













3 DAY MEAL PLAN

for

Irritable Bowel Syndrome | Low FODMAP



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Crispy Egg Taco, Tangerine	Coconut Lime Oatmeal, Orange	Leftover: Coconut Lime Oatmeal, Orange				
LUNCH	Protein Snack Box, Peanuts & Orange	Leftover: Protein Snack Box, Peanuts & Orange	Strawberry Sunbutter Gluten-Free Toast with Lactaid Milk, Butter Lettuce with White Wine Vinaigrette				
DINNER	Salmon with Quinoa & Broccoli, Baby Kale with White Wine Vinaigrette	Thai Tofu Peanut Noodles, Butter Lettuce with White Wine Vinaigrette	Turkey Penne Bolognese, Butter Lettuce with White Wine Vinaigrette				
SNACK	Tangerine & Nuts, Tangerine & Sunflower	Kiwi & Sunflower, Chocolate Peanut Butter Bliss Balls	Strawberries & Nuts, Pineapple and Mint Salad				

IRRITABLE BOWEL SYNDROME |'S CARE PLAN OVERVIEW

PHYSICAL ACTIVITY

SUPPLEMENTS

ADDITIONAL RECOMMENDATIONS

GROCERY LIST

BAKING GOODS

- 1 package (16 oz) of Granulated Sugar
- 1 package (14 oz) of Unsweetened Shredded Coconut
- 1 package (12 oz) of Semi Sweet Chocolate Chips

BREADS / CEREALS

- 1 package (12 oz) of Gluten-Free Bread
- $\frac{3}{8}$ pounds of Rolled Oats

CANNED / JAR GOODS

- 1 jar (18 oz) of Peanut Butter
- 1 can (6 oz) of Tomato Paste
- 1 jar (16 oz) of Sunflower Seed Butter

DAIRY

- 1 half dozen Eggs
- 1 quart of Lactose-Free Milk (Low-Fat)
- 1 package (8 oz) of Shredded Cheddar Cheese
- 1 package (7.5 oz) of String Cheese (Mozzarella, Low Sodium)
- 1 package (16 oz) of Extra Firm Tofu
- 1 container (6 oz) of Lactose-Free Whole Milk Yogurt (Plain)
- 1 package (8 oz) of Shredded Mozzarella Cheese

DELI

- 1 container (10 oz) Hummus

INTERNATIONAL / ETHNIC

- 1 bag (12 ct) of Corn Tortillas
- 1 package (14 oz) of Dried Rice Noodles


MEATS / SEAFOOD

- $\frac{1}{4}$ pounds of Ground Turkey
- 1 package (8 oz) of Sliced Deli Turkey
- $\frac{1}{4}$ pounds of Salmon

PASTA / RICE / BEANS

- 1 package (12 oz) of Gluten Free Penne
- $\frac{1}{8}$ pounds of Quinoa

PRODUCE

- 1 bunch of Broccoli
- 1 bag (16 oz) of Baby Carrots
- $\frac{1}{4}$ ounces of Fresh Ginger
- 1 package (5 oz) of Baby Kale
- 1 Lemon
- 1 Limes
- 4 Oranges
- 1 bunch of Raw Spinach 
- 3 Tangerine
- 1 Zucchini
- $\frac{1}{8}$ pounds of Carrots
- 1 bunch of Fresh Cilantro
- 1 bunch of Green Onion (Green Parts Only)
- 1 Kiwifruit
- 1 head of Green Leaf Lettuce
- 1 package (1 oz) of Fresh Mint
- 1 Pineapple
- 1 pint of Strawberries 
- 2 Tomatoes

 EWG Recommends to buy organic

GROCERY LIST

SNACKS / CANDY

- | | |
|--|--|
| <input type="checkbox"/> 1/8 pounds of Mixed Nuts Unsalted | <input type="checkbox"/> 1 container (16 oz) of Roasted Unsalted Peanuts |
| <input type="checkbox"/> 1/8 pounds of Sunflower Seeds | |

