

A close-up photograph of a white ceramic bowl filled with a breakfast meal. The bowl contains a layer of white yogurt or milk at the bottom, topped with a generous amount of golden-brown granola. Several slices of ripe banana are scattered across the granola. Small, dark chocolate chips are also visible. The bowl is set on a light-colored, textured surface, possibly a tablecloth. In the background, a wooden cutting board with a red-handled knife is partially visible. The overall lighting is bright and natural, highlighting the textures of the food.

BEAT THE BLOAT LOW FODMAP RECIPES AND 4 WEEK MEAL PLAN

**SIMPLE RECIPES FOR A HAPPY GUT
CHRISTINE BAILEY**

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INTRODUCTION

Do you suffer from symptoms of irritable bowel syndrome IBS or struggle with ongoing digestive problems? Are you concerned about following a bland restrictive diet with limited foods? If your answer is Yes then I am thrilled to share with you this selection of low FODMAP recipes and a meal plan to follow.

FODMAP is an acronym for fermentable oligosaccharides, disaccharides, mono-saccharides, and polyols. This style of diet has become the most recommended dietary intervention for a number of functional gut conditions in particular irritable bowel syndrome (IBS) and SIBO (small intestinal bacterial overgrowth). Some more recent research suggests that it may also be beneficial for IBD conditions like Crohn's and Colitis.

Clinical studies now indicate that over 75% of people with IBS find relief for reducing their intake of FODMAPs. These recipes are not only suitable for people following a low FODMAP diet; they are also ideal for those on a gluten free diet.

Irritable Bowel Syndrome (IBS)

Irritable bowel syndrome (IBS) is a very common gastrointestinal disorder. It is thought to affect about 11-15% of the global population and can have a long-term effect on your quality of life. In the UK, 1 in 5 people are affected by IBS at some stage in their life. Many people find symptoms impact on their daily activities including work, social events, eating certain foods, and travelling and struggle to lead a 'normal' life.

The symptoms of IBS may include:

Chronic abdominal pain

Bloating or swelling of the abdomen

Diarrhoea,

Constipation or erratic bowel habits

Urgency and incontinence if a toilet is not nearby

Sensation of incomplete bowel movement

It is often termed a functional disorder because it is not normally associated with any obvious abnormality or tissue damage. However, as it is often associated with other gut disorders, it is important to confirm diagnosis and rule out other conditions via your GP or health care practitioner.

Anyone with symptoms of IBS should be examined for these disorders before going on a low-FODMAP or gluten-free diet with your doctor. However, bear in mind that it is possible to have both IBS and another digestive disorder.

Adopting a low FODMAP diet has been shown to improve symptoms in many people with IBS. It may also be helpful for other gut conditions too such as coeliac disease, Crohn's and Colitis. It is recommended that you consult with your health care consultant and registered nutritionist or dietician before embarking on a low-FODMAP diet.

What is a LOW FODMAP Diet?

FODMAPS stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols. These are naturally occurring sugars that are poorly absorbed in the small intestine and fermented by bacteria to produce gas. The FODMAPs can also change how quickly the bowels work so can lead to constipation or diarrhoea (or a combination of both).

FODMAPS are poorly absorbed in the small intestine. These molecules are not absorbed in the small intestine and pass through to the colon – often it is because they cannot be broken down effectively or they are slow to be absorbed. People differ in their abilities to digest and absorb some FODMAPs. Fructose generally is slowly absorbed by everyone but may be slower in certain people. Some people do not make enough of the enzyme lactase to break down lactose while fructans and galacto-oligosaccharides are poorly absorbed in everyone

FODMAPs are also small molecules and often consumed in a concentrated dose. The body attempts to dilute them by forcing water into the gut. This extra fluid can cause diarrhoea and affect the muscular movements of the gut.

FODMAPS are also food for the bacteria that live in our gut. The bacteria in the small intestine and colon feed on these molecules and quickly break them down which produces hydrogen, carbon dioxide and methane – i.e. these short chains are fermented quickly.

Most meals will contain a range of these fermentable carbohydrates – their effect is cumulative and this can lead to symptoms such as bowel distension, loose stools etc.

For more details on FODMAPs please see the research by The Monash University, Dept of Gastroenterology, Monash University, Australia. www.med.monash.edu

Types of FODMAPs

People may react to one group of FODMAPS or all of them. They are fermentable which means they are poorly absorbed sugars and therefore fermented by bacteria in the large intestine (bowel).

Oligosaccharides

These include fructans and the galacto-oligosaccharides (GOS)

Fructans are chains of fructose molecules with a glucose molecule at the end. The main dietary sources include wheat products (breads, cereals and pasta) some vegetables such as onions. Additional sources of fructans are the fructo-oligosaccharides (FOS) and inulins that are added to foods such as certain yogurts and milks.

No one can properly digest fructans so if you have IBS it is recommended to limit your intake. They are considered a problem if they contain more than 0.2 grams of fructans per serving of food for cereals and 0.3g fructans per serving of other foods.

Galacto Oligosaccharides (GOS) are short chain molecules formed from galactose sugars joined together with a fructose and glucose at the end. Raffinose and stachyose are the most common GOS in foods – they are particularly evident in beans, legumes, lentils etc

High GOS foods are those that contain more than 0.2 grams per serving. Some people may be able to cope with a small amount of canned and rinsed chickpeas for example. This is why you may see some recipes and lists of low FODMAPs include canned lentils but not those dried then boiled.

High GOS foods include all beans and pulses including lentils and soybean (except GF soy sauce and tofu, soy yogurt)

Disaccharides

Di means two and saccharide means sugar. So these are two individual sugars joined together. The main one is lactose. Lactose is a double sugar that occurs naturally in animal milks including cows, sheep, and goats. Made up of two sugars glucose and galactose it is broken down in the small intestine into its component sugars by an enzyme called lactase.

Lactose intolerant people have low levels of lactase and can only break down a small amount. However it is likely they still produce some so may not need to exclude it completely from their diet.

A lactose free diet is NOT the same as a dairy free diet. Lactose is present in varying amounts in milk and milk products such as kefir, yogurt, ice cream, cream, cheese. Cream contains a minimal amount of lactose and hard and ripened cheeses (cheddar, parmesan, camembert, edam, gouda, blue and mozzarella) and butter are virtually lactose free. Most people with a lactose malabsorption can handle up to 4g of lactose per serving without experiencing problems. A thin spread of butter and a small amount of cream or milk in coffee may therefore be tolerated.

High lactose foods are those with 4g or more per serving. Moderate contain 1-4 grams per serving and low lactose foods are those with less than 1g per serving

FOOD	LACTOSE (grams)
Whole milk 1 cup	16
Low fat milk 1 cup	15
Skimmed milk 1 cup	13
Evaporated milk ½ cup	13
Cottage cheese ½ cup	8
Low fat yogurt 6 oz	6
Whole milk yogurt 6oz	6
Cheesecake 1 small slice	6
Milk chocolate 2 oz	6
Ice cream 2 scoops	4
White sauce 2tbsp	2
Full fat cream cheese 1tbsp	1
Sour cream 1tbsp	0.5
Cream 1tbsp	0.4
Butter 1tbsp	0.1
Hard Cheese 1oz	0.1

Choosing Low Lactose and / or dairy free alternatives.

Hard and ripened cheeses e.g blue, brie, cheddar, edam, Emmental, feta, gorgonzola, gouda, Monterey Jack, Mozzarella, Parmesan, Pecorino, Stilton, Swiss Cheese, soy cheese (up to 30g /2 oz)

Nut yogurt, coconut yogurt, soy yogurt (without inulin if FOS a problem) Alpro soy milk plain does not contain inulin. Co-Yo plain coconut yogurt is also free of sweeteners or thickeners.

For ice cream and milk options choose soy (check labels) or almond or coconut ice cream, lactose free options. Other options: lactose free milk, soy milk, rice, oat, almond, quinoa milks (check sugars added)

Monosaccharides

Mono means one, and saccharide means sugar. So these are simple sugars. The most important is the role of excess fructose.

Fructose is a single sugar often referred to as fruit sugar – found in fruits, honey, high fructose corn syrup, a component of table sugar (also called sucrose) and found in some vegetables (sugar snap peas) and wheat.

When fructose occurs with glucose it is well absorbed because the glucose aids it across the bowel. If fructose is in higher concentrations then absorption is slower. When it is incomplete it is known as fructose malabsorption. Foods are often considered a problem if they contain more than 0.2g fructose in excess of glucose per serving.

So it is not just about the amount of fructose a food contains but the ratio of fructose and glucose. It is only generally a problem when fructose is MUCH Higher than glucose.

It is also a good idea to space out fruit consumption so only eat a little in one sitting.

Example

Honey contains 40g fructose per 100g, and 30 grams of glucose per 100g – this means an excess of 10 grams per serving = problem

Mango contains 2 grams fructose per 100g and 1.5 grams glucose per 100g = 0.5 excess = problem

Kiwi contains 4 grams fructose per 100g and 4g glucose = no excess = not a problem

Polyols

These are sugar alcohols – often added to foods, chewing gum, excess can have a laxative effect. Foods with more than 0.5g per serving are often a problem. Look out for sorbitol, mannitol, xylitol, polydextrose, isomalt, erythritol. The two polyols most commonly occurring in foods are sorbitol and mannitol.

Testing For Malabsorption

Though all FODMAPs may trigger symptoms of IBS, there are breath tests available to determine individual sensitivity to certain sugars, especially fructose, lactose, and sorbitol. Breath tests are not a prerequisite for following the low-FODMAP diet but can be helpful in planning it. Your GP or health care practitioner should be able to arrange these tests. The test measures the amount of gas in the breath after swallowing a measured amount of sugar to produce gases including hydrogen and methane. These gases are absorbed across the intestine carried through the bloodstream to the lungs and exhaled.

Detection of a rise in breath hydrogen above a baseline confirms the test sugar (fructose, lactose or sorbitol) has been malabsorbed and would indicate which elements would need to be restricted in the diet.

Following A Low FODMAP Diet.

Remember that FODMAP diet is not a diet to follow for life. It is intended to isolate offending foods and reduce symptoms while you focus on gut support and / or anti-microbial support.

Normally it is recommended you follow a strict low FODMAP diet for 4-8 weeks or until you are symptom free. After this time the re-introduction phase is recommended (see below). If symptoms are not resolving within 4 weeks seek professional help as this may not be the trigger for you.

There are long term implications of a low FODMAP diet so it is important to work with a nutritionist to identify underlying triggers and address these. In addition remember that what is a trigger for one person on a low FODMAP diet may not be the same foods for you. Many people have degrees of thresholds for each FODMAP too. Some may never be well tolerated but often low doses of some may be acceptable. This is why it is important during the reintroduction phase to introduce the foods and groups slowly and monitor your symptoms. Don't overly restrict foods if you do not have to.

