

Low FODMAP Recipes

Baked Salmon with Dill and Asparagus

🕒 25 min 🍽️ 2 servings

Per serving: 426 Kcal 39g Protein 25g Fat 14g Carbs

Ingredients

- **Lemon**, 1 lemon (108 g)
- **Dill**, 2 tablespoon (0.8 g)
- **Olive oil**, 2 servings (28 g)
- **Asparagus**, 1 bunches (450 g)
- **Salmon**, 2 fillet (340 g)
- **Salt and pepper**, 4 servings (2 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the salmon fillets on a baking sheet lined with parchment paper.

Drizzle the salmon with olive oil and sprinkle with salt, pepper, and chopped dill.

Arrange the asparagus around the salmon fillets on the baking sheet.

Drizzle olive oil over the asparagus and season with salt and pepper.

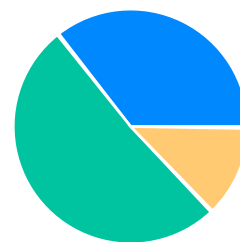
Place lemon slices on top of the salmon fillets.

Bake in the preheated oven for 12-15 minutes, or until the salmon is cooked through and flakes easily with a fork.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	852	91.7	426
Protein [g]	78.6	8.5	39.3
Fat [g]	50.4	5.4	25.2
Carbs [g]	27.6	3	13.8
Fiber [g]	12.5	1.3	6.3
Net Carbs [g]	15.1	1.6	7.6



36 % Protein 52 % Fat 13 %
Carbs

Mixed Berries Chia Pudding (Unsweetened)

🕒 15 min 🍽️ 2 servings

Per serving: 193 Kcal 6g Protein 11g Fat 22g Carbs

Ingredients

- Berries, 1 cups (155 g)
- Chia seeds, 1/4 cup (56 g)
- Almond milk, 1 cup (250 g)

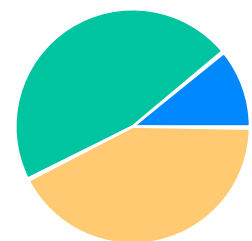


Instructions

In a medium-sized bowl, mash the mixed berries with a fork until they are slightly crushed. Add chia seeds, almond milk and maple syrup to the bowl. Stir well to combine all the ingredients. Cover the bowl and refrigerate. Stir the mixture once or twice during this time to prevent clumping. Once the chia pudding has thickened and set, give it a final stir to break up any clumps. Divide the pudding into serving bowls or glasses. Garnish with fresh berries and mint leaves, if desired. Serve chilled and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	385.2	83.8	193.1
Protein [g]	11.2	2.4	5.6
Fat [g]	21.2	4.6	10.6
Carbs [g]	43.5	9.4	21.8
Fiber [g]	24.2	5.2	12.1
Net Carbs [g]	19.3	4.2	9.7



11 % Protein 47 % Fat 42 % Carbs

Breakfast Hash with Zucchini and Peppers

🕒 30 min 🍽️ 4 servings

Per serving: 234 Kcal 10g Protein 12g Fat 23g Carbs

Ingredients

- Eggs, 4 large (200 g)
- Potatoes, 1 lb (453.6 g)
- Parsley, 1/4 cup (15.6 g)
- Olive oil, 2 tablespoon (27 g)
- Zucchini, 1 medium (196 g)
- Bell pepper, 1 small (83 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

Heat olive oil in a large skillet over medium heat.

Add diced potatoes and cook for about 10 minutes, until they start to soften and brown.

Add diced bell pepper, zucchini, and green onions to the skillet. Cook for another 5-7 minutes, until vegetables are tender.

Create 4 wells in the vegetable mixture and crack an egg into each well.

Cover the skillet and cook for about 4-5 minutes, until the eggs are cooked to your desired level of doneness.

Season with salt and pepper to taste.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	934.5	95.6	233.6
Protein [g]	38.1	3.9	9.5
Fat [g]	47.4	4.9	11.9
Carbs [g]	92.9	9.5	23.2
Fiber [g]	13.7	1.4	3.4
Net Carbs [g]	79.2	8.1	19.8



16 % Protein 45 % Fat 39 % Carbs

Kale and Tomato Frittata

🕒 17 min 🍽️ 4 servings

Per serving: 185 Kcal 13g Protein 13g Fat 5g Carbs

Ingredients

- **Parmesan cheese**, 1/4 cup (26.1 g)
- **Eggs**, 6 large (300 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Kale**, 2 cups (95.8 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Almond Milk**, 1/4 cup (65.5 g)



Instructions

Preheat the oven to 350°F (175°C).

