



# Low FODMAP Recipe Bundle

GIVE YOUR GUT A REST AND FEEL  
YOUR BEST.

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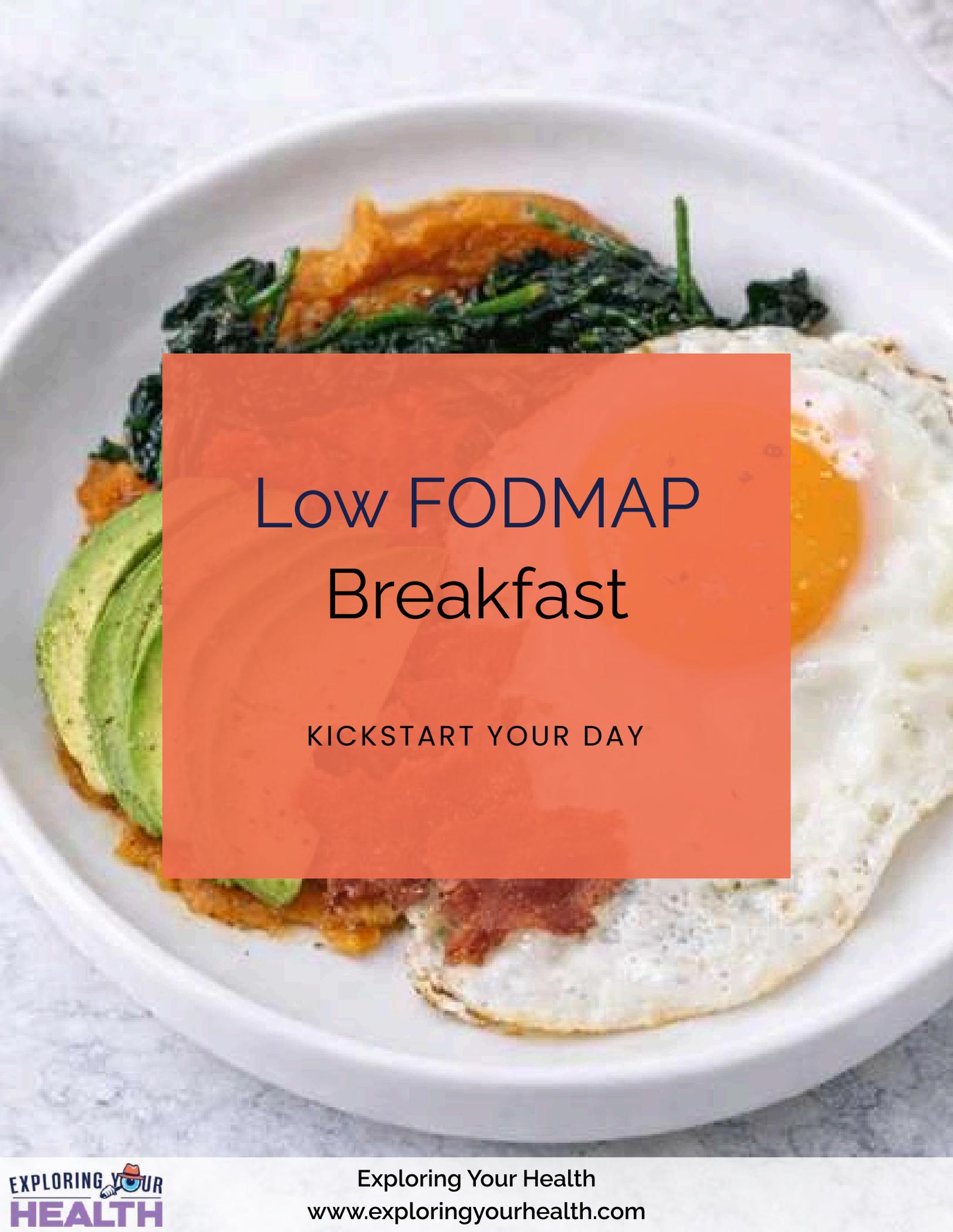
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# Low FODMAP Breakfast

KICKSTART YOUR DAY

# Breakfast Meat Bites with Fruit



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- **16 oz** [448 g] Ground Turkey
- **0.25 cup** [61.25 g] Almond Milk
- **8 large** [400 g] Egg
- **0.25 tsp** [0.17 g] Sage (Ground)
- **0.5 tsp** [1.05 g] Paprika
- **0.25 tbsp, ground** [0.45 g] Oregano
- **0.25 tsp** [0.45 g] Red Pepper Flakes
- **4 fruit (2-5/8" dia)** [524 g] Oranges  
*(Peeled and divided)*
- **4 cup, diced** [620 g] Pineapple

## DIRECTIONS

1. Preheat oven to 400° F (204° C).
2. Mix ground turkey, milk and seasoning together and let sit.
3. Add parchment paper to 8 cups in large muffin pan.
4. Place about 1/4 cup of mix into pan and flatten down into parchment paper.
5. Add one egg on top of each meat mixture. This should make about 8 servings.
6. Bake for 20-25 minutes, until eggs are fully cooked.
7. Let cool and serve with orange slices and pineapple.

## NUTRITION INFO

Energy : 448 kcal    Fat : 18.6 g    Carbs : 36.1 g    Protein : 36.8 g    Fiber : 5.5 g    Sugar : 27.4 g

# Breakfast Sweet Potato with Kale, Bison, & Egg



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- **0.5 sweetpotato, 5" long** [65 g] Sweet Potato
- **4 oz** [113.4 g] Ground Bison Meat
- **2 cup, chopped** [134 g] Kale
- **0.5 tsp, ground** [0.3 g] Oregano
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **1 tbsp** [14 g] Avocado Oil
- **2 large** [100 g] Egg
- **0.5 cup, cubes** [80 g] Cantaloupe Melons

## DIRECTIONS

1. Bake the sweet potato the day before or poke holes in all sides of sweet potato and place them on a microwaveable plate. Microwave for 5 minutes or until tender.
2. Remove from microwave and let stand for 1 minute. Slice potatoes open and save half for later.
3. Place a medium skillet over medium heat. Once hot, add ground bison and cook until almost done. Add prepared kale to skillet and continue to cook until bison is done and kale is wilted.
4. Add oregano, salt and pepper.
5. Top sweet potato with the cooked meat.
6. In the same skillet, add avocado oil to cook eggs to your desired doneness.
7. Place the eggs over the meat and potatoes. Enjoy!