SPICES / CONDIMENTS

- | | |
|---|--|
| <input type="checkbox"/> 1 jar (8 oz) of Dijon Mustard | <input type="checkbox"/> 1 bottle (12 oz) of Honey |
| <input type="checkbox"/> 1 jar (0.75 oz) of Italian Seasoning | <input type="checkbox"/> 1 bottle (12 oz) of Maple Syrup |
| <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil | <input type="checkbox"/> 1 bottle (16 fl oz) of Peanut Oil |
| <input type="checkbox"/> 1 bottle (5 fl oz) of Soy Sauce (Reduced Sodium) | <input type="checkbox"/> 1 bottle (12 fl oz) of Rice Vinegar |
| <input type="checkbox"/> 1 bottle (12 fl oz) of White Wine Vinegar | |



RECIPE

Crispy Egg Taco

By: Everyday EatLove

Servings: 1

1/4 cup shredded cheddar cheese
1 egg
1 corn tortilla
2 tablespoons lactose-free yogurt
1 tomato diced
2 tablespoons cilantro
1 dash salt
1 dash pepper

NUTRITION INFORMATION PER SERVING

Protein: 17g, Total Fat: 16g, Carbs: 19g,
Calories: 285kcal, Fiber: 3.07g, Sodium: 432mg,
Saturated Fat: 7.9g, Fruits: 0 servings,
Vegetables: 0.69 servings, Added Sugar: 0g,

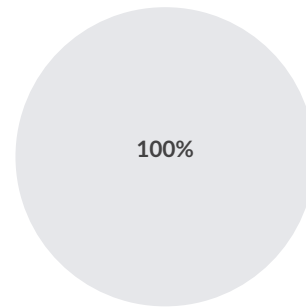
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DIRECTIONS

1. Heat a pan over medium heat. Add shredded cheese in a thin circular layer. Allow to bubble slightly. Crack egg on top. Continue to cook sunny side up until whites are opaque, about 2-3 minutes. Remove and set aside.
2. In same pan, heat tortilla for 15 seconds on each side until soft and warm.
3. Spread yogurt over the tortilla, then sprinkle with cheese and diced tomatoes. Top with egg on top.
4. Season with salt and pepper. Garnish with cilantro.

PORTIONS

How much should I eat?



 Irritable Bowel Syndrome |

RECIPE

Tangerine

By: Everyday EatLove

Servings: 1

1 tangerine peeled, sliced

NUTRITION INFORMATION PER SERVING

Protein: 0.71g, Total Fat: 0.27g, Carbs: 12g,
Calories: 47kcal, Fiber: 1.58g, Sodium: 1.76mg,
Saturated Fat: 0.03g, Fruits: 0.58 servings,
Vegetables: 0 servings, Added Sugar: 0g,

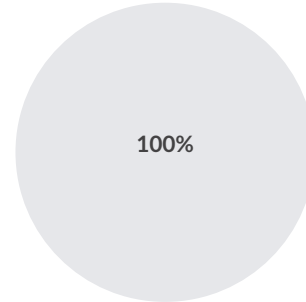
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DIRECTIONS

1. Wash, peel, slice, and serve.

PORTIONS

How much should I eat?



 Irritable Bowel Syndrome |

RECIPE

Protein Snack Box

By: Everyday EatLove

Servings: 1

2 eggs hard boiled
4 ounces deli turkey
1 ounce string cheese
1 cup baby carrots
1 tablespoon hummus

NUTRITION INFORMATION PER SERVING

Protein: 38g, Total Fat: 21g, Carbs: 22g,
Calories: 418kcal, Fiber: 4.83g, Sodium: 1334mg,
Saturated Fat: 7g, Fruits: 0 servings,
Vegetables: 1 servings, Added Sugar: 0g,

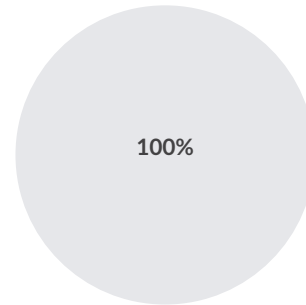
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DIRECTIONS

1. Place eggs in a saucepan and cover with water. Bring water to a boil.
2. Once boiling, cover the pan with a lid and turn off the stove. Let stand for 10-12 minutes. Remove from heat, run eggs under cold water and peel.
3. Prepare remaining ingredients and serve.