Once you have undertaken the reintroduction phase and identified your key triggers you will know the best foods for you. However bear in mind that with time this can change so it is always useful to test foods that previously were a problem again to see if you can now tolerate them. If you have a bad episode do not worry – just go back to the basic low FODMAP diet and wait until symptoms have improved before trying again.

FOOD GROUP	HIGH FODMAPS - AVOID	LOW FODMAP - INCLUDE
FLOURS AND GRAINS	Barley, bulgar, chickpea flour, couscous, durum, kamut, multigrain flour, wheat flour, soy flour, semolina, wheat bran, wheat germ, rye, triticale, kamut, pea flour (in small amounts may be tolerable)	Arrowroot, buckwheat, corn, gluten free flour mixes, millet, oat bran, polenta, sorghum, tapioca, sago, rice, rice bran, potato flour, quinoa, wild rice, popcorn, ground rice
CEREALS	Wheat based and mixed grain cereals and muesli	Rice cereal, buckwheat porridge, <u>corn based</u> cereals, gluten free cereals
PASTA AND NOODLES	Wheat, <u>barley</u> and rye containing noodles and pasta, gnocchi	Mung bean noodles, rice noodles, buckwheat, gluten free pasta
BREADS, COOKIES ETC	Breads, including sourdough, breadcrumbs, pastries, cakes, cookies, croissants, muffins etc containing wheat, <u>rye</u> and barley	Gluten free breads, corn tortillas, plain rice cakes, rice crackers, gluten free crackers, corn taco shells
DAIRY	Regular milk, ice cream, soft cheeses, yogurt	Lactose free milk, lactose free ice cream, soy milk, rice, quinoa and oat milks, nut milks, butter, hard and ripened cheeses, <u>gelato</u> and sorbets made from suitable fruits
MEAT AND VEGETARIAN OPTIONS PROTEIN	Certain sausages check for onion powder or dehydrated vegetable powders	Bacon, eggs, fish, meat, poultry, tempeh, tofu
NUTS AND SEEDS	Pistachios and cashew	All others (no more than handful of 2tbsp nut butter with each serving)
VEGETABLES	<u>Artichokes</u> globe and Jerusalem, asparagus, cauliflower, garlic, leek, onions, spring onion (white parts), snow peas, sugar snap peas, shallots	Alfalfa sprouts, bamboo shoots, bean sprouts, pepper, bok choy, broccoli, carrot, Chinese cabbage, lettuce, green beans, parsnip, Swiss chard, squash except butternut, turnips, watercress, courgette, yams, potato, pumpkin, cucumber, aubergine, green part of spring onion
FRUITS	Apples, apricot, Asian pear, pear, blackberries, cherries, figs, persimmon, watermelon, white peaches, prunes, tamarillo, plums, peaches, mango nectarines	Banana, blueberries, cantaloupe melon, durian, cranberries, citrus fruits, passion fruit, papaya, pineapple, tomatoes, strawberries, raspberries, honeydew melon
SPREADS AND CONDIMENTS	Most commercial relishes, chutneys, gravies, stock, sauces, dressings, bouillon cubes	Jam and marmalade, mayonnaise, mustard, soy sauce, garlic free sauces, vinegar
Sweeteners	Agave, honey, high fructose corn syrup, fruit juice concentrate, xylitol, mannitol, sorbitol, maltitol	Sucrose – table sugar, icing sugar, maple syrup, molasses, rice syrup, brown sugar, stevia
DRINKS	Apple, pear and mango juices, other fruit juices if more than ½ cup, <u>chicory based</u> coffee, dandelion tea and coffee, rum, watch out for mixers in alcohol drinks, beer may also be problem, sweet wines, sparkling, dessert wines	Water, mineral, soda water, sugar sweetened drinks, most teas, coffee, most alcohol
FATS	Do not use apple sauce as a replacer	Butter, ghee, lard, margarines, garlic infused oil

The Reintroduction Phase

There is an order to the reintroduction phase – start with small amounts then gradually build up to avoid adverse effects

The first group to test is the Polyol. To do this most people choose to try an avocado or apricots (these contain sorbitol). A recommended amount is ½ avocado or 2 fresh apricots – if you experience any symptoms stop and wait until you are symptom free before trying again or trying a new food.

After the avocado / apricot try some mushroom, and if this is tolerated try cauliflower – see the table below. It is recommended you do this with the help of a qualified nutritionist or dietician.

Once you have tested this group move onto the next group – use the following order below:

FODMAP GROUP	FOOD TO INTRODUCE
POLYOLS	¼ ripe avocado (contains sorbitol) 2 medium fresh apricots or 4 dried apricot halves (contains sorbitol) ½ cup mushrooms (contains mannitol) ½ cup Cauliflower (contains mannitol)
LACTOSE	½ to 1 cup of milk or 6oz yogurt
FRUCTOSE	½ mango or 1tsp honey
FRUCTANS	1 slice white bread then move up to 2 slices white bread or 1 garlic clove then buildup to testing ¼ onion this is tested last as they have a high <u>fructan</u> content
GALACTO OLIGOSACCHARIDES	½ cup lentil, kidney beans, baked <u>beans</u> or chickpeas

Key points when re-introducing foods

Test only one FODMAP group at a time

Choose an amount of food that reflects a portion size – too little or too much may affect results
Where possible choose a food that contains mainly one type of FODMAP

Continue to restrict all other FODMAPs until your tolerance or intolerance is confirmed maintain a normal intake of alcohol and caffeine if you consume these – do not increase foods that you think may also be a problem for you

Challenge with one FODMAP group per week

Eat the challenge food at least twice during the test week unless reaction in the first attempt in which case stop

If you don't get symptoms

Increase the range of foods that contain the FODMAP you are testing and assess response Or maintain the same amount and type of food you have tested and then move onto the next FODMAP group challenge.

If you get symptoms

Remove the suspect food and wait until the symptoms are free again then reduce the serving size by half and try again.

Or try another food from within the same FODMAP group to confirm it is a problem Or assume that this type of FODMAP is a problem for you and restrict these.

The dose of FODMAP is vital – if symptoms occur then try half the amount and repeat but wait until you are symptom free before doing this.

Consider a challenge again in the future as sensitivity may change over time.

SHOPPING GUIDE – LOW FODMAP FOODS

For further details of FODMAPs please see the research by The Monash University, Dept of Gastroenterology, Monash University, Australia. www.med.monash.edu. They also have an APP which is very useful.

It is also important to remember it is often the quantity of foods eaten that causes a problem. Therefore portion size is important and how much of certain types of sugars you eat over the day. It is important to check labels carefully – many processed foods will contain certain flavourings that can aggravate symptoms – watch out for the following: onion, garlic, commercial stocks and stock cubes, stock powder.

What About Sugars?

The following are safe on FODMAP diet – however for health keep to a minimum

Caster sugar / table sugar / brown sugar / jaggery

Stevia

Maple syrup

Golden syrup

Avoid xylitol, agave nectar, coconut sugar, honey, high fructose corn syrup. Watch out for products that contain concentrated fruit juices or dried fruits. If fructose is listed as one of the first foods in the ingredients list then it is likely to be high in fructose so avoid.

SHOPPING - Foods safe on LOW FODMAP

Vegetables

Aubergine

< ¼ cup artichoke hearts canned in water or vinegar

alfalfa

Bamboo shoots

Beans, green

Bean sprouts

Beetroot – limit to 2 slices

Broccoli – limit to < ½ cup

Cabbage, savoy < ½ cup

Carrot

Courgette

Celery – limit to ½ stalk

Cucumber

Fennel bulb < ½ cup

Ginger

Lettuce

Olives

Okra

Parsnip

Peas, green – limit to <1/4 cup

Potato

Rocket

Spinach

Spring onion – green part only

Seaweed nori sheets

Swede

Spring greens

Turnip

Tomato – all types

Sweet potato

Butternut squash < ¼ cup

Pumpkin

Red peppers

Water chestnuts

SHOPPING - Foods safe on LOW FODMAP

Fruits

Banana but unripe ones in possible.

Blueberry

Cantaloupe melon

Durian

Dragon fruit

Grapefruit < ½ medium

Grapes

Honeydew melon

Kiwifruit

Lemon Lime

Lychee < 5

Papaya

Orange,

Satsuma

Passionfruit

Pineapple

Pomegranate – ½ small

Raspberry

Rhubarb

Strawberry

Milk Products

Hard cheese – including feta,
brie

Haloumi cheese < 100g

Lactose free milk

Rice milk

Soy milk – check labels

Lactose free yogurt

Soy yogurt – check labels

Coconut yogurt

Almond milk – check labels

Hemp milk – check labels

Coconut milk – check labels

SHOPPING - Foods safe on LOW FODMAP

Protein Foods

Poultry
Red meat
Fish
Seafood
Tofu
Eggs
Tempeh

Cereals and Grains

Gluten free breads (check dairy free)
Cornflakes
Cornflour
Gluten free flour
Gluten free muesli
Oats and oat bran
Gluten free pasta
Rice
Quinoa
Amaranth
Polenta
Corn crackers
Rice cakes

Nuts and seeds – limit portion to 1 small handful, about 10 nuts

Avoid cashew and pistachio nuts
Almonds
Pecans
Hazelnuts
Flaxseed
Chia
Sunflower
Pumpkin
Pine nuts
Peanuts
Sesame seeds
Walnuts

SHOPPING - Foods safe on LOW FODMAP

Flavourings

Fresh herbs

The green tops of spring onions

Chives

Chilli

Garlic infused oil – simply peel and cut garlic and add to olive oil to seep the flavour. Discard the garlic

Ginger

Lemon and lime juice and zest

Maple syrup

Salt and pepper

Spices – cumin, coriander etc. Avoid seasoning mixes

Make up your own stock by simmering bones with carrot, celery, garlic infused oil, salt and pepper

Vinegars

Fish sauce

Tamari soy sauce

Mustard

Peanut butter

Tahini

Sesame oil

Beverages

Alcohol is an irritant to the gut – limit alcohol.

FODMAPs are found in some wines and cider.

Rum is high in fructose.

Watch out for juice blends and topical juices, high fructose corn syrup, honey sweetened drinks

Be mindful of gluten containing drinks

Limit fruit juice to ½ glass – the safest are orange juice and cranberry

No chicory, Caro, Carob, barley cup

A little red wine can be used esp. in cooking e.g stews

Vegetarian & Vegan Diets

If you are following a low FODMAP diet and also avoid meat or animal products it is important to ensure your diet contains sufficient protein. This can be challenging because beans and pulses which can form an important part of a vegetarian / vegan diet are also high in GOS and fructans.