Heat olive oil in a non-stick skillet over medium heat.

Add kale to the skillet and sauté until wilted, about 3-4 minutes.

Add cherry tomatoes to the skillet and cook for another 2 minutes.

In a mixing bowl, whisk together eggs, almond milk, Parmesan cheese, salt, and pepper.

Pour the egg mixture over the kale and tomatoes in the skillet.

Cook for 2 minutes, gently stirring occasionally to distribute the ingredients evenly.

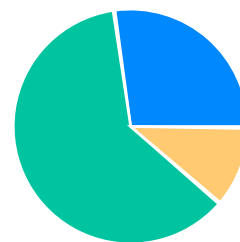
Transfer the skillet to the preheated oven and bake for 10-12 minutes, or until the frittata is set in the center.

Remove from the oven and let it cool for a few minutes.

Slice the frittata into wedges and serve warm.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	741.5	113.8	185.4
Protein [g]	51	7.8	12.8
Fat [g]	51.1	7.8	12.8
Carbs [g]	20.5	3.1	5.1
Fiber [g]	4.5	0.7	1.1
Net Carbs [g]	16	2.5	4



27 % Protein 62 % Fat 11 %
Carbs

Lemon Herb Zucchini Chips

🕒 20 min 🍽️ 4 servings

Per serving: 81 Kcal 1g Protein 7g Fat 4g Carbs

Ingredients

- Lemon juice, 1 t (14.9 g)
- Rosemary, 1 serving (0.1 g)
- Salt, 1/2 teaspoon (2.9 g)
- Thyme, 1 tsp, leaves (1 g)
- Olive oil, 2 servings (28 g)
- Zucchini, 2 medium (392 g)
- Pepper, 1/4 tsp (0.5 g)



Instructions

Preheat the oven to 425°F (220°C).

Slice the zucchinis into thin rounds, about 1/8 inch thick.

In a large bowl, combine olive oil, lemon juice, dried thyme, dried rosemary, salt, and black pepper. Mix well.

Add the zucchini slices to the bowl and toss until they are evenly coated with the herb mixture.

Arrange the zucchini slices in a single layer on a baking sheet lined with parchment paper.

Bake in the preheated oven for 10 minutes.

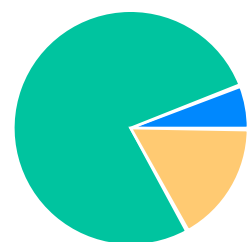
Flip the zucchini slices and bake for an additional 10 minutes, or until they are golden and crispy.

Remove from the oven and let cool for a few minutes before serving.

Enjoy as a healthy snack or side dish!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	321.8	73.2	80.5
Protein [g]	4.9	1.1	1.2
Fat [g]	29.4	6.7	7.4
Carbs [g]	14.2	3.2	3.6
Fiber [g]	4.5	1	1.1
Net Carbs [g]	9.7	2.2	2.4



6 % Protein 78 % Fat 17 % Carbs

Roasted Vegetable Greek Chicken Wraps

🕒 30 min 🍽️ 4 servings

Per serving: 367 Kcal 24g Protein 18g Fat 31g Carbs

Ingredients

- Feta cheese, 1/2 cup (72.4 g)
- Oregano, 1 teaspoons (2 g)
- Thyme, 1/2 teaspoon (0.5 g)
- Olive oil, 2 tablespoon (27 g)
- Zucchini, 1 medium (196 g)
- Bell pepper, 1 large (186.1 g)
- Chicken breasts, 1 1/2 small breast (337.5 g)
- Cherry tomatoes, 1 cup (149 g)
- Kalamata olives, 1/4 cup (33.8 g)
- Salt and pepper, 1 tsp (2 g)
- Tortillas, 4 piece (172 g)
- Parsley, 1/4 cup (15 g)



Instructions

Preheat the oven to 425°F (220°C).

In a large baking sheet, place the chicken breasts, zucchini, bell peppers, cherry tomatoes, and kalamata olives. Drizzle with olive oil and sprinkle with dried oregano, dried thyme, salt, and pepper. Toss to coat everything evenly.

Roast in the preheated oven for 20-25 minutes, or until the chicken is cooked through and the vegetables are tender.

Remove the chicken from the oven and let it rest for a few minutes. Slice the chicken into thin strips.

Warm the gluten-free tortillas or wraps according to the package instructions.