PORTIONS

How much should I eat?



 Irritable Bowel Syndrome |

RECIPE

Peanuts & Orange

By: Everyday EatLove

Servings: 1

1 ounce peanuts

1 orange

NUTRITION INFORMATION PER SERVING

Protein: 9g, Total Fat: 15g, Carbs: 31g,
Calories: 267kcal, Fiber: 9.5g, Sodium: 4.88mg,
Saturated Fat: 2.25g, Fruits: 1 servings,
Vegetables: 0 servings, Added Sugar: 0g,

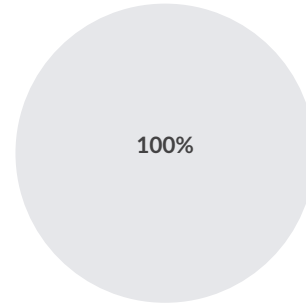
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DIRECTIONS

1. Pour peanuts into a bowl. Serve with orange.

PORTIONS

How much should I eat?



 Irritable Bowel Syndrome |

RECIPE

Tangerine & Nuts

By: Everyday EatLove

Servings: 1

1 tangerine peeled, sliced
1 oz mixed nuts

NUTRITION INFORMATION PER SERVING

Protein: 6.2g, Total Fat: 15g, Carbs: 18g,
Calories: 219kcal, Fiber: 3.4g, Sodium: 2.89mg,
Saturated Fat: 2.31g, Fruits: 0.58 servings,
Vegetables: 0 servings, Added Sugar: 0g,

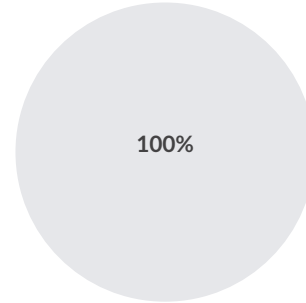
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DIRECTIONS

1. Wash, peel and slice tangerine. Serve with mixed nuts.

PORTIONS

How much should I eat?



Irritable Bowel Syndrome |

RECIPE

Tangerine & Sunflower

By: Everyday EatLove

Servings: 1

1 tangerine

2 tablespoons sunflower seeds

NUTRITION INFORMATION PER SERVING

Protein: 4.35g, Total Fat: 9.3g, Carbs: 15g,
Calories: 149kcal, Fiber: 3.09g, Sodium: 3.34mg,
Saturated Fat: 0.81g, Fruits: 0.58 servings,
Vegetables: 0 servings, Added Sugar: 0g,

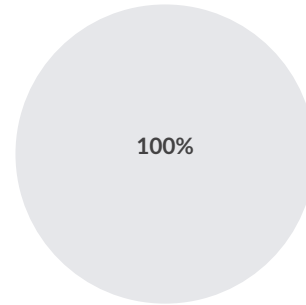
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DIRECTIONS

1. Wash, peel, and slice tangerine. Serve with sunflower seeds.

PORTIONS

How much should I eat?



Irritable Bowel Syndrome |

RECIPE

Salmon with Quinoa & Broccoli

By: Everyday EatLove

Servings: 1

4 ounces salmon
1/4 lemon sliced, juiced
1/4 cup quinoa
2 cups broccoli cut into florets
1 tablespoon olive oil, divided
1 dash salt
1 dash pepper

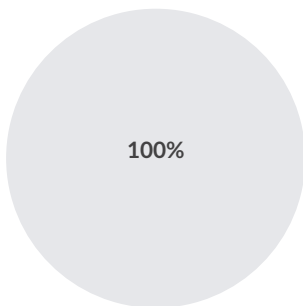
NUTRITION INFORMATION PER SERVING

Protein: 35g, Total Fat: 23g, Carbs: 40g,
Calories: 501kcal, Fiber: 8g, Sodium: 343mg,
Saturated Fat: 3.58g, Fruits: 0.25 servings,
Vegetables: 2 servings, Added Sugar: 0g,

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PORTIONS

How much should I eat?