Vegetarian sources of protein include: eggs, tofu (plain, unflavoured), soy milk (check labels), tempeh(plain, unflavoured), eggs, quinoa, lactose free yogurt, lactose free milk, hard cheese (small quantities), some nuts and seeds (including tahini paste).

Vegans will need to pay particular attention as they will also be excluding eggs and dairy products. Soy milk made from whole soy beans is often higher in FODMAPs than those made from soy protein so do check labels carefully.

Pure protein isolate is also suitable on a low FODMAP diet – whey isolate, pea protein isolate, hemp and egg proteins may therefore be useful additions to the diet but check labels as many brands will contain sugars and sweeteners and inulin making them unsuitable.

Note that canned chickpeas and lentils are medium FODMAP foods so you may find that you can tolerate small amounts of these.

While there are vegetarian and vegan options in the book you can also substitute tofu or tempeh in many of the recipes instead of the meat or fish option.

Paleo Diet

The paleo diet is based upon how we ate before our modern day diet of processed foods, sugars, salts, high fructose corn syrups and modified produce. A strict Paleo approach removes all grains, dairy and legumes (beans and pulses) from the diet. Some will also reduce or eliminate their intake of nightshade vegetables like peppers, tomatoes, and aubergine initially particularly if they suffer with an autoimmune condition. Protein rich foods(meats, fish, eggs) are all suitable on a FODMAP diet.

However certain vegetables will need to be avoided(see tables above) and those following a paleo diet may need to watch the quantity of nuts and seeds consumed which can be high in some paleo recipes. Some people find they struggle with obtaining sufficient fibre in their diet as they avoid all grains, beans, and pulses. Good paleo fibre rich sources include potato, sweet potato (1/2 cup), carrots, leafy green vegetables, swede, ground flaxseed, ground chia seed, shelled hemp seeds.

What to Eat

Breakfast Options

Breakfast can be a tricky meal especially when you are short of time. Here are some suggestions. Look through the recipes too for suggestions.

Eggs With Low FODMAP Vegetables

Sweet Potato Rosti

Omelette With Vegetables e.g Spinach, Green Beans, Tomatoes

Poached eggs with spinach

Frittatas e.g red pepper and spinach

Gluten Free Herb Scones

Homemade Granola

Gluten free Savoury Muffins

Frittata – using sweet potato and low FODMAP vegetables Olives,

Smoked Salmon, low lactose cheese and Vegetables

Quinoa Porridge Made With Almond Milk

Millet Porridge With Fresh Berries

Gluten free oat porridge with berries

Green Smoothie– blend up banana, coconut milk, spinach leaves, lemon and ginger

Green Juice – lemon, parsley, spinach or kale, celery, cucumber, pineapple (small piece only)

Plain soy yogurt (low inulin), homemade coconut yogurt (to avoid xylitol) berries plus 1tbsp mixed seeds

Scrambled tofu with gluten free toast or paleo bread

Gluten free sausages, tomatoes, wilted spinach

Pancetta baked eggs

GF pancakes with berries and soy or coconut yogurt

Lactose free yogurt, seeds, berries

Snack Ideas - see recipes as well

1tbsp nuts or seeds

Plain soy yogurt or coconut yogurt / low lactose yogurt

Rice cake with nut butter

slices of beef / jerky

30g hard cheese and gluten free crackers

Homemade kale crisps

Handful of olives

Carrot sticks and 1tbsp natural peanut butter

Sushi

Cooked chicken slices

Homemade granola

Olives

Cucumber slices

Cherry tomato

Recipes

Drinks

Anti-inflammatory Turmeric Shake

Serves 2

- 1 large banana, sliced and frozen (ideally use unripe one)
- 2tsp Maple Syrup
- 300ml almond milk or coconut milk or milk kefir (if tolerated)
- 1 scoop protein powder (isolate), optional
- 1tsp ground flaxseed
- 1tsp chia seeds
- 2 tsp turmeric powder
- Pinch of black pepper
- pinch of cinnamon to taste

- Simply blend all the ingredients together and serve immediately.

Cinnamon Hot Chocolate

Serves 2

- 1 Tbsp Cocoa powder
- 1tbsp Maple Syrup
- 1 tsp. cinnamon
- 1 pinch cayenne (or more if you like it spicy!)
- 2 cups of milk, e.g almond milk or coconut milk or lactose free milk

- Mix the cocoa powder and cinnamon together in a small bowl with the maple syrup to form a smooth paste.
- Spoon a little of the milk into the paste to slacken slightly.
- Warm up the remaining milk in a small sauce pan, keeping the heat on low.
- Gradually stir in the chocolate paste mix and whisk until completely dissolved.

Recipes - Drinks

Strawberry Smoothie

Serves 1

150g strawberries

1/2 unripe banana

125ml almond milk or use a little dairy free yogurt in addition for a thicker texture

1 tsp nut butter

Protein powder of choice, optional

- Simply blend all the ingredients until smooth

Green Tropical Smoothie

Serves 1

1 tbsp lemon juice or lime juice

Large handful of spinach

200g pineapple

240ml dairy free milk

slice of ginger

Protein powder of choice

- Simply blend until smooth

Green Juice

Serves 2

1 cucumber

200 pineapple

1 celery stalk

2 handfuls of kale or spinach

1 lemon

- Put all the ingredients through the juicer and serve immediately

Breakfast and Breads

Cheese Scones

225g gluten-free self-raising flour, plus extra for sprinkling

2 tsp baking powder

1 tsp xanthan gum

Pinch of sea salt

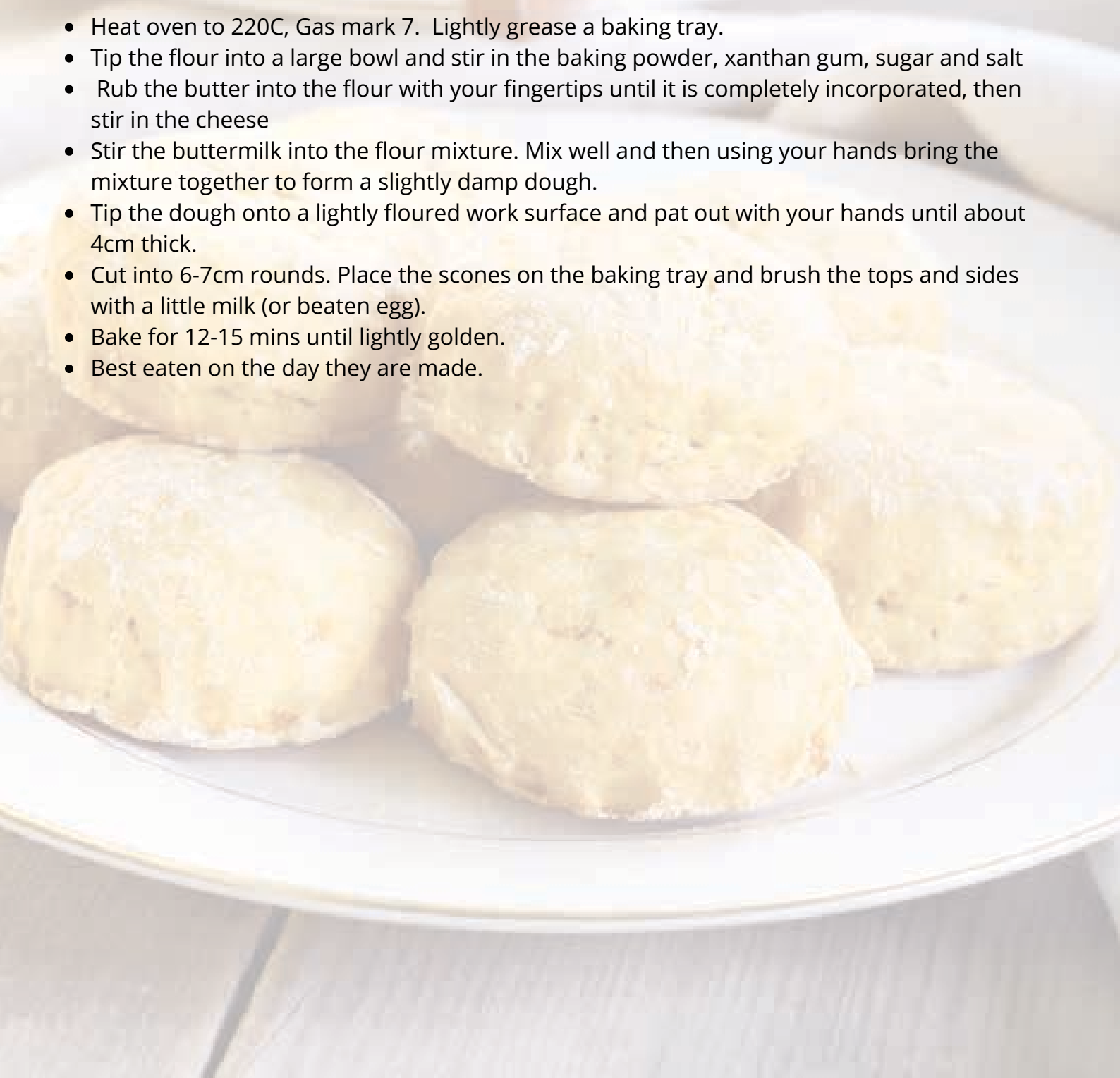
1 tbsp sugar

50g butter, cut into pieces

140ml pot lactose free buttermilk or use lactose free milk and add 1tbsp lemon juice (or dairy free milk)

50g grated hard cheese or dairy free cheese

- Heat oven to 220C, Gas mark 7. Lightly grease a baking tray.
- Tip the flour into a large bowl and stir in the baking powder, xanthan gum, sugar and salt
- Rub the butter into the flour with your fingertips until it is completely incorporated, then stir in the cheese
- Stir the buttermilk into the flour mixture. Mix well and then using your hands bring the mixture together to form a slightly damp dough.
- Tip the dough onto a lightly floured work surface and pat out with your hands until about 4cm thick.
- Cut into 6-7cm rounds. Place the scones on the baking tray and brush the tops and sides with a little milk (or beaten egg).
- Bake for 12-15 mins until lightly golden.
- Best eaten on the day they are made.



