

LOW FODMAP

Over 100 Low FODMAP recipes for breakfast, lunch, dinner, desserts and snaks

+

Online Low FODMAP Web App



Includes Complimentary Access to Our Online Low FODMAP Diet Calculator, which allows you to instantly analyze your ingredients and recipes and suggests the best low FODMAP alternatives to help you create a gut-friendly meal.



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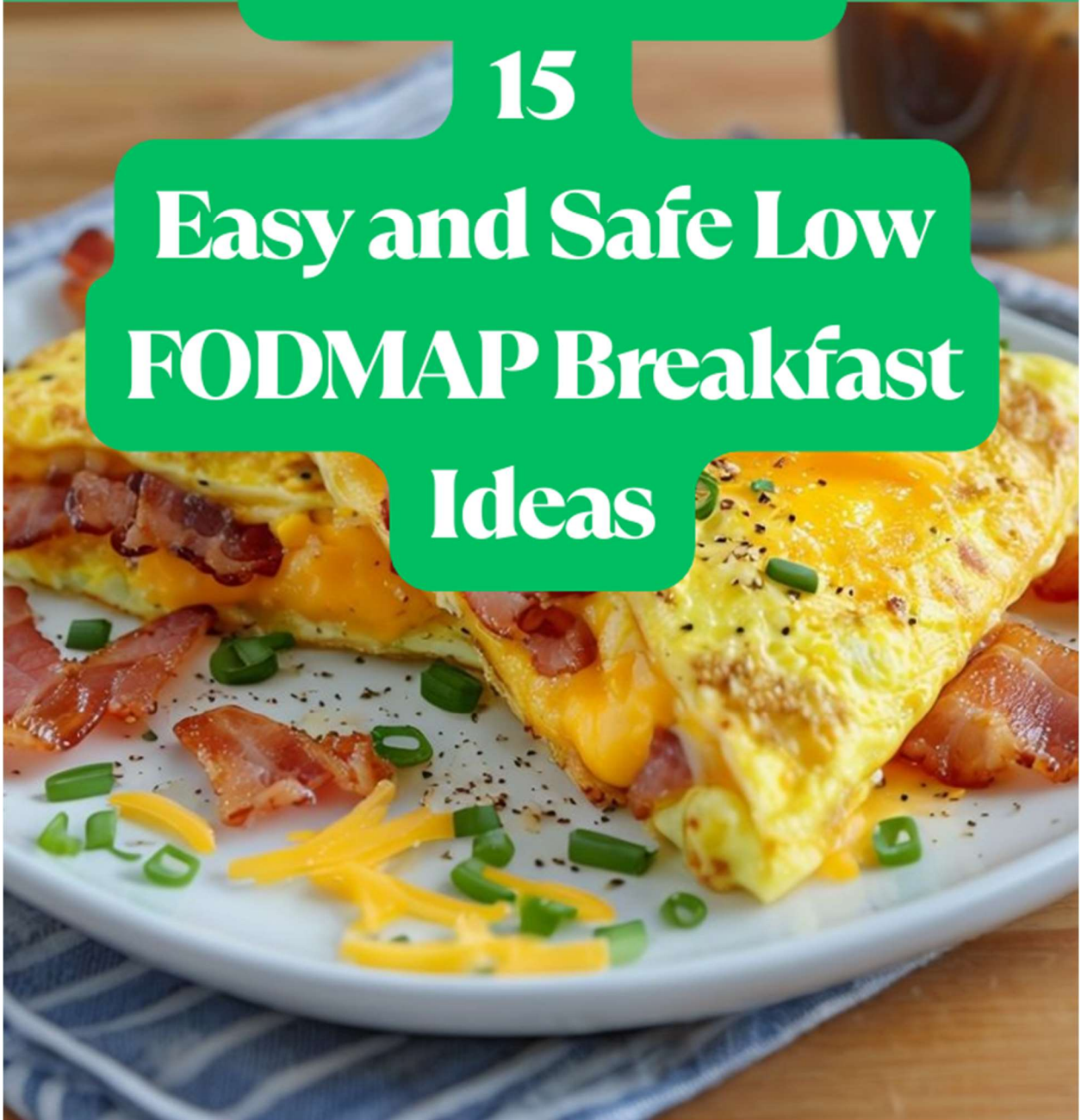
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Breakfast

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Easy and Safe Low FODMAP Breakfast Ideas





BREAKFAST

PIZZA WAFFLES

Ingredients:

