



7-Day Plant-Based 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 key considerations:

Fibre:

Fibre has several health benefits including improving digestive health. Following a low FODMAP diet can result in a decreased fibre intake. This meal plan provides up to 35 grams of fibre daily from low FODMAP fruits, vegetables, nuts, seeds, and grains. Soluble fibre found in sweet potatoes, carrots, kiwis, and oranges is incorporated into the program and has been shown to improve glycemic control and lower blood cholesterol.

Antioxidants:

A low-FODMAP diet may be poor in natural antioxidants, such as flavonoids, carotenoids, and vitamin C contained in some FODMAP-rich foods. To prevent this, the plan provides essential fat-soluble antioxidants like vitamin A and vitamin E from nuts and oils, polyphenols found in dark chocolate, tofu, and tempeh, and vitamin C from foods like kale and citrus fruits.

Calcium:

Calcium is an essential mineral for building healthy bones and is a potential nutrient deficiency on a low FODMAP diet. This meal plan uses ingredients like fortified plant-based beverages, yogurt, soy products, nuts, and seeds to help you reach your calcium needs.

Iron & Zinc:

Research shows that following a low FODMAP diet can lead to deficiencies in iron and zinc. Our bodies require these minerals to support proper growth and development, blood cell and nervous system function, maintenance of energy levels, immune health, and wound healing. This plan provides iron and zinc from fortified soy products and grains, dark chocolate, and leafy greens.

7-Day Plant-Based Low FODMAP Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Buckwheat Sweet Potato Bowl	Buckwheat Sweet Potato Bowl	Maple Walnut Millet Porridge	Maple Walnut Millet Porridge	Maple Walnut Millet Porridge	Kiwi Lime Smoothie	Kiwi Lime Smoothie
Snack 1	Dark Chocolate & Walnuts	Pineapple Yogurt Bowl	Creamy Sweet Potato Toast	Pineapple Turmeric Smoothie	Creamy Sweet Potato Toast	Coconut Yogurt with Sunflower Seed Butter	Zesty Lemon Chia Pudding
Lunch	Cucumber Soba Noodles with Tempeh	Crispy Tofu, Carrot & Rice	Cucumber Soba Noodles with Tempeh	Charred Kale Salad with Tahini Dressing	Edamame & Soba Noodle Salad	Maple Roasted Tofu & Rutabaga Bowl	Teriyaki Tofu Bowl
Snack 2	Pineapple Yogurt Bowl	Dark Chocolate & Walnuts	Pineapple Turmeric Smoothie	Creamy Sweet Potato Toast	Pineapple Turmeric Smoothie	Zesty Lemon Chia Pudding	Coconut Yogurt with Sunflower Seed Butter
Dinner	Crispy Tofu, Carrot & Rice	Cucumber Soba Noodles with Tempeh	Charred Kale Salad with Tahini Dressing	Edamame & Soba Noodle Salad	Maple Roasted Tofu & Rutabaga Bowl	Teriyaki Tofu Bowl	Maple Roasted Tofu & Rutabaga Bowl

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46 items

Fruits

- ☐ 1 Blood Orange
- ☐ 4 Kiwi
- ☐ 1/2 cup Lemon Juice
- ☐ 2 Lime
- ☐ 3 1/2 tbsps Lime Juice
- ☐ 4 cups Pineapple

Breakfast

- ☐ 1 cup Buckwheat Groats
- ☐ 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 cup Chia Seeds
- ☐ 1 tsp Dried Basil
- ☐ 2 tbsps Pumpkin Seeds
- ☐ 1 1/3 tpsps Sea Salt
- ☐ 1 1/8 tbsps Sesame Seeds
- ☐ 1 1/2 tpsps Turmeric
- ☐ 1 1/4 cups Walnuts

Frozen

- ☐ 1 cup Frozen Edamame

Vegetables

- ☐ 1 Carrot
- ☐ 1 1/16 cups Cilantro
- ☐ 1 1/2 Cucumber
- ☐ 2 1/16 tbsps Ginger
- ☐ 7 cups Kale Leaves
- ☐ 1/2 cup Matchstick Carrots
- ☐ 2 cups Mixed Greens
- ☐ 4 cups Rutabaga
- ☐ 2 1/2 Sweet Potato

Boxed & Canned

- ☐ 1 2/3 cups Brown Rice
- ☐ 250 grams Buckwheat Soba Noodles
- ☐ 1/2 cup Millet

Baking

- ☐ 3 3/4 tbsps Arrowroot Powder
- ☐ 2 1/4 tpsps Coconut Sugar
- ☐ 50 grams Dark Chocolate
- ☐ 1 tbsp Unsweetened Shredded Coconut
- ☐ 1 tbsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 255 grams Tempeh
- ☐ 802 grams Tofu

