




kate daugherty
FUNCTIONAL WELLNESS

 **THE FACILITY**
METABOLIC-MOVEMENT-MINDSET

Low FODMAP Diet

Kate Daugherty, M.S.
<https://www.katedaugherty.com>

This 7-day plan focuses on low FODMAP meals. By eliminating foods that ferment and cause digestive discomfort (FODMAPs), you may be able identify exactly which foods are responsible for your symptoms.

A low-FODMAP diet is especially helpful for addressing gut dysbiosis, or small intestinal bacterial overgrowth (SIBO).

This program was created using low FODMAP foods with the following principles in mind:

Fiber

Fiber has several health benefits including improving digestive health. Following a low FODMAP diet can result in a decreased fiber intake. This is why the meal plan has been designed to contain up to 30 grams of fiber daily from low FODMAP fruits, vegetables, nuts, and grains. Soluble fiber found in oats, green beans, and spinach is incorporated into the program and has been shown to improve glycemic control and lower blood cholesterol.

Protein & Healthy Fats

This program is lower-carbohydrate, paired with healthy fats and high-quality protein sources to create a steady release of energy throughout the day. Getting enough daily protein can help with weight management and prevent muscle loss. This meal plan provides 20% of your daily calories from protein. Omega-3 fatty acids are incorporated from salmon, nut butter, nuts, and seeds. These fats provide cardiovascular benefits and reduce inflammation.

Antioxidants

A low-FODMAP diet may be poor in natural antioxidants, such as flavonoids, carotenoids, and vitamin C contained in some FODMAP-rich vegetables. To prevent this, the plan provides essential fat-soluble antioxidants like vitamin A and vitamin E from nuts and oils. These foods are paired with healthy fats to increase absorption. This plan includes polyphenols found in cocoa, grapes, and oats and provides vitamin C from whole food sources like bell peppers, kiwi, and squash.

Iron

Iron is an important mineral that helps produce red blood cells and transports oxygen throughout the body. Iron is a potential nutrient deficiency on a low FODMAP diet. This program provides daily iron from foods like turkey, chicken, salmon, and eggs. These iron sources are paired with foods that have vitamin C to enhance iron absorption.

B Vitamins

Research shows a decrease in B vitamins, such as Riboflavin and Thiamin in a low FODMAP diet. These vitamins help enzymes release energy from carbohydrates and fat, break down amino acids, and transport oxygen and energy-containing nutrients around the body. This meal plan provides the recommended daily amount of Riboflavin and Thiamin from salmon, spinach, eggs, chicken, and rice.

Hi,

Welcome to your meal plan! On the next pages, you will find the low-FODMAP plan I have created, along with an itemized grocery list and delicious recipes.

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

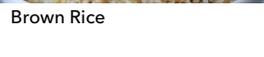
Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Fried Eggs & Steamed Spinach	 Fried Eggs & Steamed Spinach	 Peanut Butter Cup Overnight Oats	 Peanut Butter Cup Overnight Oats	 Peanut Butter Cup Overnight Oats	 Bell Pepper Egg Cups	 Bell Pepper Egg Cups
Snack 1	 Macadamia Nuts	 Macadamia Nuts	 Macadamia Nuts	 Olive Tapenade with Crackers	 Olive Tapenade with Crackers	 Olive Tapenade with Crackers	 Olive Tapenade with Crackers
	 Chopped Bell Peppers	 Chopped Bell Peppers	 Chopped Bell Peppers				
Lunch	 Ground Turkey, Green Beans & Rice	 One Pan Salmon with Green Beans & Roasted Tomato	 Ground Turkey, Green Beans & Rice	 Maple Mustard Chicken with Green Beans	 Slow Cooker Spaghetti Squash & Meatballs	 Slow Cooker Maple Mustard Chicken	 Slow Cooker Spaghetti Squash & Meatballs
		 Brown Rice					
Snack 2	 Grapes & Walnuts	 Grapes & Walnuts	 Kiwi	 Kiwi	 Grapes & Walnuts	 Kiwi	 Grapes & Walnuts
		 Brazil Nuts	 Brazil Nuts			 Brazil Nuts	
Dinner	 One Pan Salmon with Green Beans & Roasted Tomato	 Ground Turkey, Green Beans & Rice	 Maple Mustard Chicken with Green Beans	 Slow Cooker Spaghetti Squash & Meatballs	 Slow Cooker Maple Mustard Chicken	 Slow Cooker Spaghetti Squash & Meatballs	 Slow Cooker Maple Mustard Chicken
	 Brown Rice						