Almond Butter & Banana Muffins

A simple muffin sweetened with fruit only. These are great for snacks and packed lunches or for a grab and go breakfast. You could add some protein powder to this if wished e.g pea isolate, hemp protein powder or whey protein powder if tolerated

Makes 8

4 bananas

4 eggs

1/2 cup / 125g almond butter

2 tbsp coconut oil, melted or use butter

1 tsp vanilla extract

1/2 cup / 55g coconut flour

2 tsp cinnamon

1/2 tsp nutmeg

1 tsp baking powder

1 tsp bicarbonate of soda

Pinch of sea salt

- Preheat the oven to 180C, gas mark 4.
- Line a muffin tin with cases.
- In a blender or food processor combine bananas, eggs, almond butter, coconut oil, and vanilla.
- Add in the coconut flour, cinnamon, nutmeg, baking powder, soda, and salt.
- Blend into the wet mixture, scraping down the sides with a spatula.
- Spoon into the muffin cases.
- Bake for 20-25 minutes, until a toothpick comes out clean.
- Best stored in the fridge or frozen

Banana and Chocolate Muffins

Makes 10-12

250g gluten free self raising flour

2tsp baking powder

1/2 tsp bicarbonate of soda

1/2 tsp xanthum gum

2 eggs

100g caster sugar - can reduce this according to taste

50g butter or dairy free spread melted

2 bananas mashed

80-100ml lactose free milk or plant based milk

200g vanilla or plain yogurt or dairy free yogurt

150g chocolate chips - check labels

- Preheat the oven to 180C. Line a muffin tin with cases.
- Place the dry ingredients in a food processor and mix well. Add the eggs, butter, bananas, yogurt, milk and mix well.
- Stir in the chocolate chips.
- Spoon into the muffin tins.
- Bake in the oven for 20 minutes. Allow to cool in the tin before removing.

Scrambled Tofu

Serves 1

1 tsp olive oil

2 spring onions, tops only chopped

1/2 red pepper finely chopped

200g firm tofu, drained

Pinch of smoked paprika

sea salt and black pepper to taste

drizzle tamari soy sauce

handful baby spinach leaves

nutritional yeast flakes to taste

- Heat the oil in a frying pan. Add the onion and red pepper and saute for 1-2 minutes. Add the tofu and mash with a fork.
- Season with paprika, salt and pepper and tamari soy sauce and a little yeast flakes if wished. Add the spinach and allow it to wilt.

Quinoa Protein Porridge

This could be made with millet grain too. A warming alternative to porridge. You could stir in some nut butter instead of protein powder

Serves 2

250g dairy free milk – almond or coconut (check labels) or lactose free milk

250ml water

100g quinoa

½ teaspoon ground cinnamon

1 teaspoon vanilla extract

1 tablespoon ground flaxseed optional

1 scoop pure protein powder isolate - optional or a spoonful of nut butter

Sweeten with maple syrup if wished

Berries to serve

- Rinse the quinoa under cold running water.
- Place the quinoa and water in a pan and bring to the boil.
- Reduce the heat then cover and cook for 10 minutes until just soft.
- Add the milk, cinnamon, flaxseeds, protein if using and vanilla.
- Cook for 5 minutes until creamy. Add a little more milk if needed for a creamier texture.
- Spoon into serving bowls. Drizzle with maple syrup and top with berries

Overnight Bircher Oats

Serves 1

50g gluten free oats

125ml dairy free milk

1tbsp flaked almonds

1tbsp mixed seeds

1tbsp maple syrup

low fodmap fruit of choice e.g kiwi, berries, banana

Dairy free yogurt or lactose free yogurt to serve

- Combine the oats, milk, nuts, seeds in a jar or bowl and mix well. Place in the fridge overnight.
- In the morning drizzle with a little maple syrup, fruit and lactose free yogurt

Pumpkin Granola

Makes 8-10 servings

1 cup / 125g quinoa flakes, buckwheat flakes or gluten free oats

180g / 1½ cup sliced / flaked almonds

70g / 1 cup unsweetened coconut flakes

125g / 1 cup pumpkin seeds or mixture of seeds e.g sunflower, sesame and pumpkin

2tbsp flaxseed ground

125g / 1 cup walnuts, chopped

½ cup / 60g coconut oil melted

2 Tbsp maple syrup

1tbsp vanilla extract

Pinch of sea salt

115g / ½ cup pumpkin or butternut squash pureed from a can or you can bake in the oven then puree (alternatively use unripe banana)

2 tsp ground cinnamon

Serve with mixed berries and coconut yogurt or soy yogurt

- Preheat the oven to 180C, gas mark 4 and line a baking sheet with parchment paper.
- In a large bowl combine flakes, coconut flakes, almonds, pumpkin seeds and nuts
- In a blender, combine the pumpkin, coconut oil, maple syrup and cinnamon.
- Add the wet ingredients to the dry ingredients and stir until dry ingredients are thoroughly coated.
- Spread the granola in a thin layer on the baking sheet.
- Cook for 30-40 minutes stirring occasionally to prevent burning.
- Store in an airtight container



Bacon, Sun dried Tomato and Courgette Frittata

A wonderful option served hot or cold. If you pour the mixture into a traybake tin you can cut it into squares and take a portion with you to work for lunch as well.

Serves 4

8 slices of streaky bacon, cut into dice
2 medium courgettes, grated
6 sundried tomatoes, chopped
100g grated hard cheese, lactose free cheese or dairy free cheese
6 large eggs, lightly beaten
6 cherry tomatoes, halved
Pinch of cayenne pepper
handful of spinach
Salt and freshly ground black pepper

- Preheat the oven to 180C, gas mark 4.
- Grease an 20cm / 8inch cake tin or small traybake and line with greaseproof baking parchment. You can also use an oven proof frying pan.
- Cook the bacon in a frying pan until crispy.
- Remove from the heat and drain.
- Combine the bacon, courgette, spinach, sun dried tomatoes, cheese and eggs in a large bowl.
- Season with salt and pepper and cayenne.
- Pour into the baking dish, top with the cherry tomatoes and bake for 20 to 25 minutes, until firm and golden brown.
- Remove from the oven and let stand for 5 minutes before slicing.

Eggs Muffin Cups Wrapped In Prosciutto

Easy to assemble and portable too – serve hot or cold

Serves 4

4 eggs
4 slices of bacon
salt and pepper
1 tomato, chopped
Chopped chives

- Preheat the oven to 180C, gas mark 4
- Lightly grease a muffin pan and begin by taking one slice of uncooked bacon at a time, wrap the inside of a muffin cup to create a ring.
- Repeat with the remaining slices of bacon.
- Sprinkle the tomatoes and chives into the muffin cups, and crack an egg into each muffin case. Season with salt and pepper.
- Bake in the oven for 15-20 minutes or until eggs are cooked to your liking – you may only need 15 minutes for a runny yolk

Sundried Tomato and Olive Muffins

A fabulous healthy snack and perfect for packed lunches.

Makes 6-8 muffins

225g self raising gluten free flour

1 tsp gluten-free baking powder

¼ tsp xanthan gum

½ tsp salt

80g hard cheese or low lactose cheese, grated

40g or 5 drained, bottled sun-dried tomatoes, finely chopped

8 olives, pitted and chopped

3 fresh basil leaves, finely chopped

75g dairy-free spread or coconut oil, melted

2 large eggs, beaten

1 tbsp sun dried tomato paste

150ml dairy-free milk or lactose free milk

- Preheat the oven to 180°C, gas 4. Line a muffin tin with paper case
- Place the flour, baking powder, xanthan gum and salt into a mixing bowl and stir thoroughly. Add the dairy-free cheese, sun-dried tomatoes, olives and basil leaves and mix well.
- Mix together the melted spread or oil, eggs, tomato purée and dairy-free milk.
- Pour the egg mixture into the flour mixture and gently mix in. Spoon the mixture into the muffin cases.
- Bake for about 25-30 minutes until golden brown. Remove from the oven and place on a cool rack.

Chocolate Banana Paleo Bread

Vary the ingredients – you can add grated courgette to this basic recipe.

200g almonds ground up until fine in a blender or food processor

30g cocoa powder

¼ cup / 30g coconut flour

1tsp bicarbonate of soda

60ml olive oil

5 eggs

1 banana

1tbsp maple syrup or pinch of stevia

- Heat the oven to 180C gas mark 4
- Place the almond flour, cocoa powder, coconut flour and bicarbonate of soda in a bowl.
- Mix well. In a blender blend up the olive oil, eggs, banana and maple syrup. Add the wet ingredients to the bowl and beat well
- Pour the mixture into a loaf tin and bake in the oven for 40 minutes until golden and firm

Baked Eggs with Tomato and Feta

Serve with gluten free bread for lunch or brunch option

Serves 4

2tsp olive oil

1 red pepper, deseeded and chopped

1 can x 400g chopped tomatoes

½ tsp smoked paprika

1tsp dried mixed herbs

packet baby spinach leaves, about 150g

4 eggs

75g feta cheese crumbled or use dairy free cheese if casein is an issue

Chopped Basil leaves to garnish

- Preheat the oven to 200C, Gas mark 6.
- Heat a little olive oil in an oven proof frying pan. Saute the red pepper for 3-4 minutes to soften. Add the tomatoes, paprika, herbs and simmer for 3-4 minutes allowing the tomatoes to reduce slightly. Stir in the spinach and allow it to wilt.
- Use the back of a spoon create 4 dents in the tomato mixture. Crack an egg in each one and sprinkle over the feta.
- Place in the oven and baked for 15 minutes or until the eggs are cooked.
- Scatter over Basil leaves to serve.

Herb Blinis With Hot Smoked Salmon and Yogurt

Makes 20 blinis

Storage: Make in advance and keep in the fridge for up to 2 days. Warm through in the oven.

100g/4oz buckwheat flour
1tsp gluten free baking powder
1/2tsp sea salt
Freshly ground black pepper
1 egg, separated
150ml/5floz milk alternative or lactose free milk
1tsp grated lemon zest
1tbsp chopped dill
1tbsp chopped parsley
1tbsp olive oil
225g / 8oz hot smoked salmon, flaked or smoked salmon
lactose free or dairy free yogurt to serve.

- For the blinis place the flour, baking powder, seasoning, egg yolk, milk alternative and lemon zest in a food processor and mix.
- Whisk the egg white until stiff then fold into the batter with the herbs.
- Heat the oil in a frying pan. Place spoonfuls of the mixture into the pan.
- Cook for 2-3 minutes on each side. Repeat with the rest of the mixture.
- To serve top each blinis with a little smoked salmon and a spoonful of yogurt

Buckwheat Crepes

A simple crepe recipe which you can serve as a sweet or savoury option. Delicious with tomatoes and little avocado and smoked salmon or sliced banana or berries and soy yogurt.