## NUTRITION INFO

Energy : 338 kcal

Fat : 21.6 g

Carbs : 17.1 g

Protein : 19.9 g

Fiber : 2.7 g

Sugar : 4.9 g

# Lemon Zucchini "Bread"



SERVINGS: 8

PREP TIME: 15 MINUTES

COOKING TIME: 60 MINUTES

## INGREDIENTS

- **1.5 cup, grated** [186 g] Zucchini
- **4 tbsp** [80 g] Maple Syrup
- **0.25 cup** [56 g] Olive Oil
- **0.5 cup** [112.5 g] Dairy-Free Yogurt Plain
- **2 large** [100 g] Egg
- **1 tsp** [4.2 g] Vanilla Extract
- **1.5 cup** [180 g] Whole Groat Buckwheat Flour
- **0.5 tsp** [3 g] Salt
- **0.5 tsp** [2.3 g] Baking Soda
- **0.5 tsp** [2.3 g] Baking Powder
- **1 tbsp** [6 g] Lemon Peel (*Lemon zest*)
- **4 tbsp** [64 g] Almond Butter
- **8 large** [400 g] Egg (*Hard boiled*)

## DIRECTIONS

1. Preheat oven to 350°F (176°C).
2. Press grated zucchini between two clean dish towels to remove as much water as possible.
3. In a large bowl, hand-mix zucchini, honey, olive oil, lactose-free yogurt, eggs, vanilla extract, buckwheat flour, baking soda, baking powder, kosher salt, and lemon zest.
4. Add zucchini "bread" batter to a non-stick, 9" baking pan.
5. Bake for 45-60 minutes until firm and golden brown.
6. When serving, spread almond butter on one serving of zucchini bread and serve with one hard-boiled egg.

## NOTES

1. **Pro Tip!:** No need to peel the zucchini before grating. Zucchini peel is full of awesome antioxidants!

## NUTRITION INFO

Energy : 323 kcal

Fat : 19.1 g

Carbs : 26.7 g

Protein : 12.5 g

Fiber : 3 g

Sugar : 8 g

# Maple Blueberry Overnight Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- **0.5 cup** [45 g] Rolled Oats Gluten Free
- **0.5 cup** [122.5 g] Almond Milk
- **0.5 tbsp** [10 g] Maple Syrup
- **1 tbsp, ground** [6.5 g] Flaxseeds
- **0.5 cup** [72.5 g] Blueberries
- **2 large** [100 g] Egg (*Hard boiled*)

## DIRECTIONS

1. In a jar or container, combine rolled oats, oat milk, maple syrup, ground flax seeds, and half of the blueberries.
2. Allow the oats to sit in the fridge for at least 8 hours or overnight.
3. Top with the remaining blueberries.
4. Serve cold with a side of hard boiled eggs and enjoy!

## NUTRITION INFO

Energy : 426 kcal

Fat : 17 g

Carbs : 47.8 g

Protein : 21.9 g

Fiber : 7.7 g

Sugar : 15.1 g

# Smashed Sweet Potato Breakfast Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- **1 cup, cubes** [133 g] Sweet Potato
- **0.5 tbsp** [7 g] Avocado Oil
- **3 thin slice (yield after cooking)** [24 g] Turkey Bacon
- **2 cup** [60 g] Baby Spinach
- **1 large** [50 g] Egg
- **2 large** [66 g] Egg White
- **0.25 avocado** [34 g] Avocado (*Sliced*)
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

## DIRECTIONS

1. In a small saucepan, boil 4 cups of water. Once the water is boiling, add the diced sweet potatoes and cook until soft.
2. While the sweet potatoes are boiling, heat a medium skillet to medium heat and spray with avocado oil.
3. Cook the two slices of turkey bacon to desired crispiness. Set aside.
4. In the same skillet, add the spinach and sauté until bright green. Set aside.
5. Cook the eggs to desired texture and temperature. Set aside.
6. Strain the sweet potatoes from the boiling water and, in a serving bowl, mash the sweet potatoes. Top with sautéed spinach, turkey bacon, egg, and sliced avocado. Season with salt and pepper.
7. Serve hot and enjoy!

## NUTRITION INFO

Energy : 454 kcal

Fat : 24.6 g

Carbs : 33.8 g

Protein : 25.2 g

Fiber : 7.9 g

Sugar : 6.8 g

# Smoked Salmon Quinoa Breakfast Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- **0.25 cup** [42.5 g] Quinoa (uncooked)
- **4 oz, boneless** [113.4 g] Smoked Salmon (Wild Caught)
- **0.5 cup, chopped** [33.5 g] Kale
- **0.25 medium** [50.25 g] Cucumber (*Chopped or sliced thin*)
- **1 tbsp** [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)
- **3 sprigs** [0.6 g] Dill (*Chopped*)
- **0.5 tbsp** [7.5 g] Tahini
- **1 tsp** [4.79 g] Apple Cider Vinegar
- **0.5 tbsp** [7 g] Soy Sauce
- **1 dash** [0.1 g] Black Pepper

## DIRECTIONS

1. Prepare the quinoa according to the package instructions.
2. In a bowl, add the quinoa, smoked salmon, sliced cucumber, and chopped kale.
3. Sprinkle with chopped fresh dill and sunflower seeds.
4. In a small bowl, whisk together the tahini, apple cider vinegar, soy sauce, and black pepper until smooth.
5. Drizzle the tahini dressing over the quinoa, salmon, cucumber, and kale. Taste and adjust seasoning as needed before serving. Enjoy!

