

- ✂ 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, and cutting them all out is unnecessary and restrictive.

## Low FODMAP Meal plan

**Breakfast:** 2 slice spelt toast, margarine, vegemite

**MT:** Banana, skinny latte

**Lunch:** Tuna salad with brown rice and baby spinach – see recipe in recipe collection

**AT:** Carman's fruit free muesli bar

**Dinner:** Grilled salmon or steak with baked sweet potato and carrots and steamed snow peas and broccoli

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

*\*note, this person can tolerate lactose and sorbitol*



*“changing the way you eat”*