- 4 large Eggs
- 4 tbsp. Parmesan Cheese
- 3 tbsp. Coconut Flour
- 1 tbsp. Ground Chia Seeds (or flaxseed)
- 1 tbsp. Grease or Butter or Gee
- 1 tsp. Baking Powder
- 1 tsp. Italian Seasoning (**check for no garlic/onion**)
- Salt and Pepper to Taste
- ½ cup Low-FODMAP Tomato Sauce (FODY brand or homemade with canned tomatoes + herbs)
- 3 oz. Cheddar Cheese
- 14 slices Low-FODMAP Pepperoni (or omit; **choose garlic/onion-free brands**)

Instructions**1. Prepare the Batter:**

- In a bowl, combine eggs, Parmesan cheese, coconut flour, chia seeds (or flaxseed), grease (or butter), baking powder, Italian seasoning, salt, and pepper.
- Note: Coconut flour absorbs more liquid, so if the batter is too thick, add 1-2 tbsp water or an extra egg to loosen it.
- Use an immersion blender to blend for 30-45 seconds until smooth and slightly thickened. Let sit 2-3 minutes to allow the chia/flax to bind.

2. Cook the Waffles:

- Preheat your waffle iron and lightly grease if needed.
- Pour half the batter into the iron and cook until steam reduces and the waffle is golden and firm (timing depends on your waffle iron).
- Repeat with the remaining batter.

3. Add Toppings & Broil:

- Preheat your oven broiler (high heat).
- Spread ¼ cup low-FODMAP tomato sauce on each waffle, then top with 1.5 oz cheddar cheese.
- Optional: Add garlic-free pepperoni (or omit).
- Broil for 3-5 minutes until cheese is melted and bubbly. Watch closely to avoid burning!

4. Serve Immediately:

- Enjoy your crispy, cheesy waffle pizzas while hot!

This makes a total of 2 [Breakfast Pizza Waffles](#).

Each pizza waffle comes out to be **526 Calories, 41.5g Fats, 5g Net Carbs, and 29g Protein.**



BREAKFAST

JALAPENO CHEDDAR WAFFLES

Ingredient List:

- 3 oz. Cream Cheese (or lactose-free version)
- 3 large Eggs
- 1 tbsp. Coconut Flour (**low-FODMAP in this amount**)
- 1 tsp. Psyllium Husk Powder (**safe in small doses**) (or 1/2 tsp xanthan gum if preferred)
- 1 tsp. Baking Powder
- 1 oz. Cheddar Cheese, shredded (**low lactose, hard cheese is safe**).
- 1 small Jalapeño, finely diced (seeds removed)
- Salt & Pepper to Taste

Instructions:**1. Blend the Base Batter**

- In a mixing bowl, combine cream cheese, eggs, coconut flour, psyllium husk, baking powder, salt, and pepper.
- Use an immersion blender to mix until smooth and thick (~30 sec).

2. Fold in Cheese & Jalapeño

- Add shredded cheddar and diced jalapeño.
- Pulse briefly with the blender (or stir by hand) to distribute evenly.

3. Cook the Waffles

- Preheat waffle iron and lightly grease if needed.
- Pour half the batter onto the iron and close.
- Cook for 5-6 minutes until golden and crisp (no steam escaping = done!).
- Repeat with remaining batter.

4. Serve & Customize

- Top with:
 - Extra shredded cheese
 - Sour cream (lactose-free if needed)
 - Sliced avocado (low-FODMAP in 30g servings)
 - Fresh cilantro (optional)

Pro Tips:

- For fluffier waffles, let the batter rest 2-3 minutes before cooking.
- No waffle iron? Make pancakes instead (cook 2-3 min per side).

Enjoy your spicy, cheesy, low-FODMAP waffles!

This makes a total of 2 **Jalapeno Cheddar Waffles**.

Each waffle comes out to be **338 Calories, 28g Fats, 3g Net Carbs, and 16g Protein**.



BREAKFAST

PUMPKIN SPICE LATTE

Ingredients List:

- 2 cups fresh brewed coffee (regular or decaf)
- 1 cup canned coconut milk (full-fat, **not carton** – cartons often contain high-FODMAP additives)
- ¼ cup pumpkin purée (**100% pure, no added sweeteners**)
- 2 tsp pumpkin pie spice blend (see recipe below)
- ½ tsp cinnamon (**low-FODMAP in this amount**)
- 1 tsp vanilla extract (**pure, no HFCS or alcohol-based**)
- 2 tbsp heavy whipping cream (**lactose-free if sensitive, or sub coconut cream**)
- 2 tbsp butter (or coconut oil for dairy-free)
- 3 tps white sugar

Tools Needed:

- Medium saucepan, Immersion blender (or regular blender), Keurig/coffee maker

Step-by-Step Instructions:**1. Heat Pumpkin Base**

- In a pot over medium-low heat, combine: ¼ cup pumpkin purée, 2 tbsp butter (or coconut oil), 1 cup canned coconut milk (full-fat, no additives), 2 tsp pumpkin pie spice + ½ tsp cinnamon.
- Stir gently until butter melts and mixture begins to simmer lightly (~3-4 minutes).