## NUTRITION INFO

Energy : 415 kcal

Fat : 13.2 g

Carbs : 38.1 g

Protein : 39.8 g

Fiber : 5 g

Sugar : 1.1 g

# Spinach, Bacon, Brie Egg Bites



SERVINGS: 4

PREP TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- **5 slice** [75 g] Uncured Bacon
- **12 large** [600 g] Egg
- **5 pumps** [5 g] Avocado Oil Cooking Spray
- **2 cup** [60 g] Baby Spinach (*Chopped*)
- **3 oz** [85.05 g] Brie Cheese (*Diced*)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **4 cup, chopped** [708 g] Honeydew Melon
- **4 cup, cubes** [640 g] Cantaloupe Melons

## DIRECTIONS

1. Cook bacon in a skillet over medium heat to desired texture. Pat dry with a paper towel and chop into small pieces.
2. Preheat the oven to 350°F (175°C).
3. In a 12-muffin tin, spray each muffin compartment with non-stick avocado oil spray.
4. Crack one egg into each hole.
5. Evenly divide the spinach, bacon, and brie cheese into each muffin compartment.
6. Season with salt and pepper.
7. Whisk each egg, spinach, bacon, and brie muffin compartment until the ingredients are mixed together and the yolk is evenly combined.
8. Bake for 15–25 minutes or until you can easily pierce a fork through the egg with no residuals left on the fork.
9. Serve hot (3 egg bites per serving) and enjoy with honeydew and cantaloupe.

## NUTRITION INFO

Energy : 503 kcal    Fat : 30.6 g    Carbs : 29.3 g    Protein : 28.1 g    Fiber : 3.2 g    Sugar : 27.7 g

# Strawberry Shortcake Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- **5 medium (1-1/4" dia)** [60 g] Strawberries (*Frozen or fresh*)
- **1 cup** [245 g] Almond Milk
- **1 cup** [225 g] Almond Milk Yogurt Plain
- **0.5 oz** [14.18 g] Macadamia Nuts
- **0.5 tbsp** [7 g] Chia Seeds

## DIRECTIONS

1. Place all ingredients in a blender and mix until desired thickness. Add 1 tbsp of water at a time if mix is too thick.
2. Pour in a glass and enjoy!

## NUTRITION INFO

Energy : 442 kcal

Fat : 37 g

Carbs : 25.5 g

Protein : 12 g

Fiber : 9.5 g

Sugar : 13.8 g

# Sweet and Savory Morning Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- **0.25 cup** [56.25 g] 1% Low Fat Cottage Cheese
- **0.25 cup, diced** [39 g] Cantaloupe Melons
- **0.75 cup, halves** [114 g] Strawberries
- **1 tbsp** [10 g] Hemp Seeds
- **2 tbsp, chopped** [16 g] Pecans
- **1 large** [50 g] Egg (*Hard Boiled*)

## DIRECTIONS

1. Top cottage cheese with cantaloupe, strawberries, hemp hearts, and pecans.
2. Serve with two hard boiled eggs on the side.

## NOTES

1. **FODMAP:** One serving is low FODMAP.

## NUTRITION INFO

Energy : 330 kcal

Fat : 21.9 g

Carbs : 17.2 g

Protein : 18.5 g

Fiber : 4.8 g

Sugar : 11.8 g

# Paleo Tropical Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- **1 cup** [245 g] Almond Milk
- **0.75 cup, diced** [116.25 g] Pineapple
- **0.33 cup** [50.16 g] Strawberries
- **1.5 scoop** [30 g] Collagen Powder
- **1 tbsp** [10 g] Hemp Seeds
- **0.5 cup, chopped** [33.5 g] Kale
- **0.5 tbsp** [8 g] Almond Butter
- **0.25 avocado** [34 g] Avocado

