

Low FODMAP Meal Plan

(778) 834 - 3438
www.cristinasutter.ca
info@cristinasutter.ca

Meals	Option 1	Option 2	Option 3	Option 4
9am Breakfast · 400 calories · 25-30g protein	Yogurt & berries · 1 cup SKYR yogurt · 1 cup blueberries · 1.5 tsp chia · ¼ cup GF granola	Toast & eggs · 2 sourdough bread or 2 hashbrowns · 2 eggs · ½ cup egg white	Oat pancakes · ½ cup oats · ½ banana · 1 egg · ½ cup LF milk	Smoothie · 1 scoop Whey isolate · 1 cup LF milk · 1 banana · 1 cup berries
10 am Snack · 200 Calories	1 banana + 1 Tbsp PB	8 walnut halves	Chia pudding	Nature Valley protein bar, made good bars, Kirkland protein chewy bar
1 pm Lunch · 500 Calories · 30g protein	Salad Bowl · Spinach, carrots, tomatoes, cucumber · ½ cup brown rice · 2 Tbsp goat cheese · 1 cup shredded chicken breast · 1 Tbsp garlic-infused oil, 1 Tbsp balsamic vinegar	Potato Salad · 1.5 cup nugget potatoes · 2 boiled eggs · Green onion ends, baby tomatoes, carrots · dill, basil · vinaigrette	Tuna salad on Sourdough or Rice cakes · 2 sourdough bread or 4 Rice Cakes · 1 can tuna · 1 Tbsp light mayo · 3 laughing cow triangles	Sushi · Roll, sashimi Freshii: · Buddha Satay Bowl (garlic-free sauce) Fast Food · Lettuce burger Tractor · Build a Salad Bowl (garlic-free sauce) Poke Bowl
3 pm Snack 300 Calories	2 Vietnamese rice paper salad rolls	2 rice cakes 2 Tbsp PB	2 boiled eggs 1 fruit	2-3 Energy balls or Overnight oats
6-7 pm Dinner · 600 Calories · 35g protein	Baked Potatoes & BBQ · 4oz BBQ lean meat · 1 baked potato · Chives, dill, · LF plain yogurt or sour cream · Green salad with · Garlic-free dressing	Tacos · 1 cup ground turkey with garlic-free seasoning · 4 small corn tortillas · ¼ cup LF cheese · Roasted peppers · Tomatoes · Shredded lettuce	Chicken & Veggie Rice Stirfry · 1 cup rice · Chicken breast · Carrots, broccoli heads, green beans, red bell peppers · Teriyaki (garlic-free: Soy sauce, brown sugar, cornstarch)	Airfryer chicken strips & GF Pasta · Ground corn flakes breaded chicken tenders in airfryer · GF Pasta · Steamed broccoli heads + · Nutritional yeast

LF = lactose free GF = gluten-free

CRISTINA SUTTER, MHSC., RD

PRIVATE PRACTICE DIETITIAN