Condiments & Oils

- ☐ 1 1/2 tpsps Avocado Oil
- ☐ 3 tbsps Coconut Aminos
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Rice Vinegar
- ☐ 2/3 cup Sunflower Seed Butter
- ☐ 2 tbsps Tahini
- ☐ 1/2 cup Tamari

Cold

- ☐ 9 3/4 cups Unsweetened Almond Milk
- ☐ 2 1/8 cups Unsweetened Coconut Yogurt

Other

- ☐ 1 1/4 cups Vanilla Protein Powder
- ☐ 2 1/8 cups Water

Buckwheat Sweet Potato Bowl

8 ingredients · 30 minutes · 2 servings



Directions

1. In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
2. In a separate cooking pan, warm the oil over medium heat. Add the sweet potatoes, kale, sea salt and dried basil. Let it cook, stirring often, for 15 minutes or until soft.
3. Transfer the cooked buckwheat into bowls. Top with the sweet potato, kale and cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately 2 cups.

More Flavor

Add diced onions or minced garlic.

Ingredients

- 2 cups Water
- 1 cup Buckwheat Groats
- 2 tbsps Extra Virgin Olive Oil
- 1 Sweet Potato (chopped into small cubes)
- 1 cup Kale Leaves (chopped)
- 1 tsp Sea Salt
- 1 tsp Dried Basil
- 1/3 cup Cilantro (chopped)

Maple Walnut Millet Porridge

5 ingredients · 40 minutes · 3 servings



Directions

1. Combine the almond milk, millet, 2/3 of the maple syrup and vanilla in a large pot over medium-high heat. Bring to a gentle boil then reduce the heat to low and cover the pot with a lid. Let it simmer for 30 to 35 minutes, or until the millet is tender and your desired consistency is reached. Be sure to stir occasionally.
2. Remove from the heat and stir in the remaining maple syrup.
3. Divide between bowls and top with the walnuts. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Reheat in the microwave or on the stove with additional almond milk if needed.

Serving Size

One serving is approximately 1 cup of porridge.

More Flavor

Add cinnamon.

Additional Toppings

Top with additional maple syrup or fresh berries.

No Walnuts

Use almonds or pecans instead.

Ingredients

3 cups Unsweetened Almond Milk

1/2 cup Millet (uncooked)

3 tbsps Maple Syrup (divided)

2 tsps Vanilla Extract

3/4 cup Walnuts (chopped)

Kiwi Lime Smoothie

4 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free

Use coconut or oat milk instead of almond milk.

Additional Toppings

Add spinach, avocado, kale, ginger or cucumber to your smoothie.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Ingredients

1 cup Unsweetened Almond Milk

2 Kiwi (peeled, halved)

1 Lime (juiced)

1/4 cup Vanilla Protein Powder

Dark Chocolate & Walnuts

2 ingredients · 5 minutes · 2 servings



Directions

1. Divide dark chocolate and walnuts between bowls. Enjoy!

Ingredients

1/2 cup Walnuts

50 grams Dark Chocolate (at least 70% cacao)

Creamy Sweet Potato Toast

3 ingredients · 15 minutes · 3 servings



Directions

1. Trim the pointy ends off of the sweet potato then cut it half lengthwise into 1/4 inch slices to create long toast-like pieces.
2. Place the sweet potato slices into the toaster and toast twice or until golden brown. Or set your oven to broil and bake on a sheet for three to six minutes per side, or until golden brown.
3. Once the sweet potato has cooled slightly, add the sunflower seed butter to each slice. Top with coconut yogurt. Enjoy!

Notes

Leftovers

Refrigerate leftover slices separate from the toppings in an airtight container for up to three days. To reheat, toast each slice until warm, or set the oven to broil for roughly three minutes per side.

Additional Toppings

Add hemp seeds, flax seeds, or chia seeds on top.

Ingredients

- 1 1/2 Sweet Potato (large)
- 1/3 cup Sunflower Seed Butter
- 3 tbsps Unsweetened Coconut Yogurt

Pineapple Turmeric Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Storage

Refrigerate in a sealed jar overnight. Shake before drinking.

No Pineapple

Use mango, peaches or banana instead.

Ingredients

1 cup Unsweetened Almond Milk

1 cup Pineapple (diced into chunks)

1 1/2 tsp Ginger (peeled and grated)

1/4 cup Vanilla Protein Powder

1/2 tsp Turmeric (powder)

Coconut Yogurt with Sunflower Seed Butter

2 ingredients · 5 minutes · 2 servings



Directions

1. Add the coconut yogurt to a bowl and stir in the sunflower seed butter. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add vanilla extract, cinnamon, or sweetener of choice to taste.

Additional Toppings

Fresh berries, banana or other fruit, chopped nuts, chia seeds, hemp seeds, granola.