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DIRECTIONS

Salmon

1. If you have a grill: Preheat grill for medium heat. Lightly oil grill grate. Season salmon fillets with lemon juice, oil, pepper, salt and pepper. Place salmon on the preheated grill. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.
2. If using an oven: Preheat oven to broil. Place foil on baking sheet or roasting pan. Drizzle oil and lemon juice over salmon and season with salt and pepper. Place the salmon in the roasting pan, skin-side down. Broil for 10-12 minutes or until fish flakes easily with a fork. Serve with sliced lemon, if desired.

Quinoa & Broccoli

1. Cook quinoa according to package directions.
2. Place approximately 1 inch of water in a saucepan with a steamer and bring to a boil. Add the broccoli florets and stems and cover. Steam for 4 to 5 minutes, until tender.
3. Season with salt and pepper. Serve.

RECIPE

Baby Kale with White Wine

Vinaigrette

By: Everyday EatLove

Servings: 1

2 cups baby kale
1 tablespoon white wine vinegar
1 tablespoon olive oil
1 dash dijon mustard
1 dash salt
1 dash freshly ground black pepper

NUTRITION INFORMATION PER SERVING

Protein: 1.41g, Total Fat: 14g, Carbs: 2.94g,
Calories: 138kcal, Fiber: 1.2g, Sodium: 176mg,
Saturated Fat: 1.9g, Fruits: 0 servings,
Vegetables: 1.14 servings, Added Sugar: 0.01g,

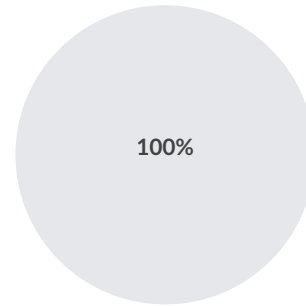
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DIRECTIONS

1. Wash kale.
2. To make dressing, whisk vinegar, oil, mustard, salt, and pepper in a small bowl.
3. Pour dressing over kale and serve.

PORTIONS

How much should I eat?



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RECIPE

Coconut Lime Oatmeal

By: Leanne Brown

Servings: 2

1 cup rolled oats
2 cups water
1/4 teaspoon salt
1/4 cup coconut, shredded
2 tablespoons sugar
1/2 lime juiced

NUTRITION INFORMATION PER SERVING

Protein: 7.5g, Total Fat: 8.3g, Carbs: 51g,
Calories: 300kcal, Fiber: 6.9g, Sodium: 304mg,
Saturated Fat: 4.87g, Fruits: 0.25 servings,
Vegetables: 0 servings, Added Sugar: 13g,

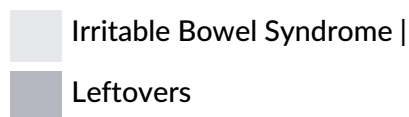
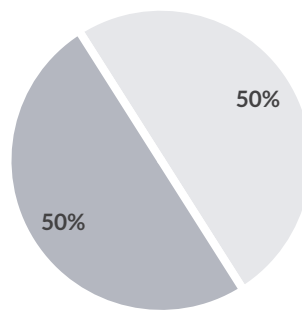
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DIRECTIONS

1. In a small pot, add the coconut and sugar to the oatmeal, water, and salt. Place it on medium-high heat, just until the water comes to a boil. Immediately turn the heat to low and place a lid on the pot. Cook for 5 minutes, until the oats are soft and tender and most of the water has cooked off. You can add more water if you like your oatmeal smooth and thin, or use slightly less if you want a thick oatmeal.
2. Turn off the heat and squeeze the juice of half a lime over the top.

