

Low fodmap Menu

This menu is:



Our Tummy-Friendly Menu

- Almond And Dijon Salmon With Crushed Potatoes And Spinach And Capers M
- Barramundi With Tomato Quisotto And Spinach P M
- Beef And Fennel Casserole With Parsley Mash And Green Beans
- Beef Chilli With Baby Potatoes With A Slice Of Lime
- Beef Chilli With Lemon Rice And Green Beans
- Chicken Cacciatore With Brown Rice And Green Beans M
- Chicken Cacciatore With Quinoa And Green Beans P M
- Chickpea Cacciatore With Brown Rice And Green Beans V M
- Chickpea Cacciatore With Quinoa And Green Beans V M
- Chilli Con Carne With Polenta
- Chimichurri Beef With Roast Carrot & Quinoa,
- Lime Juice And Lemon Zest
- Chimichurri Chicken With Roast Vegetables
- Coconut And Lime Chicken With Rice And Vegetables
- Greek Chicken With Zucchini And New Potatoes M
- Lebanese Lemon Chicken With Sweet Potato And Green Beans M
- Lemon And Dill Barramundi, With Capers Spinach And Baby Potatoes
- Lentil Bolognaise With Gluten Free Spaghetti V M
- Lentil Dahl With Lemon And Spiced Rice, Green Beans And Tomato Chutney V
- Lentil, Chickpea And Fennel Casserole W Parsley Mash And Green Beans V M
- Macadamia Nut Tofu With Kale, Squash And Lemongrass Rice V
- Middle Eastern Spiced Pumpkin, Sumac And Coriander Quinoa And Pepita Dukkah & Chimichurri V P M
- Miso Chicken With Asian Veg M
- Miso Glazed Pork With Broccoli And Ginger Rice



PAGE 1

KEY

- DF dairy free
- V vegan
- GF gluten free
- F low FODMAPs
- P paleo
- M mediterranean

Regular meal size: 320g

www.wholesomeness.com.au

email us on care@wholesomeness.com.au

Low fodmap Menu

This menu is:



Our Tummy-Friendly Menu

- Olive And Lamb Stuffed Capsicum With Napolitana Sauce M
- Olive And Lentil Stuffed Capsicum With Napolitana Sauce V M
- Pork And Ginger Meatballs With Sweet And Sour, Green Beans, Cherry Tomatoes And Noodles
- Poached Pesto Chicken With Potato Medley And Green Beans
- Pumpkin And Zucchini Savoury Slice M
- Roast Chicken With Roast Vegetables And Pesto P M
- Roast Chicken With Pumpkin Mash, Green Beans And Savoury Jus
- Roast Fennel With Chickpea Skordalia, Grilled Zucchini, Cherry Tomatoes And Mixed Rice V M
- Roast Fennel, Zucchini & Tomatoes With Chickpea Skordalia & Lemon Quinoa V M
- Rosemary And Lemon Chicken, With Caramalised Carrot Risotto, Toasted Pepitas And Green Beans M
- Salmon Spinach And Dill Frittata With Zucchini And Carrot M
- Salmon With Dill And Lemon, Sweet Potato Mash And Spinach
- Seasme Crusted Tofu, With Miso Carrots, Broccoli And Pepitas V
- Slow Cooked Lamb Shoulder With Roasted Cherry Tomatoes, Eggplant, Quinoa and Tahini
- Slow Cooked Lamb Shoulder With Roasted Cherry Tomatoes, Green Beans And Roast Zucchini P M
- Smoked Salmon Dill And Capers Risotto With Green Beans
- Spaghetti Bolognaise With Gluten Free Pasta
- Steamed Fish With Tomatoes, Beans, Capers And Rice M
- Steamed White Fish With Tomato Risotto And Spinach M
- Sweet And Sour Chicken With Rice
- Sweet And Sour Tofu With Sesame Green Beans, Cherry Tomatoes And Rice Noodles
- Sweet Potato Gnocchi And Beef Bolognaise
- Tandoori Chicken With Capsicum Rice, Green Beans And Raita
- Teriyaki Salmon With Asian Stir Fried Vegetables M
- Thai Style Fishcakes With Sweet And Sour Sauce, Bok Choy, Carrots And Noodles
- Thai Green Chicken Curry With Quinoa
- Thai Green Chickpea Curry With Quinoa V



PAGE 2

KEY

- DF dairy free
- V vegan
- GF gluten free
- F low FODMAPs
- P paleo
- M mediterranean

Regular meal size: 320g

www.wholesomeness.com.au

email us on care@wholesomeness.com.au