Fruits

- 4 cups Grapes
- 6 Kiwi
- 1/16 Lemon

Breakfast

- 1/4 cup All Natural Peanut Butter
- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 1 1/2 tsps Black Pepper
- 3/4 cup Brazil Nuts
- 2 tbsps Chia Seeds
- 1 tsp Dried Basil
- 1 cup Macadamia Nuts
- 1 tbsp Oregano
- 1 tsp Paprika
- 1 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 cup Walnuts

Frozen

- 3 cups Frozen Green Beans

Vegetables

- 4 cups Baby Spinach
- 1 cup Cherry Tomatoes
- 14 cups Green Beans
- 3/4 Green Bell Pepper
- 2 tbsps Parsley
- 2 3/4 Red Bell Pepper
- 1 Spaghetti Squash
- 3/4 Yellow Bell Pepper

Boxed & Canned

- 1/2 cup Brown Rice
- 3 cups Crushed Tomatoes
- 3/4 cup Jasmine Rice
- 7 1/16 ozs Whole Grain Crackers

Baking

- 1/4 cup Brown Rice Flour
- 1 tbsp Cocoa Powder
- 1 1/2 cups Oats

Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 2 lbs Chicken Thighs
- 1 3/4 lbs Extra Lean Ground Turkey
- 10 ozs Salmon Fillet

Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 1/2 cup Black Olives
- 1 tbsp Capers
- 1 1/8 tsps Coconut Oil
- 1/3 cup Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Tamari

Cold

- 9 Egg
- 2 tsps Ghee
- 1 1/2 cups Unsweetened Almond Milk

Other

- 1 2/3 cups Water

Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for the 7 Day Low FODMAP Program and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the chicken breasts and half the ground turkey.	We'll remind you later on in the week when to set them out to thaw.
		Start the prep for Slow Cooker Maple Mustard Chicken.	Follow the recipe to create the marinade. Add the chicken thighs to a container or large zip lock baggie and pour the marinade in. Seal and shake well to coat the chicken. Store in the freezer.
		Make Ground Turkey, Green Beans & Rice.	Divide into containers and store in the fridge.
		Prepare Macadamia Nuts and Chopped Bell Peppers for snacks.	Divide into containers or ziplock baggies and store in the fridge.
		Make Grapes & Walnuts snacks.	Divide into containers or ziplock baggies and store in the fridge.
		Wash and trim green beans.	For tomorrow night's One Pan Salmon with Green Beans & Roasted Tomato.
1 Mon		Make the Fried Eggs & Steamed Spinach for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Fried Eggs & Steamed Spinach, Macadamia Nuts and Chopped Bell Peppers, Ground Turkey, Green Beans & Rice, and Grapes & Walnuts.
		Make One Pan Salmon with Green Beans & Roasted Tomato with a side of Brown Rice for dinner.	Divide the leftovers into containers. Let cool then cover and store in the fridge.
2 Tue		Make the Fried Eggs & Steamed Spinach for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Fried Eggs & Steamed Spinach, Macadamia Nuts and Chopped Bell Peppers, One Pan Salmon with Green Beans & Roasted Tomato with Brown Rice and Grapes & Walnuts.
		Enjoy Ground Turkey, Green Beans & Rice for dinner.	Bon appetit!

		Portion out Kiwi and Brazil Nuts for snacks.	Divide into containers and store in the fridge.
		Thaw the chicken breasts and ground turkey.	Transfer from the freezer to the fridge.
		Make the Peanut Butter Cup Overnight Oats.	Store in the fridge overnight.
3 Wed		Enjoy Peanut Butter Cup Overnight Oats for dinner.	Bon appetit!
		Pack your meals if you are on-the-go.	Peanut Butter Cup Overnight Oats, Macadamia Nuts and Chopped Bell Peppers, Ground Turkey, Green Beans & Rice, and Kiwi and Brazil Nuts.
		Make Maple Mustard Chicken with Green Beans for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Make Olive Tapenade with Crackers for snacks.	Divide into single-serving containers and store in the fridge. Store the crackers separately at room temperature.
4 Thu		Have the Peanut Butter Cup Overnight Oats for breakfast.	Enjoy!
		Get started on the Slow Cooker Spaghetti Squash with Meatballs.	Follow the recipe to combine everything in the slow cooker. Set on high for 4 hours or low for 6 hours.
		Pack your meals if you are on-the-go.	Peanut Butter Cup Overnight Oats, Olive Tapenade with Crackers, Maple Mustard Chicken with Green Beans and Kiwi and Brazil Nuts.
		Enjoy Slow Cooker Spaghetti Squash with Meatballs for dinner.	Divide leftovers into containers and store in the fridge.
Thaw the chicken thighs you prepared earlier in the week for the Slow Cooker Maple Mustard Chicken.		Transfer from the freezer to the fridge.	
5 Fri		Have the Peanut Butter Cup Overnight Oats for breakfast.	Enjoy!
		Add the Slow Cooker Maple Mustard Chicken to the slow cooker.	Add all the contents from the bowl or baggie you prepared at the start of the week into the slow cooker. Cover and cook on low for 8 hours or on high for 4 hours.
		Pack your meals if you are on-the-go.	Peanut Butter Cup Overnight Oats, Olive Tapenade with Crackers, Slow Cooker Spaghetti Squash & Meatballs, and Grapes & Walnuts.

