

Weekly meal plan *Low FODMAP*.

Seven days of breakfast, lunch, dinner and snack for the elimination phase, with recipes, quantities and a shopping list.
Based on the principles of the Low FODMAP diet and the reference portions from Monash University.

The plan at a glance

DAY	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Oat porridge with blueberries	Lemon chicken with rice and courgette	French omelette with spinach and tomato	Firm banana + almonds
TUESDAY	Gluten-free toast with butter and kiwi	Baked salmon with potatoes and green beans	Warm quinoa salad	Lactose-free yoghurt with seeds
WEDNESDAY	Strawberry and banana smoothie	Beef stir-fry with vegetables and rice	Carrot and ginger soup	Rice cakes with peanut butter
THURSDAY	Scrambled eggs with tomato and chives	Gluten-free pasta with basil pesto	Steamed hake with sweet potato	Grapes + macadamia nuts
FRIDAY	Lactose-free yoghurt with homemade granola	Homemade Low FODMAP burger	Spinach and prawn scramble	Mandarin + corn cakes
SATURDAY	Buckwheat crêpes with banana	Mild chicken curry with rice	Homemade Low FODMAP pizza	Vegetable sticks with hummus
SUNDAY	Low FODMAP brunch	Oven-baked rice with vegetables	Miso soup with tofu and rice	Fresh pineapple cubes

Before you start

- **Portions:** quantities matter on the FODMAP diet. A food can be safe at one serving and high in FODMAPs at another. Follow the amounts indicated.
- **Don't stack FODMAPs (*stacking*):** even though each dish respects its own portion, avoid combining several moderate servings from the same FODMAP group (fructans, GOS, polyols) in a single meal. The effect adds up. When in doubt, check the Monash app.
- **Variety:** try not to repeat the same foods every day to ensure good nutritional intake.
- **Preparation:** spend 1-2 hours on Sunday preparing staples (cooked rice, roasted vegetables, proteins) for the week.
- **Substitutions:** if you do not like an ingredient or cannot find it, swap it for another from the same category that is low in FODMAPs.
- **Hydration:** drink at least 1.5-2 litres of water per day.

Recipes day by day

Monday

Breakfast: Oat porridge with blueberries

- 40 g gluten-free oats
- 200 ml lactose-free milk or rice milk
- 1 handful of fresh blueberries
- 1 tablespoon chia seeds
- Cinnamon to taste

Cook the oats with the milk over medium heat for 5 minutes. Serve with the blueberries, the chia seeds and a touch of cinnamon.

Lunch: Lemon chicken with rice and courgette

- 150 g chicken breast
- Juice of ½ lemon
- 1 medium courgette, sliced
- 150 g cooked basmati rice
- 1 tablespoon olive oil
- Salt, pepper, oregano

Season the chicken with lemon, salt, pepper and oregano. Grill for 5-6 minutes per side. Sauté the courgette in olive oil. Serve with the rice.

Snack: Firm banana (green-yellow, no brown spots) + 10 almonds

Always use a firm banana: according to Monash, an unripe banana is low in FODMAP at about 1 medium fruit, whereas a very ripe banana (with brown spots) is high in fructans and only tolerated in very small portions (~⅓).

Dinner: French omelette with spinach and tomato

- 2 eggs
- 1 handful of fresh spinach
- 1 small tomato, diced
- Salt and pepper, olive oil

Beat the eggs with salt and pepper. In a pan with oil, sauté the spinach for one minute, add the tomato and pour in the eggs. Cook over medium heat until set.

Tuesday

Breakfast: Gluten-free toast with butter and kiwi

- 2 slices of gluten-free bread (check ingredients)
- 1 tablespoon butter
- 1 kiwi, peeled and sliced

Lunch: Baked salmon with potatoes and green beans

- 150 g salmon fillet
- 2 medium potatoes
- 100 g green beans
- Olive oil, salt, pepper, dill, lemon juice

Preheat the oven to 200 °C. Place the salmon and quartered potatoes on a baking tray. Season with oil, lemon, salt and dill. Bake for 25 minutes. Steam the green beans and dress.