PORTIONS

How much should I eat?



RECIPE

Orange

By: Everyday EatLove

Servings: 1

1 orange sliced

NUTRITION INFORMATION PER SERVING

Protein: 2.07g, Total Fat: 0.48g, Carbs: 25g,
Calories: 100kcal, Fiber: 7.2g, Sodium: 3.18mg,
Saturated Fat: 0.06g, Fruits: 1 servings,
Vegetables: 0 servings, Added Sugar: 0g,

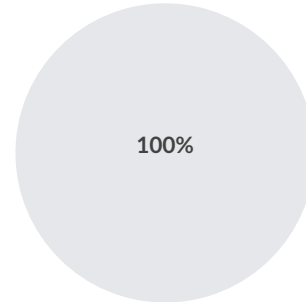
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DIRECTIONS

1. Wash and slice orange. Serve.

PORTIONS

How much should I eat?



 Irritable Bowel Syndrome |

RECIPE

Kiwi & Sunflower

By: Everyday EatLove

Servings: 1

1 kiwi peeled, sliced
2 tablespoons sunflower seeds

NUTRITION INFORMATION PER SERVING

Protein: 4.42g, Total Fat: 9.4g, Carbs: 14g,
Calories: 144kcal, Fiber: 3.58g, Sodium: 3.65mg,
Saturated Fat: 0.8g, Fruits: 0.5 servings,
Vegetables: 0 servings, Added Sugar: 0g,

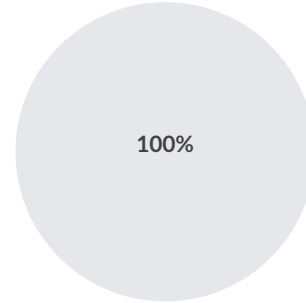
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DIRECTIONS

1. Wash, peel and slice kiwi. Serve with sunflower seeds.

PORTIONS

How much should I eat?



 Irritable Bowel Syndrome |

RECIPE

Chocolate Peanut Butter Bliss Balls

By: Everyday EatLove

Servings: 4

1/2 cup rolled oats
1/4 cup peanut butter
1/4 cup shredded coconut
1 tablespoon maple syrup
2 tablespoons semi-sweet chocolate chips

NUTRITION INFORMATION PER SERVING

Protein: 5.8g, Total Fat: 13g, Carbs: 20g,
Calories: 209kcal, Fiber: 3.04g, Sodium: 72mg,
Saturated Fat: 4.89g, Fruits: 0 servings,
Vegetables: 0 servings, Added Sugar: 5.9g,

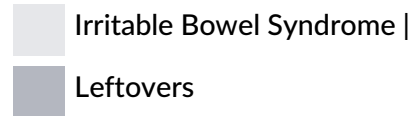
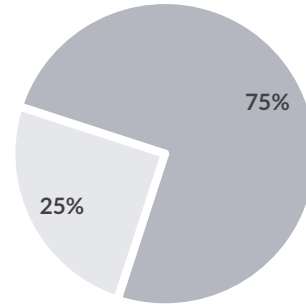
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DIRECTIONS

1. Mix all ingredients in a bowl until well combined.
2. Roll into balls, about 2 tablespoons each.
3. Each serving is 2 bliss balls.

PORTIONS

How much should I eat?