		Enjoy Slow Cooker Maple Mustard Chicken for dinner.	Steam the green beans as a side. Divide leftovers into containers for tomorrow's lunch and Sunday's dinner.
6 Sat		Make Bell Pepper Egg Cups for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Bell Pepper Egg Cups, Olive Tapenade with Crackers, Slow Cooker Maple Mustard Chicken and Kiwi and Brazil Nuts.
		Have leftover Slow Cooker Spaghetti Squash with Meatballs for dinner.	Enjoy!
7 Sun		Make Bell Pepper Egg Cup for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Bell Pepper Egg Cups, Olive Tapenade with Crackers, Slow Cooker Spaghetti Squash & Meatballs, and Grapes & Walnuts.
		Enjoy leftover Slow Cooker Maple Mustard Chicken for dinner.	Don't forget to set aside some time to plan your meals and prepare for the upcoming week!



Fried Eggs & Steamed Spinach

1 serving
10 minutes

Ingredients

2 cups Baby Spinach
1 tbsp Water
Sea Salt & Black Pepper (to taste)
1 tsp Ghee
2 Egg

Directions

- 1 Heat a pan over medium heat and add spinach and water. Stir just until wilted, then remove from heat. Season with sea salt, pepper and ghee. Transfer to a plate.
- 2 In the same pan, cook your eggs. Season with sea salt and pepper.
- 3 Plate the spinach with eggs. Enjoy!

Notes

No Ghee: Use butter or oil instead.

More Flavour: Sprinkle everything with nutritional yeast or Everything Bagel Seasoning.



Peanut Butter Cup Overnight Oats

3 servings

8 hours

Ingredients

- 1 1/2 cups Oats (quick or rolled)
- 1 1/2 cups Unsweetened Almond Milk
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tbsp Cocoa Powder
- 1/2 cup Water

Directions

- 1 Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Add an extra splash of almond milk and/or a drizzle of honey (optional).

Toppings: Banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.

Warm it Up: Heat in microwave for 30 to 60 seconds before eating.

No Maple Syrup: Use honey instead.

More Fiber: Add ground flaxseed.



Bell Pepper Egg Cups

1 serving
20 minutes

Ingredients

- 1 Red Bell Pepper
- 2 Egg
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat oven to 425°F (218°C).
:
- 2 Slice pepper in half and carve out the seeds.
:
- 3 Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

Notes

More Flavour: Roast the red pepper in the oven before cracking the egg into them.

Added Touch: Sprinkle with cheese during the last 2 minutes.

Serve it With: Toast for dipping or our Grain-Free Flax Bread.

More Protein: If it is a large bell pepper, fill remaining space with egg whites for added protein.



Macadamia Nuts

3 servings

2 minutes

Ingredients

1 cup Macadamia Nuts

Directions

- 1 Divide between bowls and enjoy!



Chopped Bell Peppers

3 servings

5 minutes

Ingredients

3/4 Yellow Bell Pepper

3/4 Green Bell Pepper

3/4 Red Bell Pepper

Directions

- 1 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 to 4 days.



Olive Tapenade with Crackers

4 servings
10 minutes

Ingredients

1/2 cup Black Olives (pitted)
1 tbsp Capers
2 tbsps Parsley
1/16 Lemon (juiced)
1 tbsp Extra Virgin Olive Oil
1/16 tsp Sea Salt
7 1/16 ozs Whole Grain Crackers

Directions

- 1 Combine the olives, capers, parsley, lemon juice, olive oil and sea salt in a food processor and blend until desired consistency is reached. Adjust salt and lemon juice to taste.
- 2 Top crackers with the olive tapenade and enjoy!

Notes

No Lemon Juice: Use apple cider vinegar instead.

No Olive Oil: Use avocado oil instead.

Storage: Refrigerate in an airtight container up to 7 days.



Ground Turkey, Green Beans & Rice

3 servings
20 minutes

Ingredients

- 1 1/8 tps Coconut Oil
- 12 ozs Extra Lean Ground Turkey
- 1/8 tsp Sea Salt
- 3/4 cup Jasmine Rice (dry/uncooked)
- 3 cups Frozen Green Beans

Directions

- 1 Heat coconut oil in a pan over medium heat and add the ground turkey. Cook for 5 to 10 minutes, or until completely cooked through. Use a spatula to break it up as it cooks. Season with sea salt and any other spices you desire.
- 2 Meanwhile, cook your rice according to the directions on the package and set aside.
- 3 Steam your green beans.
- 4 Divide the turkey, rice and green beans into bowls or containers. Add your desired seasonings and serve.