Snack: Lactose-free yoghurt with pumpkin seeds

Dinner: Warm quinoa salad

- 100 g cooked quinoa
- ½ roasted red pepper
- 6 black olives
- Cucumber slices
- Grated carrot
- Olive oil and wine vinegar

Combine all the ingredients in a bowl. Dress with oil and vinegar. You can add a few fresh basil leaves.

Wednesday

Breakfast: Strawberry and banana smoothie

- 6 strawberries
- ½ firm banana
- 200 ml almond milk (no inulin)
- 1 tablespoon flaxseeds
- Ice to taste

Blend everything until smooth.

Lunch: Beef stir-fry with vegetables and rice

- 150 g beef, cut into strips
- 1 carrot, julienned
- ½ green pepper, sliced
- 1 handful of mung bean sprouts (low FODMAP; avoid soybean sprouts, high in GOS)
- 150 g cooked rice
- Soy sauce (wheat-free tamari)
- Olive oil, freshly grated ginger

Stir-fry the beef in hot oil with the ginger. Add the vegetables and cook for 3-4 minutes. Add a dash of tamari. Serve over the rice.

Snack: Rice cakes with peanut butter (100% peanuts)

Dinner: Carrot and ginger soup

- 4 large carrots
- 1 piece of fresh ginger (2 cm)
- 1 small potato
- 500 ml homemade vegetable stock (no onion or garlic)
- Olive oil, salt, pepper

Simmer the carrots, the potato and the ginger in the stock for 20 minutes. Blend until smooth. Serve with a drizzle of olive oil.

Thursday

Breakfast: Scrambled eggs with tomato and chives

- 2 eggs
- 1 small tomato, diced
- Fresh chives, chopped (green part)
- Salt and pepper, toasted gluten-free bread

Scramble the eggs over low heat with the tomato. Serve on toast and sprinkle with chives.

Lunch: Gluten-free pasta with basil pesto

- 80 g gluten-free pasta (corn or rice)
- Homemade pesto: 30 g pine nuts, fresh basil, 2 tablespoons olive oil, 20 g parmesan, salt
- Grilled chicken strips (100 g)

Blend the pine nuts with the basil, the oil and the parmesan. Cook the pasta according to the instructions and mix it with the pesto. Add the chicken.

Snack: Grapes (small handful) + macadamia nuts

Dinner: Steamed hake with sweet potato

- 150 g hake
- 1 small sweet potato (≤½ cup)
- Steamed green beans
- Olive oil and lemon

Steam the hake and the vegetables. Roast the sweet potato in the oven or microwave. Dress everything with olive oil and a squeeze of lemon.

Friday

Breakfast: Lactose-free yoghurt with homemade granola

- 150 g lactose-free yoghurt
- Homemade granola: gluten-free oats, pumpkin seeds, shredded coconut, maple syrup, toasted in the oven for 15 min at 160 °C
- Raspberries

Lunch: Homemade Low FODMAP burger

- 150 g beef mince
- Gluten-free burger bun
- Lettuce, tomato, cucumber
- Mustard (no honey)
- Oven-baked potato wedges

Shape the burger with the meat seasoned with salt, pepper and oregano. Grill it. Assemble with the vegetables and mustard. Serve with oven-baked potato wedges with paprika and olive oil.

Snack: Mandarin + corn cakes

Dinner: Spinach and prawn scramble

- 2 eggs
- 100 g peeled prawns
- 2 handfuls of spinach
- Garlic-infused olive oil
- Sweet paprika

Sauté the prawns in the garlic oil. Add the spinach and, once wilted, add the beaten eggs. Stir until set.

Saturday

Breakfast: Buckwheat crêpes with banana

- 50 g buckwheat flour
- 1 egg
- 100 ml lactose-free milk
- ½ banana, sliced
- Maple syrup

Mix the flour, the egg and the milk until you have a smooth batter. Cook thin crêpes in a non-stick pan. Fill with banana and maple syrup.

Lunch: Mild chicken curry with rice

- 150 g chicken breast, diced
- 1 carrot, sliced
- ½ red pepper, sliced
- 100 ml coconut milk (check: no HFCS)
- 1 teaspoon curry powder (no onion/garlic in the blend)
- Basmati rice
- Olive oil, grated ginger

Sauté the chicken with the ginger in oil. Add the vegetables, the coconut milk and the curry. Simmer for 10 minutes. Serve with rice.