## DIRECTIONS

1. Place all ingredients in a blender and mix until desired thickness.
2. Pour in a glass and enjoy!

## NUTRITION INFO

Energy : 370 kcal

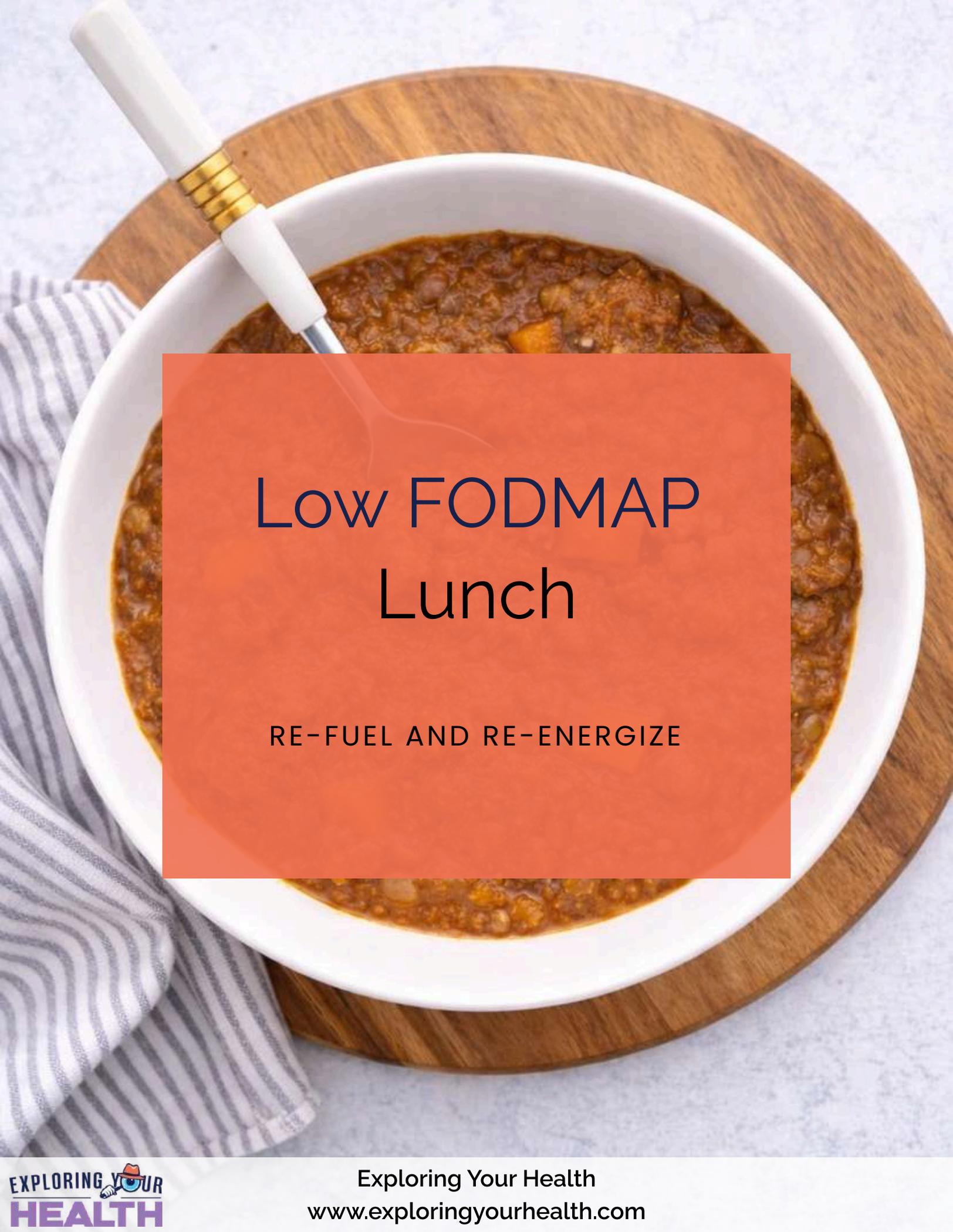
Fat : 19.6 g

Carbs : 28.6 g

Protein : 25.3 g

Fiber : 7.1 g

Sugar : 14.5 g

A top-down view of a white ceramic bowl filled with a thick, brown, chunky soup. The bowl sits on a round wooden cutting board. A white ceramic spoon with a gold-colored band is resting in the soup. A striped cloth is partially visible on the left side of the bowl. The background is a light-colored, textured surface.

# Low FODMAP Lunch

RE-FUEL AND RE-ENERGIZE

# Artichoke & Egg Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- **0.25 cup, hearts** [65 g] Cooked Artichoke (Canned/Jarred)
- **2 tbsp** [28 g] Kalamata Olives
- **0.5 cup** [10 g] Arugula (Rocket)
- **0.5 cup** [74.5 g] Cherry Tomatoes
- **1 tbsp** [10 g] Hemp Seeds
- **3 large** [150 g] Egg
- **0.5 tbsp** [7 g] Olive Oil
- **0.25 cup** [38 g] Strawberries
- **0.25 cup** [36.25 g] Blueberries
- **0.25 cup** [30.75 g] Raspberries

## DIRECTIONS

1. Roughly chop artichoke hearts and olives and place in serving bowl.
2. Cut cherry tomatoes in half and place in serving bowl with artichoke hearts and olives.
3. Add arugula, oil and hemp seeds.
4. Cut hard boiled eggs in quarters.
5. Add eggs to the bowl and serve fruit on the side.

## NUTRITION INFO

Energy : 498 kcal

Fat : 30.7 g

Carbs : 30 g

Protein : 28.9 g

Fiber : 9.5 g

Sugar : 11.4 g

# Chopped Spring Roll Noodle Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- **3 oz** [85.05 g] Dry Rice Noodles
- **12 oz** [340.8 g] Ground Chicken
- **1 cup** [47 g] Romaine Lettuce (*Chopped*)
- **0.5 medium** [59.5 g] Green Bell Pepper (*Deseeded and diced*)
- **0.25 cup** [28.25 g] Shredded Carrots (*Peeled and*)
- **0.5 cup** [28.35 g] Shredded Red Cabbage
- **1 tbsp** [3 g] Mint (*Finely sliced*)
- **0.25 medium** [50.25 g] Cucumber (*Peeled and chopped*)
- **2 tbsp** [28 g] Thai Peanut Dressing

## DIRECTIONS

1. Cook the rice noodles according to the directions on the package. Drain and rinse them under cold water. Set aside.
2. Cook the ground chicken on medium heat for 10–15 minutes until thoroughly cooked. Set aside.
3. Prepare the vegetables and place them in a large bowl.
4. Place the cooked noodles in the bowl with the vegetables and toss to combine.
5. Divide the noodles and vegetables into serving bowls, and add top with ground chicken.
6. Add peanut dressing when ready to eat.
7. Leftovers can be saved for up to 5 days.

## NUTRITION INFO

Energy : 448 kcal

Fat : 13.8 g

Carbs : 45.2 g

Protein : 34.1 g

Fiber : 2.8 g

Sugar : 5.8 g

# Egg Salad Toast



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- **2 large** [100 g] Egg (*Hard boiled*)
- **2 large** [66 g] Egg White
- **0.25 tbsp** [3.5 g] Olive Oil
- **1 tsp** [4.79 g] Apple Cider Vinegar
- **1 tsp** [2.1 g] Paprika
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **2 medium slice** [60 g] Gluten Free Bread
- **1 cup** [30 g] Baby Spinach
- **0.25 avocado** [34 g] Avocado (*Sliced*)

## DIRECTIONS

1. In a bowl, mash the hard boiled eggs until the eggs are in small pieces.
2. Combine olive oil, apple cider vinegar, paprika, salt, and pepper and stir until combined.
3. Add the olive oil mixture into the hardboiled eggs and stir until combined.
4. To build the toast, top the whole wheat bread with spinach first, then the egg salad and avocado.
5. Serve cold and enjoy!

## NUTRITION INFO

Energy : 439 kcal    Fat : 24.4 g    Carbs : 30.1 g    Protein : 25.5 g    Fiber : 5.8 g    Sugar : 2.5 g

# Grilled Chicken with Mediterranean Quinoa



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- **10 oz** [280 g] Skinless Chicken Breast
- **0.5 cup** [85 g] Quinoa (uncooked)
- **1 cup** [240 g] Beef Bone Broth
- **3 small lemon** [90 g] Lemon Juice
- **1 tbsp** [14 g] Olive Oil
- **1 tsp** [6 g] Salt
- **0.25 cup** [30 g] Kalamata Olives
- **0.5 cup** [74.5 g] Cherry Tomatoes
- **1 medium** [201 g] Cucumber
- **1 cup** [113 g] Shredded Carrots
- **2 tbsp (packed)** [30 g] Feta Cheese

## DIRECTIONS

1. Bring unsalted broth to a boil.
2. Thoroughly rinse quinoa until water runs clear.
3. Add rinsed quinoa to boiling broth.
4. Lower quinoa and chicken broth to a simmer and cover. Cook until all the liquid has been absorbed.
5. Cut Kalamata olives and cherry tomatoes in half. Add to a large bowl with the shredded carrots and feta cheese.
6. Dice cucumber and add to bowl.
7. Add lemon juice, olive oil, and kosher salt to the bowl with vegetables. Mix.
8. Add cooked quinoa to the vegetable bowl and mix until combined. Place in the refrigerator for 1 hour to chill and marinate.
9. Season chicken breast with kosher salt and black pepper to your taste. Grill over medium-high heat until fully cooked.