RECIPE

Thai Tofu Peanut Noodles

By: Everyday EatLove

Servings: 1

Noodles

2 ozs rice noodles

1 teaspoon olive oil

4 ounces extra firm tofu drained

1 tablespoon peanuts roasted

Sauce

1 teaspoon rice vinegar

1 teaspoon peanut oil

1 teaspoon reduced sodium soy sauce

1 teaspoon honey

Serve with

2 cups spinach steamed

NUTRITION INFORMATION PER SERVING

Protein: 19g, Total Fat: 21g, Carbs: 55g,
Calories: 472kcal, Fiber: 3.47g, Sodium: 302mg,
Saturated Fat: 2.83g, Fruits: 0 servings,
Vegetables: 1 servings, Added Sugar: 2.87g,

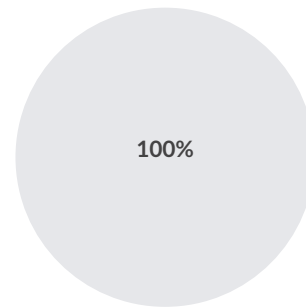
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DIRECTIONS

1. Prepare rice noodles as directed on the package.
2. Steam spinach on the stove for 2 minutes, until wilted.
3. Drain and press extra firm tofu with paper towels to dry. Cut into cubes
4. In a small bowl, mix together sauce ingredients.
5. Toss rice noodles, tofu, and sauce together. Top with roasted peanuts.
6. Serve with steamed spinach.

PORTIONS

How much should I eat?



 Irritable Bowel Syndrome |

RECIPE

Butter Lettuce with White Wine

Vinaigrette

By: Everyday EatLove

Servings: 1

3 cups butter lettuce chopped
1 tablespoon white wine vinegar
1 tablespoon olive oil
1 dash dijon mustard
1 dash salt
1 dash freshly ground black pepper

NUTRITION INFORMATION PER SERVING

Protein: 1.51g, Total Fat: 14g, Carbs: 3.24g,
Calories: 139kcal, Fiber: 1.45g, Sodium: 194mg,
Saturated Fat: 1.89g, Fruits: 0 servings,
Vegetables: 1.5 servings, Added Sugar: 0.01g,

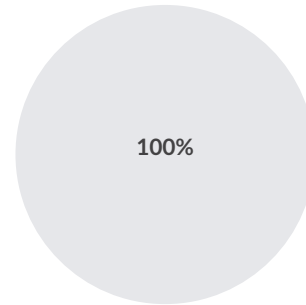
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DIRECTIONS

1. Wash and chop butter lettuce.
2. To make dressing, whisk vinegar, oil, mustard, salt, and pepper in a small bowl.
3. Pour dressing on butter lettuce and serve.

PORTIONS

How much should I eat?



 Irritable Bowel Syndrome |

RECIPE

Strawberry Sunbutter Gluten-Free

Toast with Lactaid Milk

By: Everyday EatLove

Servings: 1

2 slices gluten-free bread toasted

2 tablespoons sunbutter

1/2 cup strawberries sliced

1 cup lactaid milk

NUTRITION INFORMATION PER SERVING

Protein: 18g, Total Fat: 25g, Carbs: 51g,
Calories: 487kcal, Fiber: 5.8g, Sodium: 486mg,
Saturated Fat: 3.13g, Fruits: 0.5 servings,
Vegetables: 0 servings, Added Sugar: 0g,

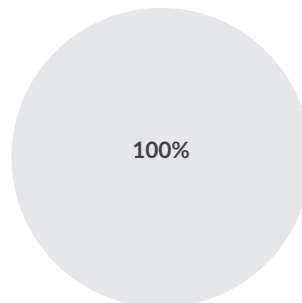
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DIRECTIONS

1. Toast the bread.
2. Spread sunbutter on the toast. Top with sliced strawberries and serve with lactaid milk.

PORTIONS

How much should I eat?



 Irritable Bowel Syndrome |

RECIPE

Strawberries & Nuts

By: Everyday EatLove

Servings: 1

1/2 cup whole strawberries

1 oz mixed nuts

NUTRITION INFORMATION PER SERVING

Protein: 6g, Total Fat: 15g, Carbs: 12g,
Calories: 196kcal, Fiber: 3.33g, Sodium: 1.89mg,
Saturated Fat: 2.28g, Fruits: 0.5 servings,
Vegetables: 0 servings, Added Sugar: 0g,

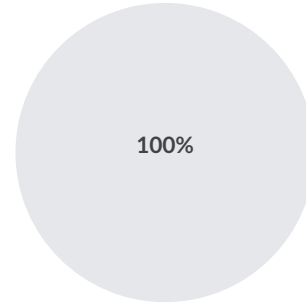
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DIRECTIONS

1. Wash and slice strawberries.
2. Serve with mixed nuts.

PORTIONS

How much should I eat?



