




















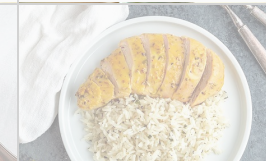
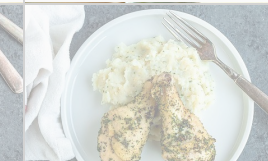

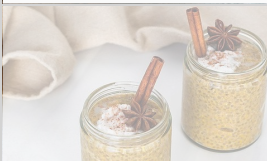


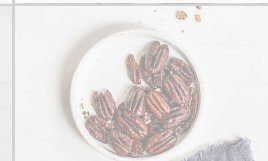
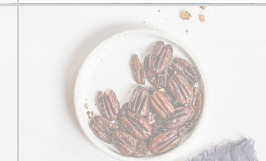
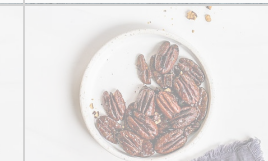


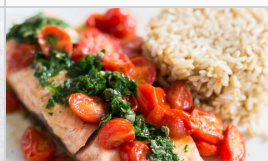

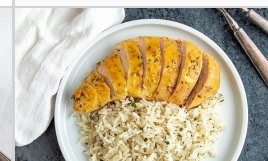
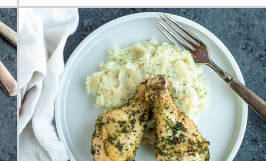



herb+
spice

Low FODMAP Plan

Lisa Hayne | Naturopath & Nutritionist

<https://herbandspice.com.au>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Bacon & Gruyere Egg Muffins	 Bacon & Gruyere Egg Muffins	 Bacon & Gruyere Egg Muffins	 One Pan Sausage, Kale & Jicama Home Fries	 One Pan Sausage, Kale & Jicama Home Fries	 Chia Oats with Kiwi	 Chia Oats with Kiwi
Snack 1	 Mint & Goat Cheese Stuffed Tomatoes	 Mint & Goat Cheese Stuffed Tomatoes	 Mint & Goat Cheese Stuffed Tomatoes	 Bloat-Fighting Tropical Smoothie	 Bloat-Fighting Tropical Smoothie	 Bloat-Fighting Tropical Smoothie	 Bloat-Fighting Tropical Smoothie
Lunch	 Sausage & Carrot Mash	 Green Chicken Sliders	 Beef, Rice & Carrots	 Salsa Verde Salmon with Tomatoes & Brown Rice	 Mediterranean Fettuccine with Kale	 Maple Dijon Chicken & Lemon Herb Rice	 Herbed Chicken Drumsticks with Celery Root Mash
Snack 2	 Pumpkin Spice Chia Pudding	 Pumpkin Spice Chia Pudding	 Pumpkin Spice Chia Pudding	 Sweet & Spicy Candied Pecans	 Sweet & Spicy Candied Pecans	 Sweet & Spicy Candied Pecans	 Sweet & Spicy Candied Pecans
Dinner	 Green Chicken Sliders	 Beef, Rice & Carrots	 Salsa Verde Salmon with Tomatoes & Brown Rice	 Mediterranean Fettuccine with Kale	 Maple Dijon Chicken & Lemon Herb Rice	 Herbed Chicken Drumsticks with Celery Root Mash	 One Pan Pork Chops with Potatoes & Green Beans

Fruits

- ☐ 1 Kiwi
- ☐ 2 1/2 tbsps Lemon Juice
- ☐ 2 cups Papaya
- ☐ 2 cups Pineapple

Breakfast

- ☐ 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/8 tsp Cayenne Pepper
- ☐ 3/4 cup Chia Seeds
- ☐ 1/4 tsp Cinnamon
- ☐ 1 tsp Cumin
- ☐ 1/2 tsp Dried Basil
- ☐ 1 2/3 tsps Dried Chives
- ☐ 1 1/3 tsps Dried Parsley
- ☐ 2 1/4 tsps Oregano
- ☐ 1 cup Pecans
- ☐ 2 3/4 tsps Sea Salt
- ☐ 1/4 tsp Smoked Paprika

