



LOW FODMAP IBS RECIPE PACK

*Discover 10 easy, healthy and tasty **LOW FODMAP** recipes, including breakfast, lunch, dinner and snack options to **help manage** your **PCOS** and **IBS** symptoms..*

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SAMPLE WEEKLY MEAL PLANNER

MONDAY

BREAKFAST

Fried Eggs &
Steamed
Spinach

LUNCH

Ground Turkey,
Green
Beans & Rice

SNACK

Macadamia Nuts,
Chopped Bell
Peppers, Grapes &
Walnuts

DINNER

One Pan Salmon
with
Green Beans &
Roasted Tomato
Brown Rice

TUESDAY

BREAKFAST

Fried Eggs &
Steamed
Spinach

LUNCH

One Pan Salmon
with
Green Beans &
Roasted Tomato

SNACK

Macadamia Nuts,
Chopped Bell
Peppers, Grapes &
Walnuts

DINNER

Ground Turkey,
Green
Beans & Rice

WEDNESDAY

BREAKFAST

Peanut Butter
Cup
Overnight Oats

LUNCH

Ground Turkey,
Green
Beans & Rice

SNACK

Macadamia Nuts,
Chopped Bell
Peppers, Kiwi
Brazil Nuts

DINNER

Maple Mustard
Chicken with
Green
Beans

THURSDAY

BREAKFAST

Peanut Butter
Cup
Overnight Oats

LUNCH

Maple Mustard
Chicken with
Green
Beans

SNACK

Olive Tapenade with
Crackers, Kiwi
Brazil Nuts

DINNER

Slow Cooker
Spaghetti
Squash &
Meatballs

FRIDAY

BREAKFAST

Peanut Butter
Cup
Overnight Oats

LUNCH

Slow Cooker
Spaghetti Squash
&
Meatballs

SNACK

Olive Tapenade with
Crackers, Grapes and
Walnuts

DINNER

Slow Cooker
Maple
Mustard Chicken

SATURDAY

BREAKFAST

Bell Pepper Egg
Cups

LUNCH

Slow Cooker
Maple
Mustard Chicken

SNACK

Olive Tapenade with
Crackers, Kiwi
Brazil Nuts

DINNER

Slow Cooker
Spaghetti
Squash &
Meatballs

SUNDAY

BREAKFAST

Bell Pepper Egg
Cups

LUNCH

Slow Cooker
Spaghetti
Squash &
Meatballs

SNACK

Olive Tapenade with
Crackers, Grapes and
Walnuts

DINNER

Slow Cooker
Maple
Mustard Chicken

WEEKLY SHOPPING LIST



FRUITS & VEGETABLES

Fruits

- 4 cups Grapes
- 6 Kiwi
- 1/16 Lemon

Vegetables

- 4 cups Baby Spinach
- 1 cup Cherry Tomatoes
- 14 cups Green Beans
- 3/4 Orange Bell Pepper
- 2 tbsps Parsley
- 2 3/4 Red Bell Pepper
- 1 Spaghetti Squash
- 3/4 Yellow Bell Pepper

Frozen Foods

- 3 cups Frozen Green Beans

MEAT, DAIRY AND BAKING

Bread, Fish, Meat & Cheese:

- 227 grams Chicken Breast
- 907 grams Chicken Thighs
- 794 grams Extra Lean Ground Turkey
- 283 grams Salmon Fillet

Cold:

- 9 Egg
- 2 tpsps Ghee
- 1 1/2 cups Unsweetened Almond Milk

Baking

- 1/4 cup Brown Rice Flour
- 1 tbsps Cocoa Powder
- 1 1/2 cups Oats
- 1/4 cup All Natural Peanut Butter
- 1/3 cup Maple Syrup

GRAINS, SEEDS AND BAKING

Seeds, Nuts and Spices:

- 1 1/2 tpsps Black Pepper
- 3/4 cup Brazil Nuts
- 2 tbsps Chia Seeds
- 1 tsp Dried Basil
- 1 cup Macadamia Nuts
- 1 tbsps Oregano
- 1 tsp Paprika
- 1 3/4 tpsps Sea Salt
- Sea Salt & Black Pepper
- 1 cup Walnuts

CANS, CONDIMENTS & MISC

Boxed and Canned:

- 1/2 cup Brown Rice
- 3 cups Crushed Tomatoes
- 3/4 cup Jasmine Rice
- 200 grams Gluten Free Crackers

Condiments and Oils:

- 1 1/2 tpsps Apple Cider Vinegar
- 1/2 cup Black Olives
- 1 tbsps Capers
- 1 1/8 tpsps Coconut Oil
- 1/3 cup Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 tbsps Tamari



**FRIED EGGS &
STEAMED SPINACH**

FRIED EGGS & STEAMED SPINACH



Serves: 1
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
193 kcal
14g Fats
3g Carbs
14g Protein



WHAT YOU NEED

- 2 cups Baby Spinach
- 1 tbsp Water
- Sea Salt & Black Pepper (to taste)
- 1 tsp Ghee
- 2 Egg

WHAT YOU NEED TO DO

Heat a pan over medium heat and add spinach and water. Stir just until wilted, then remove from heat. Season with sea salt, pepper and ghee. Transfer to a plate.

