

- ✂ Before starting a low FODMAP meal plan, it is important you speak to a qualified dietitian first, to determine which FODMAPs are problematic for you.
- ✂ For most people, not all FODMAP containing foods are problematic or need to be avoided, and cutting them all out is unnecessary and restrictive.

Low FODMAP Meal plan

Breakfast: 2 slices spelt toast, margarine, vegemite

MT: Banana, cafe latte

Lunch: Coconut rice salad with tuna and toasted seeds – see recipe in recipe collection

AT: Carman's fruit free muesli bar

Dinner: Grilled salmon or steak with oven baked vegetables (sweet potato, carrots, Brussels sprouts and broccoli + good amount extra virgin olive oil & salt)

Supper: Cup tea + diced kiwi fruit and 3 tablespoons strawberry yoghurt

**note, this person can tolerate lactose and mannitol*

