

# Low FODMAP 4 Day Meal Plan

This meal plan is based on the version of the low FODMAP diet written and provided by Nutrition UPRISING. It's similar to most plans, however dairy (except butter) and other high FODMAP foods are omitted until the reintroduction phase. This heals the gut faster!

*Make sure to measure & count portions per the FODMAP plan, reflected in suggestions below (not all foods need counting)*

Day 1	Day 2	Day 3	Day 4
<b>Breakfast</b> 1-2 Gluten free waffles with grass fed butter and maple syrup. Organic sausage.	<b>Breakfast</b> Omelette with ham and green peppers. 1/2 cup hashbrowns.	<b>Breakfast</b> 6 oz Coconut milk yogurt with 6 chopped almonds,, 3 strawberries and 1/4 banana.	<b>Breakfast</b> <b>Smoothie:</b> 1 scoop grass-fed collagen, 1 cup frozen fruit, 6 oz almond milk, 1 tbs coconut oil.
<b>Lunch</b> Canned tuna + mayo, eat with 10 rice crackers. romaine lettuce with balsamic vinagarete.	<b>Lunch</b> Chicken and mayo salad with 7 grapes and 4 walnut halves in lettuce wraps or gluten free wraps.	<b>Lunch</b> Greek salad with chicken, cucumbers, Kalamata olives, tomatoes, 1 tbs pine nuts, dressing.	<b>Lunch</b> Egg salad on 1-2 slices gluten free bread, baby carrots dipped in Primal Kitchen ranch.
<b>Dinner</b> Grass fed steak, 1/2 cup mashed sweet potato, green bean salad with olive oil and vinegar.	<b>Dinner</b> Salmon with lemon, dill and grass fed butter. 3 small roasted red peppers and eggplant in avocado oil.	<b>Dinner</b> Pork tenderloin with grilled zucchini and 1/3 cup cooked rice.	<b>Dinner</b> <b>Tacos:</b> ground meat, tomatoes, olives, dairy-free cheese, lettuce in corn or gluten free soft/hard shells.
<b>Snack</b> Olives stuffed with dried tomatoes & 1 cup popcorn.	<b>Snack</b> Deviled eggs and 1/2 cup blueberries.	<b>Snack</b> Rice cakes with 1 tbs peanut butter.	<b>Snack</b> EPIC bar and torilla chips.

