes · 2 servings



Directions

1. 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.
2. 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.
3. 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.

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)