2. Brew Coffee

- While heating the pumpkin mix, brew 2 cups strong coffee (Keurig or preferred method).

3. Combine & Blend

- Pour hot coffee into the pumpkin mixture. Stir well.
 - Add: 3 tbsp white sugar (adjust to taste), 2 tbsp heavy whipping cream (or coconut cream)
- Blend with immersion blender until frothy (~30 seconds).

4. Serve & Garnish

- Pour into mugs. Top with: Extra whipped cream (lactose-free if needed), A pinch of pumpkin spice or cinnamon.

5. Enjoy!

- Sip immediately. Store leftovers in the fridge for 1 day (reheat gently).

This creates 3 servings of **Pumpkin Spice Latte**.

Each serving comes out to be **150 Calories, 13g Fats, 2.1g Net Carbs, and 0.4g Protein**.

Lunch

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Low FODMAP Lunches That Taste Incredible





LUNCH

NASI LEMAK

Ingredients:**Fried Chicken**

- 2 boneless chicken thighs
- ½ tsp curry powder (no onion/garlic)
- ¼ tsp turmeric powder
- ½ tsp lime juice
- ½ tsp salt
- ½ tsp coconut oil

Nasi Lemak

- 3 tbsp canned coconut milk
- 3 slices ginger
- 1 tsp chives or green onion tops (instead of shallot)
- ¼ tsp salt
- 7 oz riced cauliflower
- 4 slices cucumber

Fried Egg

- 1 large egg
- ½ tbsp lactose-free butter or garlic-infused oil

1. Prep the Cauliflower Rice

- Rice 7 oz cauliflower (grate or pulse in a food processor).
- Wrap in a clean towel and squeeze out excess water—this prevents soggy rice!

2. Marinate the Chicken

- In a bowl, mix: 2 boneless chicken thighs. ½ tsp curry powder (check for no onion/garlic). ¼ tsp turmeric powder. ½ tsp lime juice. ½ tsp salt
- Let sit for 15+ minutes (or up to overnight for deeper flavor).

3. Cook the Chicken

- Heat ½ tsp coconut oil in a pan over medium heat. Fry chicken thighs for 5-6 minutes per side, until golden and cooked through.

4. Make Low FODMAP "Nasi" Rice

- In a saucepan, combine: 3 tbsp canned coconut milk. 3 slices ginger. 1 tsp chives (or green onion tops). ¼ tsp salt
- Simmer for 1 minute until fragrant.
- Stir in riced cauliflower and cook for 2-3 minutes, tossing to coat.

5. Fry the Egg

- Melt ½ tbsp lactose-free butter (or garlic-infused oil) in a pan. Fry 1 egg sunny-side up or to your preference.

6. Assemble & Serve

- Plate cauliflower rice, 1 chicken thigh, and 2 cucumber slices. Top with the fried egg.
- Use a low FODMAP chili paste if needed.

This makes a total two servings of **Nasi Lemak**.

Each serving comes out to be **501.7 Calories, 39.9g Fats, 6.9g Net Carbs and 28.1g Protein**.



LUNCH

BUFFALO CHICKEN SOUP

Ingredients:

- 3 medium chicken thighs, deboned & sliced (~1.2 lbs)
- 1 tsp chives (dried) or asafoetida powder
- 1 tsp garlic-infused oil
- ½ tsp celery seed
- ¼ cup lactose-free butter or garlic-infused olive oil
- ⅓–½ cup Frank's RedHot (original)
- 3 cups garlic/onion-free beef broth
- 1 cup lactose-free heavy cream
- 2 oz lactose-free cream cheese
- ¼ tsp xanthan gum
- Salt & pepper to taste

1. Prep the Chicken

- Debone 3 chicken thighs (kitchen shears work best).
- Slice into 1-inch chunks and add to the slow cooker.

2. Add Base Ingredients

- To the slow cooker, add: 1 tsp chives (dried) or asafoetida powder. 1 tsp garlic-infused oil. ½ tsp celery seed. ¼ cup lactose-free butter (or garlic-infused olive oil). ⅓–½ cup Frank's RedHot sauce. 3 cups garlic-free beef broth. Do not add cream, cream cheese, or xanthan gum yet!

3. Slow Cook

- Cover and cook on: Low for 6 hours (best for tender chicken). OR High for 3 hours (quicker method).

4. Shred the Chicken

- Remove cooked chicken and shred with two forks. Set aside.

5. Blend the Soup Base

- To the slow cooker, add: 1 cup lactose-free heavy cream. 2 oz lactose-free cream cheese. ¼ tsp xanthan gum (thickener). Use an immersion blender to fully emulsify the liquid (prevents separation).