Frozen

- ☐ 10 Ice Cubes

Vegetables

- ☐ 2 3/4 cups Baby Spinach
- ☐ 1/2 head Boston Lettuce
- ☐ 1 cup Broccoli
- ☐ 5 Carrot
- ☐ 1 1/3 cups Celery Root
- ☐ 4 1/4 cups Cherry Tomatoes
- ☐ 2 Cucumber
- ☐ 1 cup Green Beans
- ☐ 2 cups Jicama
- ☐ 7 cups Kale Leaves
- ☐ 1 cup Mini Potatoes
- ☐ 1 1/3 cups Mint Leaves
- ☐ 1/4 cup Parsley
- ☐ 2/3 Russet Potato

Boxed & Canned

- ☐ 1 cup Brown Rice
- ☐ 113 grams Brown Rice Fettuccine
- ☐ 1/4 cup Chicken Broth, Low Sodium
- ☐ 1/2 cup Jasmine Rice

Baking

- ☐ 1 tbsp Nutritional Yeast
- ☐ 1 cup Oats
- ☐ 3/4 tsp Pumpkin Pie Spice
- ☐ 1/3 cup Pureed Pumpkin

Bread, Fish, Meat & Cheese

- ☐ 2 slices Bacon, Cooked
- ☐ 227 grams Chicken Breast
- ☐ 303 grams Chicken Drumsticks
- ☐ 227 grams Chicken Sausage
- ☐ 227 grams Extra Lean Ground Beef
- ☐ 227 grams Extra Lean Ground Chicken
- ☐ 1/2 cup Goat Cheese
- ☐ 1/4 cup Gruyere Cheese
- ☐ 175 grams Pork Chop
- ☐ 91 grams Pork Sausage
- ☐ 283 grams Salmon Fillet

Condiments & Oils

- ☐ 1 tbsp Apple Cider Vinegar
- ☐ 1 tbsp Capers
- ☐ 2 1/16 tsps Coconut Oil
- ☐ 1 tbsp Dijon Mustard
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Pitted Kalamata Olives

Cold

- ☐ 2 1/2 Egg
- ☐ 1 1/8 cups Unsweetened Almond Milk
- ☐ 3 tbsps Unsweetened Coconut Yogurt

Other

- ☐ 4 cups Water



Bacon & Gruyere Egg Muffins

3 servings**15 minutes**

Ingredients

2 1/2 Egg
2 slices Bacon, Cooked (chopped)
1/4 cup Gruyere Cheese (shredded)
1/4 cup Baby Spinach (chopped)
1/16 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (205°C) and grease a muffin tray or use a silicone muffin tray.
- 2 In a large bowl, whisk the eggs. Add the remaining ingredients and stir to combine.
- 3 Portion the mixture into the muffin tray, filling each cup about 3/4 of the way full. Bake for 12 to 15 minutes, or until set. Cool for five minutes, and enjoy!

Notes

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

Serving Size: One serving is equal to one egg muffin.

Dairy-Free: Omit the cheese or use plant-based cheese.

Additional Toppings: Drizzle with hot sauce before serving.



One Pan Sausage, Kale & Jicama Home Fries

2 servings

30 minutes

Ingredients

227 grams Chicken Sausage (roughly sliced)

2 cups Jicama (peeled, diced)

1/4 cup Water

4 cups Kale Leaves (stems removed, roughly chopped)

1/2 tsp Sea Salt

Directions

- 1 In a skillet over medium heat, cook the sausage breaking it up as it browns. Leave the rendered fat and set aside the sausage on a plate.
- 2 In the same skillet, add the diced jicama and cook over medium-high heat for 1 to 2 minutes or until brown on one side. Lower the heat to medium, add water and cook for 5 to 7 minutes or until tender.
- 3 Add the kale to the jicama and cover with a lid. Cook over medium heat for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste.
- 4 Divide into bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/4 cups.

More Flavor: Cook in oil and add your choice of spices like cumin, paprika or chili powder.

Meal Prep: Cook the jicama in advance to save time.

No Kale: Use another hearty green such as rapini, dandelion or shaved brussels sprouts.

No Chicken: Use turkey sausage, pork sausage or ground meat instead.

Make it Vegan: Use lentils instead of sausage.



Chia Oats with Kiwi

2 servings

10 minutes

Ingredients

- 1 cup Water
- 1 cup Oats (rolled)
- 2 tbsps Chia Seeds
- 1 Kiwi (chopped)

Directions

- 1 In a small saucepan, bring the water to a boil and add the oats and chia seeds. Reduce to a simmer and cook for 4 to 5 minutes or until cooked through. Be sure to stir often.
- 2 Divide the oatmeal between bowls and top with kiwi. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. For best results, reheat with additional liquid over the stove or in the microwave.