Serves 4

125g buckwheat flour
Pinch of salt and black pepper
2 eggs
200-250ml water or almond /soy milk /coconut milk
Olive oil for frying

Serving options – try chopped tomatoes, avocado (watch portion), smoked salmon, goats cheese

- Make the crepes simply by placing all the ingredients in a blender and processing until smooth. You want quite a thin batter so add a little more liquid if needed. Allow the mixture to sit for 10-15 minutes.
- Heat olive oil in a frying pan over a high heat. Do not add too much as it can smoke and burn the base of the crepe. Pour in a ladleful – I like to pour it to the top end of the pan then tilt the pan down to cover the pan rather than placing it in the middle.
- Lower the heat to medium heat and allow the batter to cook until the edges start to come away from the pan and are lightly golden. Flip and cook for a further minute.
- Transfer to a warm tray or plate and repeat with the remaining batter.


Simple Cinnamon Waffles

You can add in a low FODMAP protein powder if wished Serve with orange infused yogurt and slices of orange

225g gluten free plain flour mix
2tsp baking powder
1 unripe banana
2 eggs
300ml lactose free or dairy free milk of choice
1tsp olive oil
1tsp vanilla extract
Scoop of low FODMAP protein powder optional
Extra oil for greasing waffle maker

To serve

Juice of 1 orange
Low Lactose or dairy free Yogurt to serve
Orange slices
Berries to top

- 
- To make the waffle batter simply place all the ingredients in a blender and process until smooth.
 - Allow the batter to sit for a couple of minutes.
 - Heat and grease your waffle pan.
 - Pour in a little of the batter and cook according to the instructions.
 - Mix yogurt with a little orange juice and serve with the oranges and waffles

Blueberry Jam

Using Chia seeds is a great way to create a simple jam. You could also use raspberries if preferred. Chia seeds are suitable on a low FODMAP diet in small amounts so just try a little and see if you can tolerate it.

Makes about 200g

200g blueberries
1tbsp water
2 tbsp maple syrup or sugar
2tbsp chia seeds

- Place the blueberries, water and maple syrup and cook over a low heat for 5 minutes breaking down the fruit with a wooden spoon. Add the chia seeds and cook for another minute then allow to stand for 5-10 minutes to thicken.
- Spoon into a sterilized jar and store in the fridge. It will keep for 1 week.

Gluten Free Coconut Porridge

Serves 1

40-50g gluten free oats
Pinch of salt
250ml coconut milk
Handful of berries
Dairy free yogurt or lactose free yogurt

- Place the oats, salt and milk in a pan and simmer for 4-5 minutes stirring frequently.
- Take off the heat and add the berries and yogurt to serve.

Soups

Creamy Carrot Ginger Soup

The addition of silken tofu provides a wonderful creamy texture to this soup. For a paleo option try blending in some coconut cream at the end. If you have a vitamix you can make this in the blender. Otherwise cook in a pan before blending.

Serves 2

2 tablespoons olive oil

4 medium carrots, peeled, chopped

1 celery stalk, chopped

1/2 teaspoon sea salt

pinch white pepper

1 tablespoon fresh ginger root

125g silken tofu or use ¼ cup coconut cream (check labels)

450ml vegetable or chicken broth (check labels if not homemade)

Chopped chives to garnish

- Heat the oil in a pan and add the carrots and celery.
- Sauté for 5 minutes to soften.
- Add the remaining ingredients and cook until the carrot is soft about 15 minutes
- Blend until smooth and creamy.
- Sprinkle over the chives to serve.

Courgette, Mint and Spinach soup

A nourishing green soup and a great way to use up leftovers in the fridge. You could replace the spinach with watercress.

Serves 4

1 medium potato, peeled and cut into chunks

1 tbsp olive oil

2 courgettes

800ml vegetable stock

100g baby spinach leaves

1tsp lemon juice

Black pepper

Handful of mint leaves

2tbsp dairy free cream cheese, optional

- Heat the oil in a large saucepan and fry the potato for a couple of minutes.
- Add the courgettes with the stock and simmer for 15 minutes until tender.
- Add the spinach, mint and lemon juice and dairy free cream cheese if using.
- With a handheld blender blitz up the soup until creamy. Season to taste and serve.

Soups

Canned lentil Dahl

Canned lentils are considered medium fodmap foods so this may be more suitable in the challenge stage.

Serves 4

1tbsp olive oil or garlic infused olive oil
1 red pepper, chopped
2tsp ground cumin
1tsp turmeric
1tsp ground coriander
1 can green lentils, rinsed and drained
1 can chopped tomatoes
200ml coconut milk
100g baby spinach leaves
Handful of coriander leaves chopped
Brown or white rice to serve

- Heat the oil in a pan and add the red pepper and spices. Stir for 2 minutes. Add the remaining ingredients except the spinach and coriander. Cover and simmer for 15 minutes.
- Stir occasionally.
- Stir in the spinach and coriander and serve with rice.

Roasted Red Pepper And Tomato Soup

Serves 4

3 red peppers, halved and deseeded
1 tbsp olive oil
1 red chilli, chopped and deseeded
400g (14oz) can chopped tomatoes
1 tbsp sundried tomato paste
425ml (¾ pint) fresh vegetable stock, preferably homemade or chicken stock
275g (10oz) silken tofu
1tbsp fresh herbs e.g. parsley, basil or coriander

- Grill the pepper halves until blackened.
- Place in a bowl and cover with clingfilm. Once cold peel off the skins and dice.
- Heat the oil in a pan and add the chilli, peppers, tomatoes.
- Stir for a minute then add the sundried tomato paste and vegetable stock.
- Bring to the boil and simmer for 15 minutes.
- Place the tofu with the soup in a food processor or blender and liquidize until smooth and creamy. Return to the pan and heat through. Sprinkle over the herbs just before serving.

Condiments / Dressings

Digestive Seed Mix

A great mixture to make up and chew around meal times

½ cup fennel seeds
¼ cup toasted coriander seeds
¼ cup sesame seeds
1 tbsp cumin seeds
2 pinches sea salt
1 tbsp hot water
pinch of sugar

- Dissolve the salt in the hot water
- Heat a frying pan over a high heat and add the seeds. Toast until brown.
- Sprinkle over the salt water, sugar and stir until dry and fragrant.
- Cool then store in an airtight containers.
- Eat a tsp after dinner for good digestion.

Tomato Ketchup

Use this recipe for coating meat and fish as well as a condiment.

350g tomatoes (chopped)
1 tbsp maple syrup
2tbsp olive oil
½ tsp sea salt
1-2 tbsp apple cider vinegar to taste
120g sun dried tomatoes in oil

- Simply place all the ingredients in a blender and process until smooth.
- Store in the fridge for up to 1 week until needed

Apple Cider Dressing

60ml apple cider vinegar
80ml olive oil or rapeseed oil
2tbsp lemon juice
1tsp Dijon mustard
1tbsp maple syrup
salt and pepper

- Simply whisk all the ingredients together and store in the fridge until needed.

Snacks

Easy Rosemary Flaxseed Crackers

Makes around 16 crackers

100g ground flaxseed
50g ground chia seeds
50g shelled hemp seeds
1 egg
1 egg-white
4tbsp olive oil
2 sprigs fresh rosemary
1/2 tsp Sea Salt
2-3 tbsp water to blend

- Preheat the oven to 180C, gas mark 4.
- Place the flax and chia seed in a large bowl with the hemp seeds, oil and the sea salt.
- In a blender put the egg, the egg white, the rosemary leaves and water (not the stems), and process to combine.
- Add the wet ingredients to the dry ones, and mix very well. Ideally let the mixture stand for 30 minutes.
- If the mixture is too dry then add a little more water.
- Roll the dough between two pieces of parchment paper to form a rectangle. Place on a baking sheet.
- Score the dough into square or rectangular pieces.
- Bake on a lined baking sheet for 20 minutes or until lightly golden and crisp.
- Cool on a rack.

Parmesan Crackers

Makes about 6 biscuits

100g ground flaxseed
30g Parmesan cheese, grated
Pinch of sea salt
Optional sesame seeds about 1tbsp
Optional smoked paprika
125 ml water

- Preheat the oven to 200C, gas mark 6.
- Simply mix all the ingredients together. Place spoonfuls on a greased and lined baking sheet to form thin circles. Bake in the oven until lightly golden for around 15 mins

Snacks

Curry Flavoured Almonds

Serves 6

2tbsp maple syrup
1tsp garam masala
1tsp lemon juice
lemon zest
½ tsp sea salt
150g almonds

- Preheat the oven to 150C, gas mark 2.
- Line a baking tray with baking parchment
- In a bowl mix together all the ingredients except the nuts.
- Add the nuts then toss to coat. Spread over the baking tray and bake for 10-15 minutes until golden stirring occasionally.
- Leave to cool before using.

Toasted Nori Sheets

8 sheets dried nori
Olive oil or sesame oil for brushing
sesame seeds sprinkling

- Cut the nori sheets into squares or triangles. Brush lightly with a little oil
- Heat a non stick frying pan or griddle pan until hot. Toast the nori sheets in batches for about a minute either side. Sprinkle with sesame seeds.

Snacks

Chocolate Oat Bars

Makes 16 bars

4 bananas,
275g Gluten free oats
30g Cacao powder
50g Chocolate chips

- Preheat the oven to 180C, Gas mark 4.
- Grease and line a 20cm square baking tin.
- Mash the bananas either by hand or in a food processor.
- Mix in the oats and cacao powder and ensure they are completely mixed
- Stir in the chocolate chips
- Spoon into the tin and press down firmly
- Bake in the oven for 20 minutes until golden.
- Cool in the tin before cutting to squares.
- Store in the fridge or freeze.

Seeded Berry Bars

375g gluten free oats
150g Unsalted butter or dairy free spread
75g maple syrup
1tbsp nut butter
30g sesame seeds
200g raspberries

- Preheat the oven to 180C, gas mark 4.
- Line a square tin with baking parchment
- Place the oats in a food processor and blend a little but keep some texture. Place in a bowl with the seeds.
- Melt the butter, syrup, nut butter in a pan then stir into the dry ingredients.
- Spoon 2/3 of the mixture into the tin and press down firmly. Bake for 6-7 minutes until lightly golden.
- Place the raspberries in the food processor and pulse to break up slightly or mash up with a fork.
- Spread over the base and sprinkle the remaining oat mixture over the top.
- Bake for 15 minutes until golden. Cool completely before cutting into bars.