Snack: Carrot and cucumber sticks with homemade low-lentil hummus

(¼ cup rinsed canned lentils, tahini, lemon, olive oil, cumin)

Dinner: Homemade Low FODMAP pizza

- Gluten-free pizza base (or homemade dough with rice flour and tapioca)
- Homemade tomato sauce (crushed tomatoes with oregano and oil, no onion or garlic)
- Lactose-free mozzarella
- Bell pepper, olives, basil

Roll out the dough, top with the sauce and the ingredients. Bake at 220 °C for 12-15 minutes.

Sunday

Breakfast: Low FODMAP brunch

- 2 fried or poached eggs
- 2 slices of bacon (no garlic/onion additives)
- Roasted tomato
- Sautéed spinach
- Toasted gluten-free bread

Lunch: Oven-baked rice with vegetables

- 200 g rice
- 1 carrot, 1 courgette, ½ red pepper, green beans
- 100 g chicken or pork, diced
- Homemade vegetable stock (no onion or garlic)
- Olive oil, paprika, saffron

Sauté the vegetables and the meat in an ovenproof dish. Add the rice, the stock, the paprika and the saffron. Bake at 180 °C for 20-25 minutes.

Snack: Fresh pineapple cubes

Dinner: Light miso soup with tofu and rice

- 1 tablespoon miso paste (check ingredients)
- 100 g firm tofu, cubed
- Cooked rice
- Fresh chives (green part)
- Spinach

Heat water and dissolve the miso paste. Add the tofu, the spinach and the chives. Serve with a bowl of rice on the side.

Practical tips

- **Garlic-infused oil:** warm olive oil over low heat with whole garlic cloves for 10 minutes. Remove the garlic. The flavour stays in the oil without the fructans. Store in a glass jar in the fridge for up to 1 week.
- **Homemade stock:** make stock with carrot, courgette, turnip, leek (green part only), celeriac, bay leaf and salt. Freeze in portions.
- **Sunday batch cooking:** cook rice, quinoa and proteins for 3-4 days.
- **Safe spices:** turmeric, cumin, paprika, curry (no onion or garlic), oregano, thyme, rosemary, basil, coriander, cinnamon and ginger.
- **Season with lemon and fresh herbs:** they add loads of flavour without any FODMAP risk.
- **Freeze individual portions:** that way you will always have a safe meal for days when you do not feel like cooking.
- **Always read labels:** even apparently safe products may contain onion, garlic powder, inulin or problematic sweeteners.

Shopping list

Proteins

- Chicken breast (500 g), beef for stewing/mince (300 g)
- Salmon (150 g), hake (150 g), prawns (100 g)
- Bacon (small pack), eggs (dozen), firm tofu (1 block)

Fruits

- Bananas (3-4), blueberries and raspberries, strawberries
- Kiwis (2), oranges/mandarins (3-4), pineapple (1 small), grapes (small bunch)

Vegetables

- Carrots, courgettes, cucumber, peppers (red, green), tomatoes
- Fresh spinach, green beans, potatoes and sweet potato, lettuce

- Fresh ginger, fresh chives

Pantry

- Basmati rice, quinoa, gluten-free oats, gluten-free pasta, buckwheat flour
- Gluten-free bread, rice/corn cakes
- Extra virgin olive oil, tamari (wheat-free soy sauce), miso paste, coconut milk
- Pine nuts, almonds, macadamia nuts, peanuts
- Seeds (chia, flax, pumpkin, sunflower), maple syrup, wine vinegar, shredded coconut
- Spices: cinnamon, oregano, paprika, turmeric, cumin, curry

Dairy and alternatives

- Lactose-free milk, almond milk
- Lactose-free yoghurt, parmesan, lactose-free mozzarella, butter

Notice. This meal plan is indicative and designed for the elimination phase (2–6 weeks) of the Low FODMAP diet. It does not replace professional advice.

The quantities and portions follow the Monash University references, but tolerance is individual. Consult a specialised dietitian-nutritionist before starting the diet and to guide the reintroduction phase, and use the Monash app to verify portions and avoid the stacking of FODMAPs.

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