Serving Size: One serving is equal to half a cup of oatmeal and half of a kiwi.

More Flavor: Add cinnamon or maple syrup.

Additional Toppings: Add nuts, seeds and berries.



Mint & Goat Cheese Stuffed Tomatoes

3 servings

15 minutes

Ingredients

1/2 cup Goat Cheese (crumbled)
1/3 cup Mint Leaves (chopped,
divided)
2 1/4 cups Cherry Tomatoes (halved,
seeds removed)

Directions

- 1 In a bowl, mix together the goat cheese and half the mint until well combined.
- 2 Stuff each cherry tomato half with the cheese mixture and transfer to a plate.
- 3 Garnish with the remaining mint and enjoy!

Notes

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

Serving Size: One serving equals approximately 3/4 cup of stuffed cherry tomatoes.

More Flavor: Drizzle extra virgin olive oil overtop.

No Mint: Use parsley or basil instead.

Make it Vegan: Use cashew cream cheese instead.



Bloat-Fighting Tropical Smoothie

4 servings

5 minutes

Ingredients

- 2 cups Papaya (chopped)
- 2 cups Pineapple (chopped)
- 2 Cucumber (chopped)
- 10 Ice Cubes
- 1 cup Mint Leaves
- 2 cups Baby Spinach
- 1/4 cup Chia Seeds
- 2 cups Water

Directions

1

Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet: Add raw honey.

More Protein: Add hemp seeds or a scoop of vanilla protein powder.

No Papaya: Use extra pineapple or other fruit like mango or oranges.



Sausage & Carrot Mash

1 serving

20 minutes

Ingredients

3 Carrot (small, peeled, diced)
1/4 cup Chicken Broth, Low Sodium
1/8 tsp Sea Salt
1 tsp Extra Virgin Olive Oil
91 grams Pork Sausage (casings removed, crumbled)
1/2 cup Baby Spinach

Directions

- 1 Add the carrots to a pot and cover with water. Bring to a boil and cook for ten minutes or until the carrots are fork tender. Drain the water and mash the carrots.
- 2 Add the chicken broth and salt to the mashed carrots, and cook for five minutes, until warmed through. Set aside.
- 3 While the carrots cook, heat the oil in a pan over medium-high heat. Add the sausage and cook until browned, about five minutes. Remove the pan from the heat and stir in the spinach until it wilts.
- 4 To serve, add the carrot mash to a bowl and top with the sausage mixture. Enjoy!

Notes

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

More Flavor: Top with fresh herbs, sriracha, or sesame seeds.



Pumpkin Spice Chia Pudding

3 servings

30 minutes

Ingredients

1/3 cup Chia Seeds
1 1/8 cups Unsweetened Almond Milk
1/3 cup Pureed Pumpkin
3/4 tsp Pumpkin Pie Spice
3 tbsps Unsweetened Coconut Yogurt
(divided)

Directions

- 1 In a large bowl, combine the chia seeds with the almond milk, pumpkin and pumpkin pie spice. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the coconut yogurt and enjoy!

Notes

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

No Almond Milk: Use coconut, cashew, hemp or oat milk instead.

Likes it Sweet: Add a drizzle of maple syrup or honey on top.

Additional Toppings: Top with nuts, seeds, fruit of choice, additional coconut yogurt and pumpkin pie spice, and garnish with a cinnamon stick and star anise.

More Protein: Add a scoop of collagen or protein powder when you add the chia seeds and stir to combine.



Sweet & Spicy Candied Pecans

4 servings

30 minutes

Ingredients

1 cup Pecans
1 tbsp Maple Syrup
1/4 tsp Cinnamon
1/8 tsp Cayenne Pepper
1/4 tsp Sea Salt

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, toss together all ingredients, then transfer to the baking sheet. Spread across the baking sheet evenly. Bake for five to seven minutes, flip the pecans or stir and then bake for seven minutes more.
- 3 Remove the baking sheet from the oven and let the pecans rest for 15 minutes before serving. Enjoy!

Notes

Leftovers: Store in an airtight container for up to two weeks.

Serving Size: One serving size is equal to 1/4 cup pecans.