In the same pan, cook your eggs. Season with sea salt and pepper.

Plate the spinach with eggs. Enjoy!

No Ghee

Use butter or oil instead.

More Flavour

Sprinkle everything with nutritional yeast or Everything Bagel Seasoning.





**PEANUT BUTTER CUP
OVERNIGHT OATS**

PEANUT BUTTER CUP OVERNIGHT OATS



Serves: 3
Prep: 5 mins
Cook: 7 hours



Nutrition per serving:
375 kcal
18g Fats
46g Carbs
12g Protein



WHAT YOU NEED

- 1 1/2 cups Oats (quick or rolled)
- 1 1/2 cups Unsweetened Almond Milk
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tbspc Cocoa Powder
- 1/2 cup Water

WHAT YOU NEED TO DO

Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.

Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

Leftovers

Refrigerate in an airtight container for up to four days. Add an extra splash of almond milk and/or a drizzle of honey (optional).

Toppings

Banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.

Warm it Up

Heat in microwave for 30 to 60 seconds before eating.

No Maple Syrup

Use honey instead.

More Fiber

Add ground flaxseed.





**BELL PEPPER EGG
CUPS**

BELL PEPPER EGG CUPS



Serves: 1
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
174 kcal
10g Fats
8g Carbs
14g Protein



WHAT YOU NEED

- 1 Red Bell Pepper
- 2 Egg
- Sea Salt & Black Pepper (to taste)

WHAT YOU NEED TO DO

Preheat oven to 425 F (218 C).

Slice pepper in half and carve out the seeds.

Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

More Flavour

Roast the red pepper in the oven before cracking the egg into them.

Serve it With

Gluten free toast for dipping.

More Protein

If it is a large bell pepper, fill remaining space with egg whites for added protein.





**GROUND TURKEY,
GREEN BEANS & RICE**

GROUND TURKEY, GREEN BEANS & RICE



Serves: 3
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
383 kcal
11g Fats
47g Carbs
26g Protein



WHAT YOU NEED

- 1 1/8 tsps Coconut Oil
- 340 grams Extra Lean Ground Turkey
- 1/8 tsp Sea Salt
- 3/4 cup Jasmine Rice (dry/uncooked)
- 3 cups Frozen Green Beans

WHAT YOU NEED TO DO

Heat coconut oil in a pan over medium heat and add the ground turkey. Cook for 5 to 10 minutes, or until completely cooked through. Use a spatula to break it up as it cooks. Season with sea salt and any other spices you desire.

Meanwhile, cook your rice according to the directions on the package and set aside.

Steam your green beans.

Divide the turkey, rice and green beans into bowls or containers. Add your desired seasonings and serve.

Leftovers

Store in an airtight container in the fridge for up to 3 days. Freeze for up to 3 months.

No Ground Turkey

Use ground chicken, beef, pork, or lamb instead.

Vegan & Vegetarian

Use cooked lentils instead of ground meat.

No Green Beans

Use asparagus, edamame or green peas instead.

Likes it Spicy

Serve with hot sauce.





**ONE PAN SALMON WITH GREEN
BEANS & ROASTED TOMATO**

ONE PAN SALMON WITH GREEN BEANS & ROASTED TOMATO



Serves: 2
Prep: 5 mins
Cook: 25 mins



Nutrition per serving:
275 kcal
13g Fats
10g Carbs
31g Protein



WHAT YOU NEED

- 2 cups Green Beans (washed and trimmed)
- 1 cup Cherry Tomatoes
- 1 1/2 tsps Extra Virgin Olive Oil (or coconut oil)
- Sea Salt & Black Pepper (to taste)
- 283 grams Salmon Fillet

WHAT YOU NEED TO DO

Preheat oven to 510 F (266 C).

Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.

Season your salmon fillets with sea salt and black pepper.

Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.

Divide veggies between plates and top with salmon. Enjoy!

Leftovers

Refrigerate in an airtight container for up to three days.