No Coconut Yogurt

Use Greek yogurt instead.

No Sunflower Seed Butter

Use another nut or seed butter instead.

Ingredients

1 cup Unsweetened Coconut Yogurt

1/4 cup Sunflower Seed Butter

Cucumber Soba Noodles with Tempeh

7 ingredients · 25 minutes · 3 servings



Directions

1. Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled.
2. Meanwhile, stir together the coconut aminos, lime juice, and ginger in a bowl.
3. In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
4. Divide the soba noodles into bowls and top with the tempeh, cucumber, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately three cups.

More Flavor

Add garlic and/or maple syrup.

Additional Toppings

Add sliced green onions or red pepper flakes.

Ingredients

150 grams Buckwheat Soba Noodles (dry, uncooked)

3 tbsps Coconut Aminos

1 1/2 tbsps Lime Juice

3/4 tsp Ginger (fresh, grated or minced)

255 grams Tempeh (cut into strips)

1 1/2 Cucumber (medium, julienned)

1 1/2 tps Sesame Seeds

Pineapple Yogurt Bowl

3 ingredients · 5 minutes · 2 servings



Directions

1. Divide the coconut yogurt between bowls and top with the pineapple and shredded coconut (if using). Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Additional Toppings

Top with chopped nuts, seeds, and/or granola.

More Fruit

Add berries, mango, banana, or kiwi.

No Coconut Yogurt

Use plain or Greek yogurt instead.

Ingredients

1 cup Unsweetened Coconut Yogurt

1 cup Pineapple (chopped)

1 tbsp Unsweetened Shredded Coconut (optional)

Zesty Lemon Chia Pudding

5 ingredients · 4 hours · 2 servings



Directions

1. In a large bowl, combine the almond milk, lemon juice, maple syrup and vanilla extract. Whisk in the seeds and mix well. Let sit in the fridge overnight or for at least 4 hours.
2. To serve, divide between bowls or mason jars. Enjoy!

Notes

Optional Toppings

Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, almonds, sliced banana or bee pollen.

Leftovers

Keeps well in the fridge for 3 to 4 days.

Ingredients

1 3/4 cups Unsweetened Almond Milk

1/4 cup Lemon Juice

1 tbsp Maple Syrup (or honey)

1 tsp Vanilla Extract

1/2 cup Chia Seeds

Crispy Tofu, Carrot & Rice

7 ingredients · 40 minutes · 2 servings



Directions

1. Cook the rice according to package directions. Let the rice cool slightly.
2. While the rice cooks, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
3. Add the tofu cubes to a bowl and gently toss with the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated.
4. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
5. Divide the mixed greens, shredded carrot, brown rice, and crispy tofu cubes in a bowl or container. Squeeze the lemon juice over top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Before serving, add a splash of tamari, salt, or pepper taste. Top with your favorite dressing or mix the lemon juice with your choice of oil.

Additional Toppings

Sliced green onions, sauerkraut, or other pickled veggies.

No Brown Rice

Use white rice, quinoa, cauliflower rice or omit completely.

No Tamari

Use soy sauce or coconut aminos instead.

No Arrowroot Powder

Use tapioca flour or corn starch instead.

Ingredients

- 1/2 cup Brown Rice (dry)
- 225 grams Tofu (extra-firm, pressed and cubed)
- 1 1/3 tbsps Tamari
- 1 1/3 tbsps Arrowroot Powder
- 2 cups Mixed Greens
- 1 Carrot (medium, shredded)
- 1 tbsp Lemon Juice (to taste)

Tofu

This recipe was created and tested using extra firm tofu. To press the tofu to remove moisture, wrap the tofu in paper towel, place a plate or cutting board on top of the block of tofu and then place a heavy pan, book or object of similar weight on the plate or cutting board. Let the tofu rest like this for 15 to 30 minutes.

Charred Kale Salad with Tahini Dressing

10 ingredients · 15 minutes · 2 servings



Directions

1. In a blender or food processor, add the lime juice, tahini, 3/4 of the oil, cilantro, salt and water. Blend until smooth and creamy and the sauce is a nice pale green color.
2. Heat a cast-iron pan over medium heat. Once the pan is hot, add the remaining oil and half the kale. Let it cook undisturbed for about 1 minute. Continue cooking while tossing the kale around until it is lightly charred. Remove and repeat the process until all of the kale is lightly charred.
3. Add the kale to a plate and drizzle with the tahini dressing, top with sesame seeds, orange segments and pumpkin seeds, if using. Enjoy!

Notes

Leftovers

The charred kale is best enjoyed the same day. Refrigerate the leftover dressing in an airtight container for up to five days.

No Blood Orange

Use a regular orange or grapefruit.