Baking Time: As ovens vary, check on the pecans after seven minutes and check after flipping as well to prevent burning.



Green Chicken Sliders

2 servings

30 minutes

Ingredients

227 grams Extra Lean Ground Chicken
1/2 tsp Oregano (dried)
1/3 tsp Sea Salt
1 cup Kale Leaves (very finely chopped)
1 cup Broccoli (very finely chopped)
1 1/2 tsps Extra Virgin Olive Oil
1/2 head Boston Lettuce

Directions

- 1 Combine all ingredients except the lettuce in a bowl and mix well. Form the mixture into even sliders, about 3 inches in diameter, and set aside.
- 2 Preheat grill to medium heat.
- 3 Cook the sliders for about 8 to 10 minutes per side, or until cooked through.
- 4 Serve patties in a lettuce wrap with your toppings of choice. Enjoy!

Notes

Serving Size: One serving is equal to two sliders.

More Carbs: Serve on a bun or on top of rice.

Topping Ideas: Mustard, cheese, pickles, tomato, lettuce, onion, avocado, sour cream or plain Greek yogurt.

Leftovers: These keep well in an airtight container in the fridge up to three days or freeze for up to three months.



Beef, Rice & Carrots

2 servings

30 minutes

Ingredients

1/2 cup Brown Rice
2 Carrot (large, sliced)
227 grams Extra Lean Ground Beef
3/4 tsp Cumin
1/2 tsp Oregano
1/4 tsp Sea Salt

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, place a steamer basket over a pot of boiling water and steam the carrots for eight to 10 minutes or until tender.
- 3 While the carrots cook, add the beef to the pan over medium-high heat. Cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed. Once it is cooked through add the cumin, oregano, and salt and stir to combine.
- 4 To serve, divide the beef, rice and carrots between plates or meal prep containers. Enjoy!

Notes

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

More Flavor: Add other dried herbs and spices to taste.

No Beef: Use ground turkey, chicken, pork, lamb, or lentils instead.

No Carrots: Use green beans, broccoli, or cauliflower instead.

No Brown Rice: Use white rice, quinoa, or cauliflower rice instead.



Salsa Verde Salmon with Tomatoes & Brown Rice

2 servings

45 minutes

Ingredients

1/2 cup Brown Rice (dry, uncooked)
2 tbsps Extra Virgin Olive Oil (divided)
283 grams Salmon Fillet
2 cups Cherry Tomatoes (halved)
1/2 tsp Sea Salt
1 tbsp Capers
1/4 cup Parsley (finely chopped)
1 tbsp Apple Cider Vinegar

Directions

- 1 Cook the brown rice according to the directions on the package.
- 2 About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
- 3 Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
- 4 Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2-3 days.

No Brown Rice: Use basmati rice, jasmine rice, quinoa, couscous or cauliflower rice.

No Capers: Use olives instead.

Serving Size: One serving is approximately 1 1/2 cups of brown rice, 5 ounces (142 grams) of salmon, and 1/2 cup of tomatoes with salsa.



Mediterranean Fettuccine with Kale

2 servings

20 minutes

Ingredients

113 grams Brown Rice Fettuccine
2 cups Kale Leaves (finely chopped)
1/4 cup Pitted Kalamata Olives
1 tbsp Lemon Juice
2 tbsps Extra Virgin Olive Oil
1 tbsp Nutritional Yeast
1/8 tsp Sea Salt

Directions

- 1 Cook the pasta according to the directions on the package. Once the pasta is cooked and strained, run cold water over the pasta to prevent from over-cooking. Set aside.
- 2 In the same pot used for the pasta, add the kale and olives and cook over medium heat for 3 to 4 minutes, until the kale is soft. Add the pasta back to the pot along with the lemon juice, extra virgin olive oil, nutritional yeast and sea salt. Toss to combine. Divide onto plates and enjoy!

Notes

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

More Flavor: Add minced garlic or chili flakes.

No Brown Rice Fettuccine: Use your favorite type of noodle instead.

No Nutritional Yeast: Use parmesan or dairy-free cheese instead.