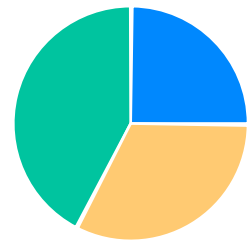
To assemble the wraps, place a few slices of chicken on each tortilla. Top with roasted vegetables, crumbled feta cheese, and fresh parsley.

Fold the sides of the tortillas over the filling and roll tightly to form a wrap.

Serve the roasted vegetable Greek chicken wraps immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1469.6	123.2	367.4
Protein [g]	94	7.9	23.5
Fat [g]	71.2	6	17.8
Carbs [g]	122.1	10.2	30.5
Fiber [g]	34.2	2.9	8.6
Net Carbs [g]	87.9	7.4	22



25 % Protein 43 % Fat 32 %
Carbs

Lemon Chicken Lettuce Wraps

🕒 30 min 🍽️ 4 servings

Per serving: 210 Kcal 25g Protein 10g Fat 4g Carbs

Ingredients

- **Lemon zest**, 1 teaspoon (2 g)
- **Lemon juice**, 1 tablespoon (14.3 g)
- **Oregano**, 1/2 teaspoon (1 g)
- **Thyme**, 1/2 teaspoon (0.5 g)
- **Carrots**, 1/2 cup (61.5 g)
- **Cucumber**, 1/2 cup (64.1 g)
- **Olive oil**, 2 tablespoons (27 g)
- **Soy sauce**, 1 tbsp (18 g)
- **Chicken breasts**, 1 lb (453.6 g)
- **Ginger**, 1 teaspoon (2 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Lettuce leaves**, 8 large (192 g)



Instructions

In a large skillet, heat the olive oil over medium heat.

Add the chicken pieces and cook until browned and cooked through, about 5-7 minutes.

Push the chicken to one side of the skillet and grate ginger to the empty side. Cook for 1 minute until fragrant.

In a small bowl, whisk together the soy sauce, lemon juice, lemon zest, dried oregano, dried thyme, salt, and pepper.

Pour the sauce over the chicken in the skillet and stir to coat evenly. Cook for an additional 2-3 minutes until the sauce thickens slightly.

Remove from heat and let the chicken cool slightly.

To assemble the lettuce wraps, place a spoonful of the chicken mixture onto each lettuce leaf.

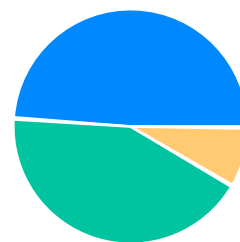
Add toppings such as sliced cucumber and shredded carrots.

Roll up the lettuce leaves, securing with toothpicks if desired.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	837.8	100	209.5
Protein [g]	101.3	12.1	25.3
Fat [g]	39.1	4.7	9.8
Carbs [g]	16.7	2	4.2
Fiber [g]	5.1	0.6	1.3
Net Carbs [g]	11.6	1.4	2.9



49 % Protein 43 % Fat 8 %
Carbs

Cilantro Lime Shrimp Lettuce Wraps

🕒 15 min 🍽️ 4 servings

Per serving: 165 Kcal 23g Protein 7g Fat 2g Carbs

Ingredients

- Cilantro, 1/4 cup (4.2 g)
- Juice of lime, 2 tablespoon (28 g)
- Olive oil, 2 tablespoon (27 g)
- Shrimp, 1 lb (453.6 g)
- Salt and pepper, 2 pinch (0.2 g)
- Lettuce leaves, 8 large (192 g)



Instructions

In a medium bowl, combine the shrimp, olive oil, lime juice, cilantro, salt, and pepper. Toss until the shrimp is well coated.

Heat a large skillet over medium-high heat. Add the shrimp and cook for 2-3 minutes per side, or until pink and cooked through.

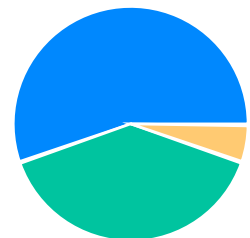
Remove the shrimp from the skillet and set aside.

To assemble the lettuce wraps, place a spoonful of shrimp onto each lettuce leaf.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	661	93.8	165.3
Protein [g]	93.3	13.2	23.3
Fat [g]	29.4	4.2	7.4
Carbs [g]	8.3	1.2	2.1
Fiber [g]	2.1	0.3	0.5
Net Carbs [g]	6.2	0.9	1.6



56 % Protein 39 % Fat 5 % Carbs