6. Combine & Season

- Return shredded chicken to the slow cooker. Stir well and taste. Adjust with: Extra salt & pepper. More hot sauce if desired.

7. Serve & Enjoy!

- Ladle into bowls.
- Optional toppings: Chopped green onion tops (green part only), Extra shredded cheddar (lactose-free if needed).

This makes 5 total servings of [Buffalo Chicken Soup](#).

Each serving comes out to be **523 Calories, 44.2g Fats, 3.4g Net Carbs, and 20.8g Protein.**



LUNCH

GRILLED CHEESE SANDWICH

Ingredient:**Bun Ingredients:**

- 2 large eggs
- 2 tbsp almond flour
- 1½ tsp psyllium husk powder
- ½ tsp gluten-free baking powder
- 2 tbsp lactose-free butter, softened

Fillings & Extras:

- 2 oz cheddar cheese (or white cheddar)
- 1 tbsp lactose-free butter or garlic-infused oil (for frying)

1. Prep the Dough

- Soften 2 tbsp lactose-free butter in a microwave-safe mug (10-15 sec).
 - Mix in: 2 tbsp almond flour, 1½ tsp psyllium husk powder, ½ tsp gluten-free baking powder.
 - Stir until a thick, crumbly dough forms.

2. Add Eggs & Mix

- Crack in 2 large eggs; whisk vigorously with a fork. Keep mixing for 60 seconds—dough will thicken as psyllium absorbs moisture.

3. Shape & Microwave

- Pour dough into a greased square container (or small bowl). Smooth the top with a spatula. Microwave for 90-100 seconds until firm (check center with a toothpick).

4. Assemble Buns

- Flip container to release the bun. Slice horizontally into two halves.
- Layer 2 oz cheddar cheese between the halves.

5. Pan-Fry to Crispy Perfection

- Heat 1 tbsp lactose-free butter (or garlic-infused oil) in a pan over medium heat. Add assembled bun; cook for 2-3 minutes per side until:
 - Cheese melts
 - Outside turns golden and crisp.

6. Serve & Enjoy!

- Pair with a low FODMAP side salad (e.g., spinach + olive oil).
- Optional: Sprinkle with chives (green parts only) for extra flavor.

This will make 1 [Grilled Cheese Sandwich](#).

For the sandwich, it comes out to **793 Calories, 70g Fats, 4.7g Net Carbs, and 29g Protein.**

Low FODMAP Food & Symptom Diary

Name: Date: / / Day of the Week:

Breakfast

Time:.....

What I Ate:.....Portion Size:..... Ingredients (list specifics):.....

Symptoms (if any):

- ☐ Bloating ☐ Gas ☐ Cramping ☐ Diarrhea ☐ Constipation
☐ Fatigue ☐ Brain Fog ☐ Headache ☐ Other:.....

Symptom Notes (onset, severity, duration):.....

Lunch

Time:.....

What I Ate:.....Portion Size:..... Ingredients (list specifics):.....

Symptoms (if any):

- ☐ Bloating ☐ Gas ☐ Cramping ☐ Diarrhea ☐ Constipation
☐ Fatigue ☐ Brain Fog ☐ Headache ☐ Other:.....

Symptom Notes (onset, severity, duration):.....

Dinner

Time:.....

What I Ate:.....Portion Size:..... Ingredients (list specifics):.....

Symptoms (if any):

- ☐ Bloating ☐ Gas ☐ Cramping ☐ Diarrhea ☐ Constipation
☐ Fatigue ☐ Brain Fog ☐ Headache ☐ Other:.....

Symptom Notes (onset, severity, duration):.....

Snacks & Drinks

What I Ate or Drank:

Ingredients (list specifics):

Symptoms (if any):

- ☐ Bloating ☐ Gas ☐ Cramping ☐ Diarrhea ☐ Constipation
☐ Fatigue ☐ Brain Fog ☐ Headache ☐ Other:

Daily Notes

Sleep quality:

Stress level: Low / Medium / High

Exercise today? Yes / No - Type:

Overall digestive comfort (1-10):

Additional observations:.....

Low FODMAP Food Calculator

Identify high FODMAP foods, find alternatives, and discover replacement recipes

Search by Food Name

Browse by Category

Recipe Modifier

Filter by FODMAP level:

All Levels

Garlic

×

Search

Search Results:

Garlic

Vegetable • Serving: 1 clove (3g)

High FODMAP

Garlic Chives

Vegetable • Serving: 1 tbsp (3g)

Low FODMAP

Garlic

High FODMAP

Category: Vegetable
Serving Size: 1 clove (3g)
FODMAP Type: Fructans

Notes:
High in fructans. Use garlic-infused oil for low-FODMAP flavor.

Low FODMAP Web Application@ www.lowfodmaphelper.com