



Fruits

- 1 Banana
- 1/2 Lime
- 2 cups Strawberries

Breakfast

- 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- 3/4 cup Chia Seeds
- 1 tbsp Dried Basil
- 1 tbsp Hemp Seeds
- 1 tbsp Oregano
- 0 Sea Salt & Black Pepper

Frozen

- 3 cups Frozen Edamame
- 1/2 cup Frozen Strawberries

Vegetables

- 3 cups Baby Spinach
- 1 Carrot
- 1 cup Cherry Tomatoes
- 2 cups Purple Cabbage
- 1 Red Bell Pepper

Boxed & Canned

- 4 ozs Brown Rice Vermicelli Noodles
- 1/2 cup Corn

Baking

- 1/4 cup Cocoa Powder
- 1/4 cup Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 14 ozs Tofu

Condiments & Oils

- 1 tbsp Avocado Oil
- 2 tbsps Tahini

Cold

- 10 ozs Potato Gnocchi
- 1 cup Soy Milk
- 3 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

Other

- 1 cup Chocolate Protein Powder



Greek Sheet Pan Gnocchi LOW FODMAP

3 servings
35 minutes

Ingredients

- 1 tbsp Dried Basil
- 1 tbsp Oregano
- 1 tbsp Avocado Oil
- 14 ozs Tofu (pressed and cubed)
- 1 cup Frozen Edamame
- 10 ozs Potato Gnocchi (boiled)
- 1 Red Bell Pepper (sliced)
- 1 cup Cherry Tomatoes

Nutrition

Amount per serving	
Calories	385
Fat	15g
Carbs	42g
Fiber	7g
Sugar	9g
Protein	25g
Cholesterol	6mg
Sodium	486mg
Vitamin A	1832IU
Vitamin C	75mg
Calcium	466mg
Iron	6mg

Directions

- 1 Preheat the oven to 400°F.
- 2 On a large baking sheet, spread the tofu, edamame, tomatoes and bell pepper. Drizzle the seasonings over top, along with the avocado oil and use your hands to toss the ingredients well until everything is well coated in the seasoning.
- 3 Bake for 35-40 minutes, stopping to stir halfway through, until everything is cooked and golden brown in some places. Remove from the oven. Serve hot alone or with tzatziki or fresh herbs.



Blended Chocolate Strawberry Protein Chia Pudding

4 servings
35 minutes

Ingredients

3 cups Unsweetened Almond Milk
1 cup Unsweetened Coconut Yogurt
1 cup Chocolate Protein Powder
3/4 cup Chia Seeds
1/2 cup Maple Syrup
1/4 cup Cocoa Powder
2 cups Strawberries (sliced)
1/4 cup Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Calories	475
Fat	19g
Carbs	57g
Fiber	18g
Sugar	28g
Protein	28g
Cholesterol	4mg
Sodium	184mg
Vitamin A	383IU
Vitamin C	42mg
Calcium	866mg
Iron	5mg

Directions

- 1 In a blender, combine the milk, yogurt, protein powder, chia seeds, maple syrup, and cocoa powder. Blend on high until combined and relatively smooth.
- 2 Pour into a container and place in the fridge for 30 minutes to thicken.
- 3 When ready to serve, top with strawberries and coconut flakes and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to approximately 1 3/4 cups, including strawberries.

Additional Toppings: Cacao nibs, sliced banana, and/or chopped nuts.



Cold Noodles with Crunchy Tahini Corn Slaw Salad Jars LOW FODMAP

2 servings
20 minutes

Ingredients

4 ozs Brown Rice Vermicelli Noodles (dry)
2 tbsps Tahini
1 1/2 tsps Maple Syrup
1/2 Lime (medium, juiced)
Sea Salt & Black Pepper (to taste)
2 cups Purple Cabbage (thinly sliced)
1 Carrot (medium, julienned)
1/2 cup Corn (cooked)
2 cups Baby Spinach
2 cups Frozen Edamame

Nutrition

Amount per serving	
Calories	592
Fat	18g
Carbs	88g
Fiber	16g
Sugar	13g
Protein	30g
Cholesterol	0mg
Sodium	99mg
Vitamin A	9477IU
Vitamin C	76mg
Calcium	249mg
Iron	7mg

Directions

- 1 Cook the noodles according to the package directions. Drain, rinse under cold water, and set aside.
- 2 In a large bowl, whisk together the tahini, maple syrup, lime juice, salt, and pepper. Add a splash of water to thin the sauce if needed.
- 3 Create the salad jars by layering the dressing first, followed by the noodles, noodles first, cabbage, carrot, corn, edamame and spinach. Shake when ready to eat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup of noodles and one heaping cup of slaw.

More Protein: Add cooked protein of choice.

Additional Toppings: Top with sesame seeds and green onion.

More Flavor: Toss both the noodles and slaw in the dressing. Add additional dressing as needed.



Strawberry Green Smoothie Cubes LOW FODMAP

1 serving
10 minutes

Ingredients

- 1 cup Soy Milk
- 1/2 cup Frozen Strawberries
- 1 cup Baby Spinach
- 1 tbsp Hemp Seeds
- 1 tbsp Chia Seeds (optional)
- 1 Banana

Nutrition

Amount per serving	
Calories	367
Fat	13g
Carbs	56g
Fiber	11g
Sugar	29g
Protein	14g
Cholesterol	0mg
Sodium	144mg
Vitamin A	2939IU
Vitamin C	64mg
Calcium	437mg
Iron	5mg

Directions

- 1 Freeze ingredients (except the liquid) in meal prep cubes. Start with the banana, then the berries, followed by the seeds then the spinach. Freeze for at least 8 hours.
- 2 When ready to consume, add to a blender with soy milk and blend. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately 1 3/4 cups.

More Flavor: For a sweeter smoothie, add half a banana, maple syrup, or a pitted date before blending.

More Protein: Add a scoop of protein powder, peanut butter, and/or additional hemp seeds.