## NUTRITION INFO

Energy : 506 kcal

Fat : 18.3 g

Carbs : 38.9 g

Protein : 46.8 g

Fiber : 6.7 g

Sugar : 5.2 g

# Grilled Chicken w/ Carrot Slaw Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- **2 cup** [226 g] Shredded Carrots
- **0.5 tbsp** [7 g] Olive Oil
- **0.5 tbsp** [10 g] Maple Syrup
- **1 tbsp** [15 g] Apple Cider Vinegar
- **0.5 lime yields** [19 g] Lime Juice
- **1 tbsp** [16.5 g] Dijon Mustard
- **1 dash** [0.63 ml] Kosher Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **5 oz** [140 g] Skinless Chicken Breast
- **2 -** [148 g] Mandarin Orange (*Peeled & Segmented*)

## DIRECTIONS

1. Preheat a grill pan or outdoor grill over medium-high heat. Season the chicken breast with salt and pepper. Grill for 5–7 minutes per side, or until the internal temperature reaches 165°F (74°C) and the outside has nice grill marks.
2. Make the slaw: In a medium bowl, combine the shredded carrots, olive oil, maple syrup, apple cider vinegar, lime juice, Dijon mustard, salt, and pepper. Toss until well combined. For best flavor, cover and refrigerate for at least 30 minutes before serving.
3. Place the carrot slaw on a plate, top with the sliced chicken, and add mandarin orange segments on the side.
4. Taste and adjust seasoning as needed before serving. For best results, allow the carrot slaw salad to marinate in the refrigerator for 30 minutes or longer before serving.

## NUTRITION INFO

Energy : 398 kcal    Fat : 9.3 g    Carbs : 37.6 g    Protein : 36.3 g    Fiber : 71.6 g    Sugar : 29.3 g

# Hearty Simple Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- **2 cup** [40 g] Arugula (Rocket)
- **5 oz** [140 g] Skinless Chicken Breast (*pre-marinated with avocado oil and coconut aminos*)
- **0.25 cup** [30.75 g] Raspberries
- **1 oz** [28.35 g] Goat Cheese (*Crumbled*)
- **0.25 avocado** [34 g] Avocado
- **1 tbsp** [14 g] Olive Oil
- **0.5 small lemon** [15 g] Lemon Juice
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

## DIRECTIONS

1. Bake chicken in the oven at 400 degrees F (205 degrees C) for 20-25 minutes.
2. Top salad greens with sliced baked chicken breast, raspberries, goat cheese, and avocado.
3. Mix olive oil, lemon juice, salt, and pepper together and toss with salad.

## NUTRITION INFO

Energy : 463 kcal

Fat : 29.7 g

Carbs : 9.1 g

Protein : 41.3 g

Fiber : 5.3 g

Sugar : 2.9 g

# Make Ahead Turkey Kofta



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- **12 oz** [336 g] Ground Turkey
- **4 tbsp (packed)** [60 g] Feta Cheese
- **0.5 cup** [30 g] Parsley (*Chopped*)
- **1 tsp** [6 g] Salt
- **0.5 tbsp** [7 g] Avocado Oil
- **3 cup** [60 g] Arugula (*Rocket*)
- **10 -** [170 g] Cherry Tomatoes (*Halved*)
- **1 medium** [201 g] Cucumber (*Chopped*)
- **1 tbsp** [7.5 g] Slivered Almonds
- **0.5 tbsp** [7 g] Olive Oil
- **1 tbsp** [14 g] Lemon Juice
- **2 fruit** [152 g] Kiwi Fruit (*Peeled and sliced*)

## DIRECTIONS

1. In a large bowl add ground turkey, feta cheese, chopped parsley, and salt. Mix together using your hands until well blended.
2. In a large skillet, warm avocado oil over medium heat. Create palm sized patties with the turkey mixture and add to the skillet. Cook for approximately 15 minutes until turkey is cooked through, flipping once when the bottom begins to brown.
3. Toss arugula with tomatoes, cucumber, slivered almonds, olive oil, and lemon juice.
4. Serve salad with turkey burgers (warm or cooled) with sliced kiwi.

## NOTES

1. **Make Keto:** Omit kiwi fruit to make this meal keto friendly.

## NUTRITION INFO

Energy : 486 kcal

Fat : 28 g

Carbs : 21.2 g

Protein : 41.4 g

Fiber : 6.7 g

Sugar : 12.5 g

# Slow-Cooker Chicken Sandwich, Parsnip Fries



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 240 MINUTES

## INGREDIENTS

- **20 oz** [560 g] Skinless Chicken Breast
- **2 cup** [480 g] Beef Bone Broth
- **1 tbsp** [6.9 g] Paprika
- **1 tsp** [6 g] Salt
- **1 tsp** [2.1 g] Black Pepper
- **0.5 tbsp, ground** [2.15 g] Thyme (Dried)
- **4 bun** [248 g] Hamburger Buns (gluten free)
- **2 cup slices** [266 g] Parsnips (*sliced into small sticks*)
- **1 tbsp** [14 g] Olive Oil

## DIRECTIONS

1. In a slow cooker, add chicken breast, chicken stock, paprika, salt, pepper, and dried thyme.
2. Cook on low for 4 hours or until chicken is easy to shred. Shred chicken and set aside.
3. In a small bowl, toss the parsnip sticks, olive oil, salt and pepper.
4. Lay the parsnip sticks flat on a baking sheet and broil on high for 8–10 minutes or until they begin to crisp. Rotate/stir and broil for another 6–8 minutes.
5. Serve the chicken warm on a gluten-free bun with the parsnip fries. Enjoy!