Mains

Bacon and Red Pepper Quiche

Makes 2 x 6inch quiches

Pastry

350g gluten free plain flour
1tsp xanthum gum
175g butter
pinch of salt
1 egg
2-3tbsp water

Filling

drizzle of olive oil
4 rashers of bacon, cut into pieces
1 red pepper, diced
2 x handfuls of spinach leaves
black pepper and salt
6 eggs
100ml dairy free milk
1tbsp nutritional yeast flakes

- Make the pastry. Place the flour and xanthum gum with the butter in a food processor and process to combine. Add the egg and water and mix to form a slightly wet dough. Cut in half and Roll each out in between pieces of cling film to line two 6 inch quiche tins.
- Bake the pastry blind at 200C, gas mark 6 for 15 minutes. Remove the beans and cook again for 5 minutes. Remove the tins from the oven.
- Make the filling. Fry bacon and red pepper in a little oil then stir in the spinach to wilt. Beat the eggs and milk together with seasoning.,
- Spread the bacon mixture over the pastry cases and pour over the egg filling.
- Turn the oven down to 180C, gas mark 4.
- Bake in the oven 30 minutes.

Mains

Vietnamese Beef Salad

A fresh, protein-packed salad. The dressing is tangy, lightly spiced and bursting with fresh herby flavours. Toss in some cooked rice noodles if wished.

Serves 4

400g beef sirloin, cut into strips

1 tbsp rice wine vinegar

1 tsp fish sauce

2tsp olive oil

½ tsp five spice powder

1tsp brown sugar

2 carrots, cut into julienne strips

1 red pepper, cut into julienne strips

1 cucumber, deseeded and thinly sliced

Dressing

125ml/4fl oz lime juice

1 tbsp maple syrup

1tbsp garlic infused olive oil

½ red chilli, deseeded and diced

Handful of fresh mint leaves, chopped

Handful of fresh coriander (cilantro) leaves, chopped

2 tbsp fish sauce

1 tbsp fresh coriander (cilantro) leaves

Freshly ground black pepper

- Combine the rice wine vinegar, five spice powder, brown sugar, fish sauce and olive oil. Place the beef in a shallow dish and pour over the marinade.
- Allow to marinate for 30 minutes.
- Heat a little oil in frying pan and stir fry the beef until cooked through, about 5 minutes.
- Combine all the vegetables in a large bowl with the beef.
- Make up the dressing by whisking all the ingredients together. Toss in the dressing and sprinkle over the herbs to serve.

Mains

Warming Gingered Beef Stew

This is a protein rich warming and comforting dish perfect for the colder weather. Accompany with low FODMAP steamed vegetables. Delicious with rice or potatoes.

Serves 6

1tbsp olive oil
1kg braising beef or lamb cut into chunks
a little gluten free flour or rice flour for dusting pinch of salt and pepper
½ tsp fresh ginger root, grated
2tsp ground cumin
pinch of ground turmeric
300g butternut squash, chopped
2 carrots, chopped
300ml red wine
300ml beef stock
1tbsp balsamic vinegar
1tsp tamari soy sauce
100g chopped kale or spinach
Chopped parsley to decorate.
Handful of flaked almonds
Seeds of 1 pomegranate

- Preheat the oven to 180C, Gas mark 4.
- Dust the beef in flour and season. Heat a little oil in a large casserole dish. Sear the meat until golden. Add the ginger, cumin and turmeric.
- Add the butternut squash and carrot, stock and wine, vinegar and Worcestershire sauce.
- Bring to the boil. Cover with a lid then place in the oven and cook for 1 hour.
- Add the kale to the stew.
- Cover and cook for a further 15 minutes. Sprinkle over the herbs, pomegranate seeds and almonds to serve.

Mains

Seared Lamb With A Minted Dressing and Green beans

Serves 4

500g lamb fillet or use lamb cutlets
zest of 2 lemons
1 tsp cumin powder
1 tbsp olive oil
150g green beans, trimmed
250g mixed green leaves
150g cherry tomatoes, halved
4 sundried tomatoes, chopped

Dressing

Drizzle of olive oil
200g coconut yogurt or plain soy yogurt or low lactose yogurt
handful of mint leaves
1 tsp maple syrup
2tbsp balsamic vinegar
pinch of cumin
½ tsp. Dijon mustard

- To make the dressing simply mix all the ingredients together and chill until needed.
- Mix together the lemon zest, cumin and olive oil and rub over the lamb. Leave to marinate in the fridge for a couple of hours or overnight.
- Preheat the oven to 220C, gas mark 7. Sear the lamb in a frying pan with a little olive oil so that it is brown all over. Place in the oven and roast for 15 minutes.
- Allow to rest for 5 minutes. Slice thinly.
- Blanch the beans in boiling water until al dente, drain and refresh under cold water. Pile the green leaves on a platter and top with the beans, tomatoes and sun dried tomatoes.
- Arrange the lamb on top and drizzle over the sauce to serve.

Mains

Meatballs with courgette noodles

100g carrots grated
1 red pepper, diced
450g minced lamb
1 egg
pinch of smoked paprika
1tbsp tomato puree

1tbsp olive oil
400g passata
2 courgettes spiralised
1 carrot spiralised
feta cheese to serve

- Place the carrot, pepper, lamb, egg, paprika, puree and seasoning in a bowl. Mix well with your hands and then form into meatballs.
- Place a large frying pan over a medium heat. Add oil then fry the meatballs until cooked through and golden.
- Add the passatas to the pan and simmer for 5 minutes. Toss in the noodles and cook for 1-2 minutes.
- Top with feta cheese if wished.

Mains

Thai Style Pork and Pineapple Salad

This may sound a strange combination but it is actually very light and refreshing. It can be served warm or cold. You can also spoon the pork mixture into little gem lettuce leaves and serve like a wrap.

Serves 4

200g prawns or crab meat,cooked or flaked hot smoked trout
1 tbsp olive oil
250g minced pork or turkey
1 red pepper deseeded and diced
1 carrot julienne
½ pineapple cut into pieces
handful of fresh mint, chopped
handful of fresh basil ,chopped
Little gem lettuces separated
Handful of coriander leaves

Chilli lime dressing

125ml lime juice
2tsp maple syrup
1/2 red chilli deseeded and chopped
2tbsp Thai fish sauce
Handful of coriander leaves

- Heat the oil in a pan and add the pork, cooked until brown breaking it up with a spoon.
- Leave to cool then add to the bowl with the prawns,pepper, pineapple and herbs.
- Make up the dressing and pour over the salad. Toss gently.
- Arrange the leaves on a platter then spoon over the salad to serve

Mains

Spinach Pesto Chicken Pasta bowl

Good news if love nutritional yeast flakes a small serving 15g is low Fodmap

Serves 4

250g gluten free pasta of choice

2 courgettes diced

3 chicken breasts cooked and sliced.

Spinach pesto

125g spinach

60g pine nuts

30g nutritional yeast flakes

60ml olive oil

Juice and zest of ½ lemon

Salt and black pepper to serve

- Make the pesto. Place all the ingredients into a small bowl of a food processor and blitz until smooth. Adjust seasoning to suit taste.
- Cook the pasta in a large bowl of boiling water and cook until al dente. Just before it is done add the diced the courgette Remove from the heat and drain but reserve a mugful of the cooking liquid.
- Return the pasta and courgette to the pan and pour in the pesto. Add enough liquid to create a smooth sauce.
- Stir in the chicken and serve.

Mains

Sicilian Chicken Quinoa Salad

You can replace the chicken with hot smoked salmon or tofu

Serves 4

140g quinoa
375ml fresh vegetable stock or chicken stock (check labels)
a pinch of saffron strands
1 large chicken breasts
2tbsp capers
1 anchovy chopped
handful of mint leaves
Handful of coriander leaves
handful of parsley leaves
90ml extra virgin olive oil
3tbsp red wine vinegar
2 roasted red peppers, chopped
2 celery stalks, chopped
60g black pitted olives, halved
200g cherry tomatoes, halved
Fresh coriander leaves to garnish
30g toasted pine nuts

- Put the quinoa in a sieve and rinse well. Transfer to a saucepan and pour over the vegetable stock and add the saffron. Bring to the boil over a medium heat, then turn the heat down to low, cover and leave to simmer for 15 minutes until the quinoa is tender.
- Leave the lid on and allow it to steam for a further 5 minutes. Transfer to a large bowl.
- Meanwhile place the chicken breasts in a pan and cover with water. Bring to the boil then simmer for 10 minutes. Turn off the heat and leave to cook for a further 10 minutes. Drain then thinly slice.
- Place the capers, anchovy, herbs, oils and vinegar in a food processor and pulse lightly to combine.
- Add the remaining ingredients to the quinoa and toss lightly. Pour over the dressing and toss to coat.

Mains

Crispy Almond Paleo Chicken

You can also use gluten free breadcrumbs instead

Serves 4

4 chicken breasts, boneless

75g ground almonds

50g desiccated coconut

½ tbsp paprika

¼ tsp cayenne pepper

pinch of sea salt

Black pepper

1-2 eggs beaten

- Preheat the oven to 180C, gas mark 4
- Bash the chicken breasts with a rolling pin between cling film and flatten to form thin escalope
- Line a baking sheet with parchment paper
- Whisk the egg in a bowl and set aside.
- In a large bowl, mix the almond meal, coconut, paprika, cayenne pepper, salt, pepper in a bowl.
- Take one piece of chicken and dunk it in the egg, then dunk it in the coconut mixture and place it on the sheet.
- Repeat with the rest of the chicken.
- Bake for 25 minutes or until it looks golden brown and crispy/dry.

Mains

Sticky Chicken with Cucumber Salad

An ideal family friendly recipe. You can use chicken breasts and then slice and use in salads or as a filling for gluten free wraps.

Serves 4

5tbsp tomato ketchup– see recipe under condiments or check ingredients on shop bought ketchup

3tbsp balsamic vinegar

3tbsp tamari soy sauce

2tbsp Chinese five spice powder

1tbsp maple syrup

2tsp olive oil

Chicken – use thighs or breasts – 400g

Cucumber Salad

2 cucumbers

1 small red chilli, deseeded and thinly sliced into ribbons

1tsp grated fresh ginger

2tbsp tamari soy sauce

Juice of ½ lime

2tbsp rice wine vinegar

small handful of coriander leaves, chopped

- Preheat the oven to 200C, gas mark 6. Place the chicken pieces in a large roasting tin. Whisk all the sauce ingredients together and season with salt and pepper.
- Pour over the chicken. Toss together and make sure the chicken is coated and in one layer in the tin.
- Bake for 30 minutes– check to see if it is done – pierce with a knife – it should be hot in the middle and no pinkness.
- Make up the salad. Using a peeler or mandoline or spiraliser and slice the cucumber into ribbons. Place in a bowl and toss in the remaining ingredients.

