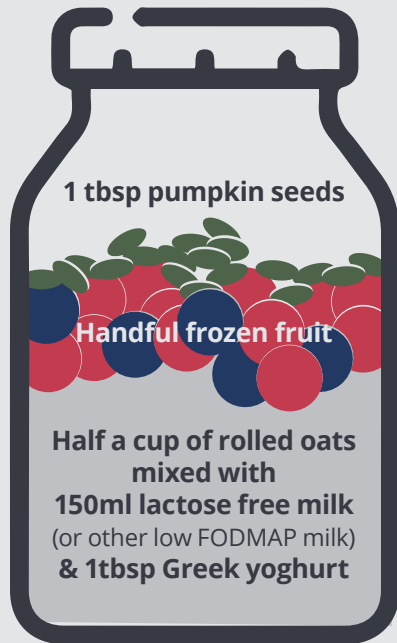


# 1 Day Sample Low FODMAP Meal Plan

One of the biggest challenges to getting started with a low FODMAP diet is knowing what to eat! Take some inspiration with our one day sample meal plan, designed by FODMAP trained dietitian Laura Tilt.

## Breakfast

### OAT & FRUIT BREAKFAST JARS



Leave overnight in the fridge ready for the morning.

Drizzle with a little Maple syrup if you like!

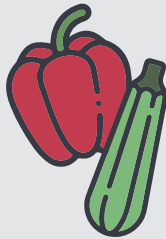


Switch up the fruits to keep things varied.

## Lunch

### ROASTED VEGGIE & FETA SALAD WITH QUINOA

#### Step 1: Roast



Roast chopped courgette and red pepper with garlic infused olive oil & a pinch of seasoning until soft.

#### Step 2: Stir



Stir the vegetables into some pre-cooked quinoa with 30g of crumbled feta.

#### Step 3: Dress



Dress with a good squeeze of lemon juice, drizzle of olive oil and plenty of chopped fresh herbs - Mint & Basil work great!

## Dinner

### PRAWN & PINEAPPLE THAI MASSAMAN CURRY



Cook double portions of your evening meal so you can eat leftovers for lunch the next day.

## Pudding

Lactose free yoghurt & strawberries.

## Snacks

Small handful of walnuts and a banana. A boiled egg sliced over a corn cake.



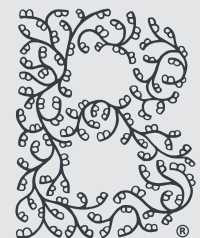
Keep FODMAP friendly snacks in your desk or bag to avoid being caught hungry - options include mixed nuts, oatcakes, corn cakes, peanut butter packs, popcorn, dark chocolate, sesame snaps.

## Drinks

Water - still or sparkling, mint tea, rooibos tea, plus regular tea and coffee are all low FODMAP.



Caffeine can be a symptom trigger for some people with IBS. Stick to no more than 1-2 caffeinated drinks a day if you suffer with IBS-D (diarrhoea), or struggle with anxiety or sleep.



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Remember - you must have a medical diagnosis of IBS before starting a low FODMAP diet, and we always recommend working with a dietitian who can guide you through all three stages. Find more tips and advice about IBS on our blog.