## NUTRITION INFO

Energy : 423 kcal

Fat : 7.4 g

Carbs : 45.6 g

Protein : 44.7 g

Fiber : 6.3 g

Sugar : 9.4 g

# Turkey Chili with Sweet Potatoes & Lentils



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 40 MINUTES

## INGREDIENTS

- **1 tbsp** [14 g] Olive Oil
- **8 oz** [224 g] Ground Turkey
- **1 tbsp** [16 g] Tomato Paste
- **1 cup** [243 g] Chicken Stock
- **1 cup, chopped** [75 g] Russet Potatoes (*Diced*)
- **0.5 medium whole (2-3/5" dia)** [61.5 g] Tomatoes (*Chopped*)
- **1 tbsp** [9 g] Taco Seasoning
- **1 tsp** [2.3 g] Cinnamon
- **0.33 cup, dry** [66 g] Brown Lentils
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)

## DIRECTIONS

1. Place a soup pot over medium heat. Once warm, add oil and swish around the bottom of the pot.
2. Add ground turkey and cook while breaking it up into a crumble. Continue to cook until almost done.
3. Add tomato paste and cook for 1 minute.
4. Add stock of choice, sweet potatoes, chopped tomato, taco seasoning, ground cinnamon, and lentils. Stir.
5. Adjust heat to high and bring to a boil. Cover and reduce heat to medium-low.
6. Simmer for 15 minutes (until potatoes are soft and lentils are cooked through).
7. Season with salt and pepper as desired.

## NUTRITION INFO

Energy : 385 kcal

Fat : 15.5 g

Carbs : 32.6 g

Protein : 31.6 g

Fiber : 6.9 g

Sugar : 2.2 g

# Shredded Brussels Sprout Salad with Chicken



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- **5 oz** [140 g] Skinless Chicken Breast
- **1 cup** [88 g] Brussels Sprouts (*shredded*)
- **0.5 medium** Lemon (*juice and zest*)
- **1 tbsp** [14 g] Olive Oil
- **1 dash** [0.1 g] Black Pepper
- **1 tsp** [6 g] Sea Salt
- **3 tbsp** [15 g] Parmesan Cheese (*Shredded*)
- **1 apple** Apples
- **2 tbsp** [22 g] Pomegranate arils (*optional*)

## DIRECTIONS

1. Boil or pressure cook the chicken until fully cooked, then shred it. Set aside to cool.
2. Clean and trim the Brussels sprouts, then shred them using a mandolin, food processor, or finely chop them.
3. In a bowl, mix the lemon juice, lemon zest, olive oil, pepper, and salt together until emulsified.
4. Add fresh Parmesan cheese to the shredded Brussels sprouts.
5. If ready to eat, toss the Brussels sprouts with the dressing. If not, set the dressing aside until ready to eat.
6. Top the Brussels sprouts with shredded chicken and pomegranate arils. Enjoy!
7. Serve with an apple.

## NUTRITION INFO

Energy : 496 kcal    Fat : 20.5 g    Carbs : 40.3 g    Protein : 42.4 g    Fiber : 9.2 g    Sugar : 24.6 g



# Low FODMAP Dinner

FINISH STRONG

# Beef Burgers w/ Mediterranean Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- **16 oz** [453.6 g] Ground Beef (95% Lean / 5% Fat)
- **0.25 cup** [15 g] Parsley
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **0.25 cup, sliced** [29.75 g] Cucumber (*Diced*)
- **0.33 cup, chopped or sliced** [59.4 g] Tomatoes
- **2 oz** [56.7 g] Green Olives (*Chopped*)
- **0.5 tbsp** [7 g] Olive Oil
- **2 tbsp** [7.6 g] Parsley

## DIRECTIONS

1. In a large bowl, combine ground beef, parsley, salt, and pepper. Form into 4 equal size burgers, and set aside.
2. Cook the burgers over medium-high heat on a grill or cast iron skillet. Cook on one side for 3-4 minutes, flip and cook for another 3-4 minutes (for a medium temperature burger).
3. In a small bowl, combine cucumber, tomato, olives, olive oil, parsley, salt and pepper. Toss until fully combined.
4. Allow the burgers to rest for 5-10 minutes before topping with the Mediterranean salad.
5. Serve and enjoy!

## NUTRITION INFO

Energy : 394 kcal

Fat : 19.2 g

Carbs : 3.3 g

Protein : 49.5 g

Fiber : 1.7 g

Sugar : 1.2 g

# FODMAP Friendly Beef Ramen



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

## INGREDIENTS

- **8 oz** [226.8 g] Beef Flank (Lean Only, Trimmed to 0" Fat, Choice Grade)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **1 tbsp** [14 g] Avocado Oil (*Divided*)
- **1 head** [840 g] Chinese Cabbage (Bok-Choy, Pak-Choi)
- **0.5 cup** [56.5 g] Shredded Carrots
- **1 cup** [240 g] Beef Bone Broth
- **0.5 cup** [118.5 g] Water
- **1 tbsp** [14 g] Coconut Aminos
- **0.18 tsp** [0.38 g] Cumin
- **0.18 tsp** [0.32 g] Red or Cayenne Pepper
- **0.25 tsp** [0.53 g] Paprika
- **2.5 oz** [70.88 g] Dry Rice Noodles

## DIRECTIONS

1. Season flank steak with salt and pepper.
2. Heat half of the avocado oil in pot or dutch oven on medium high heat.
3. Sear flank steak for 3 minutes on each side and set aside.
4. Add remaining oil to the same pot. Reduce heat to medium and add shredded carrots. Cook for 3 minutes.
5. Add bone broth, water, bok choy (cut into quarters), coconut aminos, cumin, cayenne, and paprika.
6. Slice flank steak into strips and place back into the pot.
7. Increase to medium-high heat, bring to a boil, then decrease temperature to low for 20 minutes to simmer.
8. Add two blocks of rice noodles to simmering pot for 5 minutes.
9. Once noodles are cooked, serve and enjoy. Left overs can be kept frozen for 3 months or refrigerated for 3 days.