No Salmon

Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan

Use roasted chickpeas instead of salmon.

More Carbs

Serve with quinoa or rice.

Added Touch

Toss the green beans in balsamic vinegar before serving.





**MAPLE MUSTARD CHICKEN
WITH GREEN BEANS**

MAPLE MUSTARD CHICKEN WITH GREEN BEANS



Serves: 2
Prep: 5 mins
Cook: 25 mins



Nutrition per
serving:
267 kcal
7g Fats
21g Carbs
30g Protein



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WHAT YOU NEED

- 1 tbsp Maple Syrup
- 1 tbsp Dijon Mustard
- 1 1/2 tsps Apple Cider Vinegar
- 1 tbsp Tamari
- 227 grams Chicken Breast
- 4 cups Green Beans (washed and trimmed)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

WHAT YOU NEED TO DO

In a small bowl, combine the maple syrup, dijon mustard, apple cider vinegar and tamari. Whisk well and pour it into a ziplock baggie with the chicken breasts. Shake well and store in the fridge while you prep the rest.

Toss your green beans in the extra virgin olive oil and season with sea salt and black pepper to taste. Set aside.

Preheat the grill to medium heat. Add the chicken breasts and cook for about 10 minutes per side, or until cooked through. At the halfway point, transfer the green beans into a grilling basket. Grill for about 10 minutes or until slightly charred, tossing periodically.

Remove chicken and beans from the grill and divide onto plates. Enjoy!

No Grill

Use an oven preheated to 400 F (204 C) instead. Cook the chicken for 10 to 15 minutes per side or until cooked through.

No Green Beans

Use asparagus or zucchini instead.

More Carbs

Grill or roast some sweet potato as a side.

Prep Ahead

Marinate the chicken and store in the fridge up to 24 hours.





**SLOW COOKER SPAGHETTI
SQUASH & MEATBALLS**

SLOW COOKER SPAGHETTI SQUASH & MEATBALLS



Serves: 4
Prep: 5 mins
Cook: 4 hours



Nutrition per serving:
388 kcal
18g Fats
33g Carbs
27g Protein



WHAT YOU NEED

- 454 grams Extra Lean Ground Turkey
- 1/4 cup Brown Rice Flour
- 1 Egg (whisked)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Oregano (divided)
- 3 cups Crushed Tomatoes
- 1 tsp Sea Salt (divided)
- 1 tsp Black Pepper (divided)
- 1 Spaghetti Squash (medium)

WHAT YOU NEED TO DO

In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.

In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, half the sea salt and half of the black pepper. Mix well and then submerge your turkey meatballs into the sauce.

Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Add the remaining salt and pepper. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.

Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.

Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!





**SLOW COOKER MAPLE
MUSTARD CHICKEN**

SLOW COOKER MAPLE MUSTARD CHICKEN



Serves: 4
Prep: 10 mins
Cook: 4 hours



Nutrition per serving:
414 kcal
13g Fats
21g Carbs
48g Protein



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WHAT YOU NEED

- 907 grams Chicken Thighs (skinless, boneless)
- 2 tbsps Maple Syrup
- 1/3 cup Dijon Mustard
- 1 tsp Dried Basil
- 1 tsp Paprika
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 8 cups Green Beans (washed and trimmed)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

WHAT YOU NEED TO DO

Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.

Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.

Divide green beans between plates and top with maple mustard chicken. Enjoy!

No Chicken Thighs

Use chicken breast or drumsticks instead.

Save Time

Combine the chicken and marinade in a large zip lock baggie ahead of time. Shake well to mix and store in the fridge for up to 24 hours or freeze.

More Carbs

Serve with rice, sweet potato or quinoa.

Leftovers

Refrigerate in an airtight container for up to three days.





**OLIVE TAPENADE WITH
CRACKERS**

OLIVE TAPENADE WITH CRACKERS



Serves: 4
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
292 kcal
15g Fats
35g Carbs
4g Protein



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WHAT YOU NEED

- 1/2 cup Black Olives (pitted)
- 1 tbsp Capers
- 2 tbsps Parsley
- 1/16 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1/16 tsp Sea Salt
- 200 grams Gluten Free Crackers

WHAT YOU NEED TO DO

Combine the olives, capers, parsley, lemon juice, olive oil and sea salt in a food processor and blend until desired consistency is reached. Adjust salt and lemon juice to taste.

Top crackers with the olive tapenade and enjoy!

No Lemon Juice

Use apple cider vinegar instead.

No Olive Oil

Use avocado oil instead.

Storage

Refrigerate in an airtight container up to 7 days.