Mains

Stuffed Roasted Red Peppers

For a vegan option use cooked chopped tofu with 200g cooked rice

Serves 4

3 red peppers – cut in half and deseeded

1 tsp dried oregano

1/2 tsp sea salt

olive oil for cooking

400g minced turkey

1 large courgette grated

3 tbsp sun dried tomato paste

Freshly ground black pepper, to taste

Grated cheese to top if wished

- Preheat the oven to 180C, gas mark 4. Coat a small baking dish with olive oil. Bring a large pot of water to a boil. Place the red peppers in boiling water for 4-5 minutes. Remove from the water and drain face-down on a paper towel.
- Heat oil in a large pan over medium heat. Stir in the turkey, oregano, salt, and pepper and cook until turkey is browned. Add the courgette. Cook everything together until the courgette is soft, and meat cooked through.
- Remove the pan from heat and stir in the tomato paste. Place the halved peppers upright in the baking dish and spoon the meat mixture into the centre of each. Sprinkle with a little cheese if wished.
- Bake for 15 minutes.
- Serve warm sprinkled with chopped parsley.

Chicken Schnitzel

Serves 2

2 small chicken breasts or turkey steaks
2tbsp cornflour
1 egg beaten
100g gluten free breadcrumbs
1tbsp olive oil

Coleslaw

200g carrots grated
200g grated courgette
100g dairy free soy yogurt or light mayonnaise or combination
1/2 tsp Dijon mustard (optional)

Mixed salad to accompany

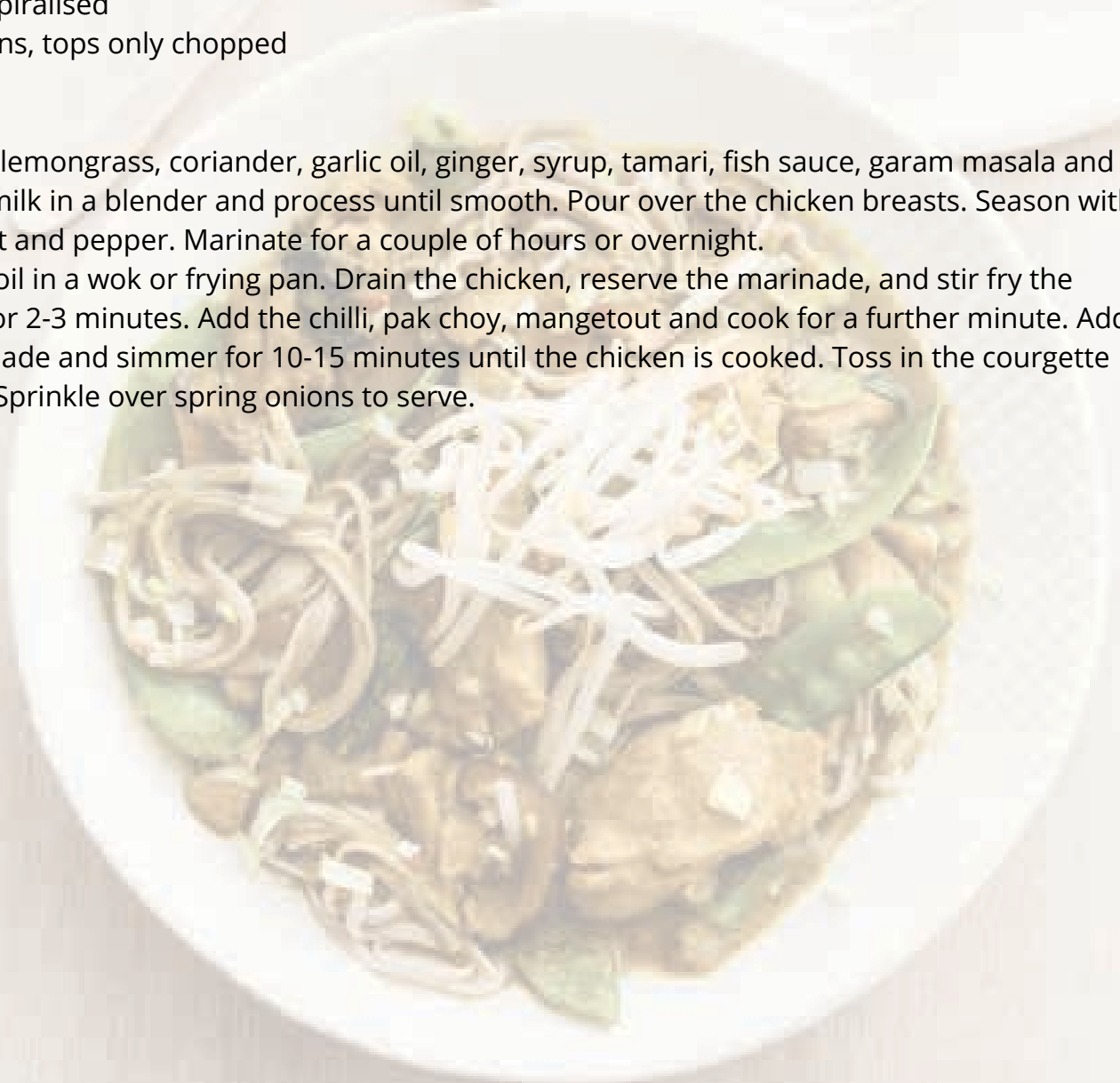
- Place a chicken breast on a large piece of clingfilm, sprinkle with a little oil or water then cover with another piece of clingfilm. Beat the chicken with a wooden rolling pin until it is nice and thin. repeat with the remaining breasts.
- Put the cornflour, egg and breadcrumbs on to 3 separate plates. Coat each chicken breast in the cornflour then in egg and finally the breadcrumbs.
- Heat the oil in a large frying pan and fry the chicken for about 5 minutes on each side until brown and cooked through.
- Meanwhile make up the coleslaw by mixing all the ingredients together. Serve the chicken with the coleslaw and accompany with salad.

Indonesian chicken with courgette noodles

Serves 2

1 lemongrass stalk, chopped
handful of coriander leaves
1tbsp garlic infused oil
2cm piece root ginger, grated
1tbsp maple syrup
1tbsp tamari soy sauce
1tbsp fish sauce
1/2tsp turmeric
1tsp garam masala
200ml light coconut milk
100ml chicken stock
2 skinless boneless chicken breasts cut into large chunks
1tbsp olive oil
1 red chilli, deseeded and diced
1 bunch of pak choy cut into strips
100g mange tout
handful of bean sprouts
1 courgette spiralised
2 spring onions, tops only chopped

- Place the lemongrass, coriander, garlic oil, ginger, syrup, tamari, fish sauce, garam masala and coconut milk in a blender and process until smooth. Pour over the chicken breasts. Season with a little salt and pepper. Marinate for a couple of hours or overnight.
- Heat the oil in a wok or frying pan. Drain the chicken, reserve the marinade, and stir fry the chicken for 2-3 minutes. Add the chilli, pak choy, mangetout and cook for a further minute. Add the marinade and simmer for 10-15 minutes until the chicken is cooked. Toss in the courgette noodles. Sprinkle over spring onions to serve.



Mains

Prawns with courgette noodles

A low carb option and simple to throw together. You could use hot smoked trout or salmon instead of the prawns

Serves 2

2 courgettes

Pinch of salt

2tbsp garlic infused olive oil

½ chilli, deseeded and finely diced

250g cooked prawns

Zest of 1 lemon

Juice of ½ lemon

Mint leaves chopped

Coriander leaves chopped

Parsley chopped

A little parmesan cheese /dairy free cheese to serve if wished.

- Spiralise the courgettes and place in a colander. Sprinkle over the salt which helps draw out a little of the moisture.
- Place the oil in a large saute pan with the chilli, courgette and prawns and warm through over a low heat. Season with plenty of black pepper then add the lemon juice and zest and herbs.
- If wished you could scatter over a little parmesan or dairy free cheese.

Mains

Smoked salmon / Tofu Sushi Rolls

Serves 2

150g sushi rice
1tbsp rice wine vinegar
4 dried nori sheets
1 -2 slices of smoked salmon or slices of pan fried tofu
1 carrot peeled and cut into very thin strips
1 red pepper, cut into thin strips
½ cucumber deseeded and cut into very thin strips
1tbsp gluten free soy sauce to serve
Sushi ginger to serve

- Rinse the rice. Place in a pan and cover with 220ml water. Bring to the boil then reduce the heat to a very low simmer (lid on) and cook for 15 minutes. Turn off the heat and allow the rice to stand covered for another 5 minutes. Drizzle the vinegar over the rice and mix. Allow the rice to cool completely before using.
- Use a sushi mat place a sheet of the nori shiny side down. Spread a thin layer of rice over the nori sheet – just the nearest 1/3 section leaving a border nearest to you. Top in layers the vegetables and smoked salmon or tofu.
- Dampen the edges of the nori with water then using the mat to help you roll up the sushi by rolling it away from you.
- Slice with a wet serrated knife and accompany with soy sauce and ginger.

Baked fish with Mint Yogurt Dressing and New Potatoes

Serves 2

2 Sea bass fillets, skinned or other white fish
1 lemon sliced

8 baby potatoes cooked
160g asparagus steamed
160g green beans steamed
Bag of Mixed lettuce leaves 100g

Dressing

100g Greek yogurt or soy yogurt
Juice of ½ lemon
1 garlic clove, crushed
¼ cucumber, peeled, deseeded, and finely chopped
zest from 1 lemon
1/2tsp sea salt
Freshly ground black pepper
1 tbsp of freshly chopped mint

Preheat the oven to 200C, gas mark 6.

Lay out 2 square sheets of baking paper each large enough to wrap around the fish fillets. Drizzle the paper with a little oil and top with the fish fillets. Season and lay over a couple of lemon slices. Drizzle with a little lemon juice.

Wrap up each fish parcel, tucking the ends under. You can secure the parcels in foil if wished. Transfer the parcels to a baking tray. Bake for 12-15 minutes until just cooked.

Make the yogurt dressing by mixing everything together.
Serve with cooked potatoes and vegetables

Nutrition per serving 330kcal, Fat 9g, Carbohydrates 23g, Protein 34g

Mains

Prawn and Noodle Salad with Thai Chilli Lime Dressing

Serves 2

200g cooked prawns
1 red pepper, finely diced
1 carrot julienne
Handful of mint leaves chopped
Handful of Basil leaves chopped
1 romaine lettuce, shredded
Handful of watercress or lamb's lettuce
Cooked rice noodles or courgette noodles

Dressing

125ml lime juice
1tbsp maple syrup
½ red chilli, deseeded and chopped
2tbsp fish sauce

- Whisk all the ingredients for the dressing together.
- Place all the ingredients for the salad in a large bowl and toss in the dressing. Season to taste.