## NUTRITION INFO

Energy : 456 kcal

Fat : 15.3 g

Carbs : 44 g

Protein : 37.5 g

Fiber : 6 g

Sugar : 9 g

# Lemon Chicken with Carrot Mash



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- **16 oz** [452 g] Boneless Skinless Chicken Thighs (raw) (*Fat trimmed*)
- **1 small lemon** [30 g] Lemon Juice
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **0.25 tsp** [0.3 g] Rosemary (Dried)
- **0.7 tsp, ground** [0.98 g] Thyme (Dried)
- **1 tbsp** [14 g] Olive Oil
- **4 medium** [244 g] Carrot (*Boiled and peeled*)
- **3 tsp** [6.9 g] Cinnamon
- **1.5 cup** [165 g] Green String Beans (*Trimmed*)

## DIRECTIONS

1. Preheat oven to 350° F (176° C).
2. Whisk lemon juice, olive oil, salt, pepper, rosemary, and thyme in bowl and add chicken to marinate for 5 minutes.
3. Place chicken on baking sheet and cook for 20 minutes or until internal temperature reaches 165° F (73° C).
4. While chicken is cooking, bring a medium pot of water to boil, peel the carrot and cut into chunks.
5. Boil carrots for 5-10 minutes, until tender.
6. In a steamer pot, add water and green beans and steam for 5-10 minutes. Strain and set aside to cool, and season with salt and pepper.
7. Strain water from carrots and let cool in bowl. Add a dash of cinnamon and mash carrots with fork.

## NUTRITION INFO

Energy : 406 kcal

Fat : 16.1 g

Carbs : 20.9 g

Protein : 46.8 g

Fiber : 8.2 g

Sugar : 6.8 g

# Mexican Inspired Stuffed Peppers



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 45 MINUTES

## INGREDIENTS

- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper
- **1 medium** [114 g] Orange Bell Pepper
- **1 large** [369 g] Russet Potatoes (*Peeled and diced*)
- **0.5 cup, chopped or sliced** [90 g] Tomatoes (*Diced*)
- **12 oz** [340.2 g] Ground Beef (95% Lean / 5% Fat)
- **1 tbsp** [6.9 g] Paprika
- **1 tsp** [2.6 g] Chili Powder
- **1 tsp** [1.8 g] Coriander Seed (*Ground*)
- **0.5 tsp** [0.95 g] Allspice Ground
- **0.25 cup, shredded** [28.25 g] Cheddar Cheese

## DIRECTIONS

1. Preheat the oven to 350° F (176° C). Slice the peppers in half and scoop out the seeds. Place on a baking sheet and bake for 10 minutes (remove and set aside after baked).
2. While the peppers are baking, heat a large skillet over medium heat.
3. Add potatoes and diced tomato into the skillet and sauté until the sweet potatoes begin to soften and the tomatoes roast (about 8-10 minutes).
4. Add the ground beef to the skillet with the potatoes and tomatoes.
5. Once the ground beef is cooked through, season with paprika, chili powder, coriander, and all spice.
6. Divide and pour the meat mixture into the peppers, top with cheddar cheese and place back in the oven for an additional 10 minutes.
7. Serve warm and enjoy!

## NUTRITION INFO

Energy : 494 kcal    Fat : 14.7 g    Carbs : 45.9 g    Protein : 46.3 g    Fiber : 8.9 g    Sugar : 7.9 g

# Pork Chops with Brie Parsnip Pure & Roasted Carrots



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- **8 oz** [226.8 g] Pork Chops (Top Loin, Boneless)
- **16 oz** [453.6 g] Parsnips
- **2 cup** [298 g] Baby Carrots
- **0.5 tsp, ground** [0.3 g] Oregano
- **0.5 tsp** [0.6 g] Rosemary (Dried)
- **0.5 tsp** [1.05 g] Paprika
- **0.25 tsp** [0.55 g] Nutmeg (Ground)
- **1.5 tsp** [9 g] Salt
- **1 tbsp** [14 g] Olive Oil
- **0.25 cup** [61.25 g] Almond Milk
- **1.5 oz** [42.53 g] Brie Cheese

## DIRECTIONS

1. Preheat oven to 350°F (176°C).
2. Cut baby carrots in half and toss them in the paprika, dried rosemary, nutmeg, half of the salt, and half of the olive oil. Roast baby carrots for 25 minutes or until tender.
3. Peel fresh parsnips and cut them into one-inch pieces. Add cut parsnips to a pot and add cold water until covered. Boil until fork-tender.
4. Add almond milk, brie, and 1 tsp kosher salt to a saucepan and warm over medium heat. Once warm, remove from stove and set aside (the brie may not melt, which is ok!)
5. Season pork chops on both sides with dried oregano and remaining salt.
6. Sear pork chops with remaining olive oil on both sides on medium-high heat until they reach an internal temperature of 145°F (63°C). Remove from the stove and set aside to rest.
7. Add fork-tender parsnips and almond milk mixture to a blender and puree until smooth.

## NOTES

1. **Pro Tip!**: Substitute brie with a creamy blue cheese for an extra tangy flavor.

#### NUTRITION INFO

Energy : 524 kcal    Fat : 20.9 g    Carbs : 53.8 g    Protein : 32.6 g    Fiber : 16.6 g    Sugar : 16 g

# Sheet Pan Cod & Mixed Vegetables



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 35 MINUTES

## INGREDIENTS

- **1 tbsp** [14 g] Olive Oil
- **2 cup, sliced** [226 g] Zucchini
- **1 head** [840 g] Chinese Cabbage (Bok-Choy, Pak-Choi) (*Leaves divided*)
- **1 cup** [110 g] Green String Beans
- **10 oz** [283.5 g] Red Potatoes (Flesh and Skin)
- **12 oz** [336 g] Cod
- **0.5 tbsp** [3.45 g] Paprika
- **0.5 tsp** [0.9 g] Ginger (Ground)
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

## DIRECTIONS

1. Preheat the oven to 350°F (176°C).
2. Drizzle the olive oil onto a large sheet pan.
3. Toss the zucchini, bok choy, red potatoes and green beans onto the sheet pan and combine with the olive oil until all the vegetables are coated.
4. Place the cod onto the sheet pan with the vegetables.
5. Season the entire sheet pan with paprika, ginger, salt, and pepper.
6. Bake for 20–25 minutes or until the cod is tender to touch.
7. Serve hot and enjoy!