 Irritable Bowel Syndrome |

RECIPE

Pineapple and Mint Salad

By: Everyday EatLove

Servings: 4

4 1/2 cups pineapple chopped

3 tablespoons mint

1 tablespoon lemon zest

1 tablespoon lemon juiced

1 tablespoon ginger grated

NUTRITION INFORMATION PER SERVING

Protein: 1.11g, Total Fat: 0.25g, Carbs: 25g,
Calories: 96kcal, Fiber: 2.81g, Sodium: 2.48mg,
Saturated Fat: 0.02g, Fruits: 1.55 servings,
Vegetables: 0.02 servings, Added Sugar: 0g,

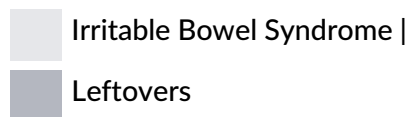
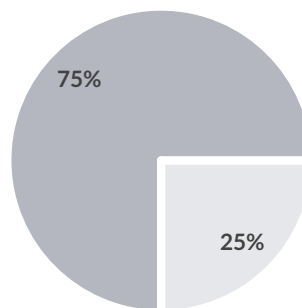
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DIRECTIONS

1. Cut the pineapple into small chunks.
2. Add the mint, ginger, lemon zest and juice to the pineapple.
3. Keep any leftovers in the refrigerators for up to 3 days.

PORTIONS

How much should I eat?



RECIPE

Turkey Penne Bolognese

By: Everyday EatLove

Servings: 1

1/4 pound ground turkey
1/2 tablespoon olive oil, divided
1 dash salt
1 dash pepper
1/2 carrot peeled and diced
1/2 cup zucchini sliced
1 green onion (green parts only) sliced
1 tomato chopped
1/2 tablespoon tomato paste
1/8 teaspoon sugar
1/2 tablespoon Italian seasoning
2 ounces gluten free penne
1 tablespoon mozzarella

NUTRITION INFORMATION PER SERVING

Protein: 31g, Total Fat: 18g, Carbs: 59g,
Calories: 511kcal, Fiber: 11g, Sodium: 358mg,
Saturated Fat: 4.16g, Fruits: 0 servings,
Vegetables: 1.65 servings, Added Sugar: 0.52g,

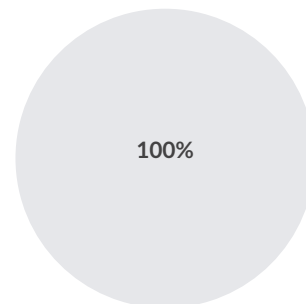
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DIRECTIONS

1. Heat a medium sized pan on medium-high heat. Add 1/2 of olive oil.
2. Sauté ground turkey, breaking it apart with a spatula or spoon. Season with salt and pepper. Turkey is cooked thoroughly when it turns completely white with no pink color, about 8-10 minutes.
3. Drain excess fat from the pan by pouring it off or blotting it in the pan with paper towels. Remove turkey from pan and set aside. Wipe the pan clean.
4. Return pan to medium heat and add remaining olive oil. Add carrots, zucchini, green onion tops and cook for 5-7 minutes, then add cherry tomatoes and tomato paste. Reduce heat, add sugar and seasonings and let simmer for another 10 minutes.
5. While the sauce is simmering, bring a separate pot of water to a boil. Cook pasta according to instructions on the box. Drain water and divide evenly on a plate.
6. Stir sauce and ladle on top of pasta. Serve with mozzarella on top.

PORTIONS

How much should I eat?



Irritable Bowel Syndrome |