



Low FODMAP Mediterranean Delights

Welcome to Low FODMAP Mediterranean Delights, a digital recipe book curated for those seeking flavorful, gut-friendly meals. This collection features 10315 unique recipes inspired by Mediterranean cuisine, designed to manage IBS symptoms through a Low FODMAP diet. You'll discover a fusion of health benefits from both worlds, combining wholesome ingredients with vibrant flavors for meals that nourish and satisfy.

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FREE
Diet
Guides



Introduction: What Is the Low FODMAP Mediterranean Diet?

Low FODMAP Diet

A dietary approach that restricts specific fermentable carbs to alleviate IBS symptoms and boost digestive health.

Mediterranean Cuisine

Renowned for its use of olive oil, fresh vegetables, fish, whole grains, and nuts- offering heart-healthy and antioxidant-rich foods.

Combining Diets

Enjoy diverse, satisfying meals rich in plant-based ingredients while avoiding high-FODMAP triggers like onion and garlic.

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Greek Omelet with Spinach & Feta (Breakfast)

Ingredients

3 eggs Lactose-free feta
cheese- lactose free
Baby spinach
Cherry tomatoes Chives
Olive oil

Instructions

1. Heat olive oil and sauté spinach and tomatoes until tender.
2. Whisk eggs with chopped chives and pour over the veggies.
3. Sprinkle feta cheese on top and cook until eggs set.
4. Fold and serve warm.



Quinoa Tabouli Salad (Lunch)

Ingredients

Cooked quinoa
Cucumber Cherry
tomatoes Fresh
parsley and mint
Chives
Lemon juice and
olive oil

Instructions

Combine all ingredients in a large bowl.
Dress with olive oil and lemon juice. Mix
well and refrigerate for 30 minutes
before serving for flavors to meld.

Mediterranean Chickpea & Tuna Bowl (Lunch)

Ingredients

1/4 cup canned chickpeas, rinsed

Canned tuna

Bell pepper

Cucumbers

Olives

Baby spinach

Lemon juice

Olive oil

Instructions

Combine chickpeas, tuna, chopped bell pepper, cucumbers, olives, and spinach in a large bowl.

Drizzle with olive oil and lemon juice.

Toss gently and serve immediately or chilled.

Eggplant & Zucchini Bake (Dinner)

Ingredients

Sliced eggplant Sliced
zucchini Fresh tomatoes
Firm tofu Garlic-infused
olive oil Oregano and basil

Instructions

Layer sliced eggplant,
zucchini, tomatoes, and
tofu in a baking dish.
Drizzle with garlic-
infused olive oil and
sprinkle oregano and
basil.

Bake

Bake at 375°F (190°C) for
35 minutes until
vegetables are soft and
golden. Serve warm.



Chicken Souvlaki with Lemon Rice (Dinner)

1

Ingredients

Chicken breast

Garlic-infused

olive oil Lemon

juice Oregano

Brown rice

Parsley

2

Preparation

Marinate chicken in garlic-infused olive oil, lemon juice, and oregano for at least 1 hour.

3

Cooking

Grill marinated chicken until cooked thoroughly. Cook brown rice and toss with fresh parsley and lemon zest.

4

Serve

Place grilled souvlaki on a plate alongside fragrant lemon- parsley rice. Enjoy a balanced Mediterranean dinner.

Conclusion & Tips for Eating Mediterranean Low FODMAP

Focus on Quality Fats

Use olive oil and infusions, like garlic oil, for flavor, without FODMAPs.

Herbs and Fresh Ingredients

Incorporate fresh herbs like parsley, oregano, and mint to enhance taste naturally.

Balanced Meals

Aim for variety including grains, proteins, and veggies 4 about 3 food groups per meal.

Enjoy Every Bite

Adapted Mediterranean dishes bring richness to your table while managing IBS effectively.



Expand Your Culinary Journey

Explore New Recipes

Try more Low FODMAP

Mediterranean dishes to discover flavors that soothe and satisfy.

Plan Balanced Meals

Combine proteins, whole grains, and veggies to maximize nutrition and digestive comfort.

Consult

Professionals

Work with dietitians to optimize your plan and ensure you³/₄re meeting all your dietary needs.

Enjoy the Lifestyle

Relish the vibrant tastes and health benefits of a Low FODMAP Mediterranean diet every day.

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