## NUTRITION INFO

Energy : 395 kcal

Fat : 9.5 g

Carbs : 40.7 g

Protein : 41.7 g

Fiber : 11.1 g

Sugar : 9.3 g

# Shrimp and Green Beans



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- **1 tbsp** [14 g] Olive Oil
- **1.5 cup** [165 g] Green String Beans  
(*Washed and trimmed*)
- **12 oz** [340.8 g] Shrimp (Prawns) (*Peeled and deveined*)
- **1 tbsp** [14 g] Soy Sauce
- **0.25 tsp** [0.45 g] Red Pepper Flakes
- **1 dash** [0.4 g] Salt (*To taste*)
- **0.33 cup** [61.05 g] White Rice (Uncooked)

## DIRECTIONS

1. Cook rice according to package.
2. In large skillet, heat oil over medium-high heat.
3. Once hot, add green beans and stir-fry 5 to 7 minutes. Place green beans in a bowl and set aside.
4. Add shrimp to empty skillet and cook for 2 to 3 minutes per side.
5. Add green beans to the shrimp skillet along with coconut aminos, and red pepper flakes (optional).
6. Stir and cook until shrimp is done. Adjust flavor with salt.
7. Serve with cooked rice.

## NUTRITION INFO

Energy : 333 kcal

Fat : 9.8 g

Carbs : 32.6 g

Protein : 28.8 g

Fiber : 3.3 g

Sugar : 1.3 g

# Sweet Plantain Pastelon "Shepherd's Pie"



SERVINGS: 4

PREP TIME: 15 MINUTES

COOKING TIME: 45 MINUTES

## INGREDIENTS

- **3 medium** [537 g] Plantains (*Peeled*)
- **0.5 medium (approx 2-3/4" long, 2-1/2" dia)** [57 g] Red Bell Pepper
- **1 medium** [61 g] Carrot
- **16 oz** [448 g] Ground Turkey
- **1 tsp** [2.1 g] Cumin
- **1 tsp** [1.8 g] Red Pepper Flakes
- **1 tsp** [2.1 g] Paprika
- **1 tsp** [6 g] Salt
- **0.5 tsp** [1.05 g] Black Pepper
- **0.25 cup** [4 g] Cilantro (*Coriander*) (*Chopped*)
- **0.25 cup** [25 g] Parmesan Cheese (*Grated*)
- **0.25 cup** [61.25 g] Almond Milk
- **0.5 cup, shredded** [56.5 g] Cheddar Cheese

## DIRECTIONS

1. Cut yellow plantains, red pepper, and carrot into fourths. Boil in 6 cups of water until yellow plantains are fork-tender.
2. Mix ground turkey with cumin, red chili flakes, paprika, kosher salt, cilantro, and parmesan cheese.
3. Sauté ground turkey on medium-high heat until fully cooked.
4. Preheat oven to 350°F (176°C).
5. Add cooked yellow plantains, red peppers, carrot, and unsweetened almond milk to a blender. Blend until smooth.
6. Layer yellow plantain puree, ground turkey, and white cheddar cheese on an oven-safe pan.
7. Bake at 350°F (175°C) until white cheddar cheese melts.

## NOTES

1. **Pro Tip!** : Yellow plantains can be substituted with russet potatoes.

## NUTRITION INFO

Energy : 429 kcal

Fat : 15.6 g

Carbs : 47.1 g

Protein : 30.7 g

Fiber : 5.1 g

Sugar : 21.8 g

# Teriyaki Beef Fried Rice



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- **10 oz** [283.5 g] Beef Skirt Steak (Lean Only, Trimmed to 1/4" Fat)
- **1 tbsp** [14 g] Soy Sauce
- **0.5 tbsp** [7 g] Avocado Oil
- **1.5 tsp** [3 g] Ginger (*Grated*)
- **0.5 tbsp** [6.8 g] Sesame Oil
- **1 cup, chopped** [128 g] Carrots
- **1 cup, florets** [71 g] Broccoli (*Chopped small*)
- **0.5 cup** [92.5 g] White Rice (Uncooked)

## DIRECTIONS

1. Cook rice according to package.
2. In a bowl, add the steak, coconut aminos, avocado oil, and grated ginger. Allow this to marinate for 10 minutes in the refrigerator.
3. While the steak is marinating, prepare the rice. If the rice is not yet cooked, do this according to the package.
4. In a large skillet, warm the sesame oil. Add the chopped carrots and broccoli, and cook 3- 5 minutes, until desired consistency.
5. Add the cooked rice to the skillet and toss with the vegetables. Cook for 2-3 minutes.
6. Remove rice and vegetables from the skillet and set aside. Add the marinated sliced steak to the skillet and cook approximately 3 minutes, turning once.
7. Serve the cooked steak with the fried rice.

## NUTRITION INFO

Energy : 503 kcal

Fat : 19.2 g

Carbs : 46 g

Protein : 35.4 g

Fiber : 3.3 g

Sugar : 3.1 g

# Tomato & Lime Salsa Chicken Bowl



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- **1 cup, chopped or sliced** [180 g] Tomatoes (*Diced*)
- **4 tbsp** [4 g] Cilantro (Coriander) (*Chopped*)
- **1 lime yields** [38 g] Lime Juice
- **1 tbsp** [14 g] Olive Oil
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **12 oz** [336 g] Skinless Chicken Breast
- **0.75 cup** [138.75 g] White Rice (Uncooked)

## DIRECTIONS

1. In a small bowl, combine diced tomatoes, cilantro, lime juice, olive oil and salt and pepper. Stir until combined into a “salsa” like consistency.
2. Let sit in refrigerator until ready to serve.
3. Cook rice according to package instructions.
4. Season chicken with salt and pepper and grill until internal temperature is 165°F (74°C).
5. In a serving bowl, place the grilled chicken on top of white rice and top with the cilantro lime tomato salsa.

## NUTRITION INFO

Energy : 532 kcal

Fat : 10 g

Carbs : 62.3 g

Protein : 45.8 g

Fiber : 3.3 g

Sugar : 3.1 g