Ingredients

- 2 **tbsps** Lime Juice
- 2 **tbsps** Tahini
- 1/4 **cup** Extra Virgin Olive Oil (divided)
- 1/2 **cup** Cilantro (roughly chopped)
- 1/4 **tsp** Sea Salt
- 1 **tbsp** Water
- 4 **cups** Kale Leaves (stem removed, roughly torn)
- 2 **tsp**s Sesame Seeds (toasted)
- 1 Blood Orange (peeled, roughly chopped into segments)
- 2 **tbsps** Pumpkin Seeds (optional)

Edamame & Soba Noodle Salad

9 ingredients · 15 minutes · 2 servings



Directions

1. Cook the soba noodles according to the directions on the package. With two minutes remaining, add the edamame. Drain and rinse with cold water until completely cooled.
2. Meanwhile, stir together the olive oil, tamari, rice vinegar, maple syrup, and ginger in a bowl.
3. Place the soba noodles and edamame into a large bowl with the carrots. Add the dressing and toss well to combine. Divide into bowls and top with cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups.

More Flavor

Add sriracha to the dressing.

Additional Toppings

Top with sesame seeds or chopped peanuts.

Ingredients

100 grams Buckwheat Soba Noodles (dry, uncooked)

1 cup Frozen Edamame

1 tbsp Extra Virgin Olive Oil

1 tbsp Tamari

1 tbsp Rice Vinegar

1 1/2 tsp Maple Syrup

1/2 tsp Ginger (fresh, minced)

1/2 cup Matchstick Carrots

1/4 cup Cilantro (chopped)

Maple Roasted Tofu & Rutabaga Bowl

10 ingredients · 1 hour · 3 servings



Directions

1. Preheat the oven to 400°F (205°C). Cook the rice according to package directions.
2. In a bowl, whisk together the maple syrup, tamari, oil, and salt.
3. Arrange the diced rutabaga in a glass baking dish and toss with half of the marinade. Cover with a lid or foil and bake for 30 minutes.
4. Meanwhile, add the tofu cubes to a bowl and gently toss with the remaining marinade. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the tofu on a parchment-lined baking sheet.
5. Remove the rutabaga from the oven and gently stir. Lower the temperature to 375°F (190°C) and return the rutabaga to the oven, uncovered. At this time, place the tofu in the oven as well. Cook both for an additional 25 minutes, flipping the tofu halfway.
6. Divide the kale, brown rice, rutabaga, and crispy tofu into bowls. Top with lemon juice and salt to taste (optional). Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Additional Toppings

Sliced green onion, sauerkraut, or other pickled veggies.

No Rutabaga

Use sweet potato, parsnip, or squash and adjust cooking times accordingly.

Tofu

This recipe was created and tested using extra firm tofu. To press the tofu to remove moisture, wrap the tofu in paper towel, place a plate or cutting board on top of the block of tofu and then place a heavy pan, book or object of similar weight on the plate or cutting board. Let the tofu rest like this for 15 to 30 minutes.

Ingredients

- 1/2 cup Brown Rice (dry)
- 2 tbsps Maple Syrup
- 2 tbsps Tamari
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt (to taste)
- 4 cups Rutabaga (peeled, diced)
- 350 grams Tofu (extra-firm, pressed and cubed)
- 2 tbsps Arrowroot Powder
- 2 cups Kale Leaves (tough stems removed, chopped)
- 2 tbsps Lemon Juice (to taste)

Teriyaki Tofu Bowl

9 ingredients · 40 minutes · 2 servings



Directions

1. Cook the rice according to package directions.
2. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
3. Add the tofu cubes to a bowl and gently toss with the oil and 1/4 of the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
4. Meanwhile, in a small bowl, add the remaining tamari, rice vinegar, coconut sugar, ginger, and water and whisk well. Pour into a medium-sized pot and bring to a boil over medium heat. Reduce the heat and simmer for about 15 minutes, until thickened, whisking occasionally.
5. Once the sauce has thickened, add the tofu to the saucepan and toss to combine. Divide the rice into bowls and top with tofu. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about 3/4 cup rice and about 1/2 to 3/4 cup tofu.

Coconut Sugar

Use another type of sugar, such as honey, maple syrup or brown sugar.

More Flavor

Add chili flakes or sriracha to the sauce.

Additional Toppings

Top with sesame seeds and/or green onions.

Ingredients

- 2/3 cup Brown Rice
- 227 grams Tofu (extra-firm, pressed, and cubed)
- 1 1/2 tsps Avocado Oil
- 2 1/2 tsps Tamari (divided)
- 1 1/2 tsps Arrowroot Powder
- 1 tbsp Rice Vinegar
- 2 1/4 tsps Coconut Sugar
- 1/4 tsp Ginger (minced)
- 2 tsps Water