Maple Dijon Chicken & Lemon Herb Rice

2 servings

50 minutes

Ingredients

1 tbsp Dijon Mustard
1 tbsp Maple Syrup
1 1/2 tbsps Lemon Juice (divided)
1/2 tsp Oregano (dried, divided)
1/4 tsp Sea Salt (divided)
227 grams Chicken Breast
3/4 cup Water
1 tsp Dried Chives
1/2 tsp Dried Basil
1/2 cup Jasmine Rice

Directions

- 1 In a shallow bowl or zipper-lock bag combine the Dijon mustard, maple syrup, 1/3 of the lemon juice, half of the oregano, and half of the salt. Reserve a quarter of the marinade for later. Add the chicken to the remaining marinade and let it marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C).
- 3 Transfer the chicken and the marinade to a baking dish and bake for 25 to 30 minutes or until the chicken is cooked through. Brush the chicken generously with the reserved marinade.
- 4 Meanwhile, make the rice by heating the water in a pot over medium-high heat. Add the chives, basil, remaining oregano, and the remaining salt. Bring to a boil then stir in the rice. Cover with a lid, reduce heat to low and cook the rice for 10 to 12 minutes or until the liquid is absorbed and the rice is tender.
- 5 Remove the rice from the heat, stir in the remaining lemon juice and let the rice rest covered for about five minutes. Fluff with a fork and season with additional lemon juice or salt if needed. To serve, divide the chicken and rice between plates and enjoy!

Notes

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

More Flavor: Add garlic or other dried herbs to the chicken marinade. Add a pat of butter to the cooked rice. Zest lemon into the rice.

No Chicken Breast: Use boneless, skinless chicken thighs instead.

No Maple Syrup: Use honey or other liquid sweetener instead.

No Jasmine Rice: Use long grain white rice instead.

Serve it With: Steamed or roasted veggies or salad.



Herbed Chicken Drumsticks with Celery Root Mash

2 servings

30 minutes

Ingredients

302 grams Chicken Drumsticks
2 tsps Coconut Oil (melted, divided)
1 1/3 tsps Dried Parsley (divided)
1/8 tsp Sea Salt (divided)
2/3 tsp Dried Chives
1/3 tsp Oregano
1 1/3 cups Celery Root (peeled, cut into small cubes)
2/3 Russet Potato (medium, peeled and chopped)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the drumsticks on the prepared pan. Add half of the coconut oil, half of the parsley, half of the salt, chives, and oregano to the chicken and rub the seasoning to generously coat all sides. Bake for 25 to 30 minutes or until the chicken is cooked through.
- 3 Meanwhile, place a steamer basket over a pot of boiling water and steam the celery root and potato for 12 to 15 minutes or until tender. Transfer to a mixing bowl and add the remaining coconut oil, parsley and salt. Mash with a potato masher until smooth. Season with additional salt if necessary.
- 4 To serve, divide the celery root mash and chicken between plates. Enjoy!

Notes

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

More Flavor: Add other dried herbs and spices to taste.

Celery Root: Two cups of celery root is approximately half of a medium celery root.

No Russet Potato: Omit or use white or yellow potatoes instead.

No Drumsticks: Use chicken thighs instead.

No Coconut Oil: Use ghee, avocado oil, or extra virgin olive oil instead.



One Pan Pork Chops with Potatoes & Green Beans

1 serving
25 minutes

Ingredients

1 cup Mini Potatoes (quartered)
1 cup Green Beans (trimmed and halved)
3/4 tsp Extra Virgin Olive Oil
1/3 tsp Oregano (divided)
1/4 tsp Sea Salt (divided)
175 grams Pork Chop (bone-in, 1/2-inch thick)
1/4 tsp Smoked Paprika
1/8 tsp Cumin

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Place the potatoes and green beans on the baking sheet. Drizzle with the olive oil and season with two-thirds of the oregano and half of the salt. Toss well to coat. Bake for 15 minutes.
- 3 Meanwhile, season the pork chops on both sides with the smoked paprika, cumin, remaining oregano, and salt.
- 4 Remove the pan from the oven and stir the vegetables. Add the pork chops to the center of the pan. Place the sheet back in the oven and bake for 10 minutes or until the pork chops are cooked through.
- 5 Remove the baking sheet from the oven. Divide the pork chops, green beans, and potatoes between plates. Enjoy!

Notes

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

More Flavor: Add garlic powder, onion powder, ground coriander or chili powder to the pork chop seasoning.

No Green Beans: Use broccoli or sliced carrots instead.

Cooking Time: Thicker pork chops may require additional cooking time.