Notes

Leftovers: Store in an airtight container in the fridge for up to 3 days. Freeze for up to 3 months.

No Ground Turkey: Use ground chicken, beef, pork, or lamb instead.

Vegan & Vegetarian: Use cooked lentils instead of ground meat.

No Green Beans: Use asparagus, edamame or green peas instead.

Likes it Spicy: Serve with hot sauce.



Grapes & Walnuts

4 servings

3 minutes

Ingredients

4 cups Grapes (washed)
1 cup Walnuts

Directions

- 1 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

Notes

No Walnuts: Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!



Kiwi

1 serving
5 minutes

Ingredients

2 Kiwi

Directions

- 1 Peel and slice. Enjoy!



Brazil Nuts

1 serving
5 minutes

Ingredients

1/4 cup Brazil Nuts

Directions

- 1 Divide into bowls and enjoy!



One Pan Salmon with Green Beans & Roasted Tomato

2 servings
25 minutes

Ingredients

2 cups Green Beans (washed and trimmed)
1 cup Cherry Tomatoes
1 1/2 tsps Extra Virgin Olive Oil (or coconut oil)
Sea Salt & Black Pepper (to taste)
10 ozs Salmon Fillet

Directions

- 1 Preheat oven to 510°F (266°C).
- 2 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 3 Season your salmon fillets with sea salt and black pepper.
- 4 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 5 Divide veggies between plates and top with salmon. Enjoy!

Notes

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

No Salmon: Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan: Use roasted chickpeas instead of salmon.

More Carbs: Serve with quinoa or rice.

Added Touch: Toss the green beans in balsamic vinegar before serving.



Brown Rice

2 servings
45 minutes

Ingredients

1/2 cup Brown Rice (uncooked)
1 cup Water

Directions

- 1 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



Maple Mustard Chicken with Green Beans

2 servings
25 minutes

Ingredients

- 1 tbsp Maple Syrup
- 1 tbsp Dijon Mustard
- 1 1/2 tsps Apple Cider Vinegar
- 1 tbsp Tamari
- 8 ozs Chicken Breast
- 4 cups Green Beans (washed and trimmed)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Directions

- 1 In a small bowl, combine the maple syrup, dijon mustard, apple cider vinegar and tamari. Whisk well and pour it into a ziplock baggie with the chicken breasts. Shake well and store in the fridge while you prep the rest.
- 2 Toss your green beans in the extra virgin olive oil and season with sea salt and black pepper to taste. Set aside.
- 3 Preheat the grill to medium heat. Add the chicken breasts and cook for about 10 minutes per side, or until cooked through. At the halfway point, transfer the green beans into a grilling basket. Grill for about 10 minutes or until slightly charred, tossing periodically.
- 4 Remove chicken and beans from the grill and divide onto plates. Enjoy!

Notes

No Grill: Use an oven preheated to 400°F (204°C) instead. Cook the chicken for 10 to 15 minutes per side or until cooked through.

No Green Beans: Use asparagus or zucchini instead.

More Carbs: Grill or roast some sweet potato as a side.

Prep Ahead: Marinate the chicken and store in the fridge up to 24 hours.



Slow Cooker Spaghetti Squash & Meatballs

4 servings

4 hours

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1/4 cup Brown Rice Flour
- 1 Egg (whisked)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tsp Oregano (divided)
- 3 cups Crushed Tomatoes
- 1 tsp Sea Salt (divided)
- 1 tsp Black Pepper (divided)
- 1 Spaghetti Squash (medium)

Directions

- 1 In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 2 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, half the sea salt and half of the black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 3 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Add the remaining salt and pepper. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- 4 Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 5 Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

Notes

No Ground Turkey: Use any type of ground meat.

Cheese Lover: Sprinkle with parmesan cheese.



Slow Cooker Maple Mustard Chicken

4 servings

4 hours

Ingredients

2 lbs Chicken Thighs (skinless, boneless)
2 tbsps Maple Syrup
1/3 cup Dijon Mustard
1 tsp Dried Basil
1 tsp Paprika
1/2 tsp Sea Salt
1/2 tsp Black Pepper
8 cups Green Beans (washed and trimmed)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

- 1 Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
- 2 Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
- 3 Divide green beans between plates and top with maple mustard chicken. Enjoy!

Notes

No Chicken Thighs: Use chicken breast or drumsticks instead.

Save Time: Combine the chicken and marinade in a large zip lock baggie ahead of time. Shake well to mix and store in the fridge for up to 24 hours or freeze.

More Carbs: Serve with rice, sweet potato or quinoa.

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