Mains

Crusted Salmon with herb cucumber yogurt

Serves 2

2 salmon fillets, skin on
1 tsp olive oil
asparagus to serve 200g

Topping

4tbsp sesame seeds
4tbsp chopped hazelnuts or almonds
1tbsp cumin seeds
1tbsp fennel seeds
salt and pepper

Yogurt

200g lactose free or dairy free yogurt
2tbsp chopped mint
grated 1/2 cucumber
salt and pepper

- Preheat the oven to 180C, gas mark 4. mix all the topping ingredients together. You may wish to blitz it up in a food processor slightly.
- Place the salmon on a baking tray and brush with olive oil. Scatter over the topping. Bake in the oven for 15-20 minutes until cooked.
- Mix the yogurt ingredients together and season.
- Steam the asparagus
- Serve the salmon with the asparagus

Mains

Pan Fried Cod with Gremolata

A simple recipe– the gremolata is ideal for fish and seafood and can be prepared in advance and kept in the fridge for 1-2 days

Serves 2

Large handful of fresh flat leaved parsley, finely chopped

Zest of 1 lemon

Juice of ½ lemon

2-3tbsp olive oil flavoured with garlic

little oil for frying

2 cod fillets, boneless skin on, about 150-170g

8 red cherry tomatoes, halved

Serve with green beans and salad

- Mix together the parsley, lemon juice and zest, garlic oil in a bowl.
- Pour a little oil over the fish fillet and season with black pepper. Heat a frying pan until hot. Sear the fish, skin-side down for 2-3 minutes until golden. Turn over and cook for a further 4-5 minutes until cooked through.
- Place the tomatoes in a bowl and coat with a little of the gremolata.
- Spoon on to a serving plate and top with the fish.
- Drizzle the remaining gremolata over the fish. Serve with green beans and salad.

Lemon Crab & Prawn Salad With Lemon Dressing

This salad uses courgette ribbons, which are a wonderful low FODMAP vegetable.

Serves 4

Saffron Mayonnaise or use shop bought mayo

2 egg yolks at room temperature

1tsp saffron threads soaked in 2tbsp hot water

¼ tsp Dijon mustard pinch of salt and pepper

200ml olive oil

Juice of ½ lemon

Salad

250g fresh white crab meat

200g cooked prawns

3 courgettes – cut lengthways into thin ribbons 1 red chilli, deseeded and finely chopped

100g rocket leaves or watercress Juice of ½ lemon

Juice of ½ lime 3tbsp virgin olive oil

1tsp Himalayan sea salt

black pepper to taste

- To make the aioli place the egg yolks, saffron and soaking water, mustard, salt and pepper in a food processor and process briefly to combine.
- With the machine running gradually add the oil until the mixture is emulsified. Add the lemon juice and pulse once more.

Mains

- Note if your mixture does not thicken you can add a spoonful of prepared mayonnaise into the food processor and switch on then gradually pour in your aioli to combine.
- Prepare the mayo and store in the fridge until required.
- Combine the crab, prawns, courgette, chili and rocket in a bowl.
- Just before serving squeeze the lemon and lime juice over the salad.
- Drizzle with the olive oil and season to taste.
- Spoon the salad onto plates then top with the mayo and serve oat cakes or rice cakes

Asian Kale Salad

A wonderful meal in a bowl – add a little protein into make this more substantial

Serves 4

250g handfuls of kale, chopped
2 carrots, grated
1 red pepper, sliced into bite-sized pieces
60g flaked almonds or pine nuts
handful of coriander leaves chopped

Asian Dressing

3 tbsp smooth peanut butter or almond nut butter
3tbsp rice vinegar
1 tablespoon fresh lime juice
3 tablespoons olive oil
1 tablespoon tamari soy sauce
3 tablespoons maple syrup
1- inch square piece fresh ginger, peeled and grated
pinch of sea salt
1/2 teaspoon sesame oil

- Make up the dressing by placing all the ingredients in a blender and processing until smooth.
- Place all the salad ingredients in a bowl and pour over the dressing. Massage in the dressing to soften the kale. Season to taste

Mains

Caponata

Normally this would have onion and garlic added. This is a low FODMAP version and great for vegetarians and vegans (omit the anchovy) – accompany with some protein such as tofu or eggs

1tbsp oil
1 anchovy* rinsed(*omit for vegetarian, vegan option)
2 x 400g cans of chopped tomatoes
pinch of salt and pepper
3 medium aubergines, unpeeled and cut into small cubes
125ml olive oil
salt and pepper
2 red peppers, cut into chunks
2 celery sticks, finely chopped
100ml white wine vinegar
1tbsp tomato puree
2tbsp capers, rinsed
15 green olives, pitted and rinsed
2tbsp sugar or maple syrup
1tbsp parsley chopped

- Place the aubergine pieces on a large baking tray and drizzle with 4tbsp olive oil. Sprinkle with salt and pepper and mix well. Bake for 20 minutes until golden brown
- For the tomato base heat the oil in a pan and add the anchovy and sauté for 30 seconds. Add the tomatoes and seasoning, heat for 10 minutes to thicken.
- Heat the remaining oil in a frying pan and sauté the pepper and celery. Add the remaining ingredients including the aubergine and tomato sauce and heat through. Scatter over the parsley to serve.

Mains

Kale Salad

Serve with protein of choice or accompany with eggs or an omelette

Serves 2

200g kale chopped
30g toasted mixed seeds
30g black olives pitted and sliced
100g cherry tomatoes, halved
½ tsp sea salt
¼ tsp garlic powder
¼ tsp cumin powder
¼ tsp onion powder
1 ripe avocado, mashed up
1 tsp maple syrup
1 tbsp nutritional yeast flakes
2 tablespoons lemon juice or apple cider vinegar

- Place the kale in a large bowl, remove any tough stems.
- Sprinkle over the salt and massage into the kale until the kale 'wilts'. Add the spices, avocado, maple syrup, flakes, lemon juice and massage again. Stir in the remaining ingredients.

Mains

Courgette & Carrot Spiral Salad With Creamy Red Pepper Sauce

Serve this salad with additional protein e.g hard boiled eggs, tofu, fish or chicken

Serves 4

4 courgettes

4 carrots

Pinch of sea salt

Handful of basil leaves

Handful of pitted olives

Handful of cherry tomatoes, sliced

Creamy Red Pepper Sauce

½ cup pine nuts

1 red pepper chopped

2tsp lemon juice

1tbsp tamari, soy sauce

1tbsp maple syrup

4 sundried tomatoes, drained

- Using a spiral slicer, mandoline or potato peeler turn the carrot and courgette into long thin strips. Place in a bowl and sprinkle with salt.
- Mix all the sauce ingredients together, adding a little water to get to create a thick coating sauce.
- Rinse the spiralised courgette and carrot and dry well with kitchen towel.
- Place in a clean bowl and add the basil leaves, tomatoes and olives. Mix in the sauce and toss. Season to taste

Mains

Gnocchi with Lemon Pesto

2 medium baking potatoes baked in the oven
1 egg
150g gluten free flour
Juice and zest of 1 lemon
salt and pepper

Pesto

4 handfuls of basil leaves
50g pine nuts
50g parmesan or dairy free cheese
1tbsp lemon juice
80ml olive oil
salt and pepper

Butter or oil for frying

- Make the pesto by placing the ingredients in a blender and process until smooth. Add a little water to thin if needed.
- Once the potatoes are cooked peel off the skin and grate into a bowl. Add the flour, egg, lemon and season. Mix well together to form a soft dough.
- Divide into four then roll each quarter into a sausage. cut into 2cm pieces and press the tops down a little with the back end of the fork.
- Bring a pan of water to the boil and add the gnocchi. Boil for 2 minutes until they float to the surface.
- Melt the butter or heat oil in a frying pan and add the gnocchi and pesto with a little water to make a sauce.
- Serve immediately

Mains

Tofu Katsu Curry

Serves 4

400g firm tofu
75g cornflour
30g gluten free plain flour
100g gluten free breadcrumbs
Oil for cooking

Sauce

2tsp olive oil infused with garlic
2tsp ginger, grated
250g grated carrot
1tbsp medium curry powder
1tsp garam masala
2tbsp tamari soy sauce
1tbsp rice vinegar / apple cider vinegar
1tbsp maple syrup
300ml vegetable stock

Garnish – chopped red chilli, coriander

To serve: Wholegrain rice or quinoa

Steamed vegetables or salad

1. First make the sauce. Heat a little oil in a saucepan saute the vegetables for 2-3 minutes then add remaining ingredients and simmer covered for 10-15 minutes until the vegetables are soft. Use a hand blender and process the sauce until smooth.
2. Cut the tofu into 4-8 pieces
3. Place the cornflour and flour in a bowl. Add enough water to make a thick batter.
4. Place the breadcrumbs on a tray
5. Dip the tofu pieces into the batter and then coat in the breadcrumbs
6. Heat oil in a frying pan until hot. Fry the tofu pieces in batches until golden on each side (about 2-3 minutes each side)
7. Serve the tofu with rice, vegetables and the sauce. Garnish with chilli and coriander.

Mains

Quesadillas with Salsa

400g tofu, firm
cornflour
oil for frying
8 corn tortillas
dairy free grated cheese (or cheddar)

Salsa

1/2 red pepper, diced
1 green chilli, deseeded and diced
100g cherry tomatoes, quartered
200g pineapple chopped into small dice
Juice and zest of lime
1tbsp maple syrup
coriander leaves, chopped
Seasoning

- Cut the tofu into cubes. Toss in cornflour. Heat oil in a frying pan and pan fry the tofu until golden. Remove from the pan.
- Make up the salsa by mixing all the ingredients together and season to taste.
- Heat a little more oil in the frying pan and add one tortilla. Sprinkle over grated cheese, top with some tofu and salsa and a little more cheese. Top with a second tortilla and press down lightly. Cook on both sides until golden. Remove and cut into quarters

Pitta Pizza

Serves 1

1 Gluten free pitta bread
1-2tbsp Passata
1 roasted red pepper, drained
4 olives pitted
30g grated dairy free or regular cheese
sliced ham, cooked chicken etc

Serve with mixed salad – lettuce, cucumber, tomatoes

Preheat the oven to 220C, Gas mark 7

Spread passata on top of the pitta and top with your toppings. Place in the oven and bake for 5-10 minutes

Desserts

Blueberries With Coconut Cream

A simple dessert or healthy snack

Serves 2

Coconut cream

2 x 14-oz. cans coconut milk, refrigerated overnight

1 tbsp maple syrup

1 tsp vanilla extract

1/2 tsp cinnamon

To serve

1tbsp walnuts or hazelnuts or pecans chopped and toasted

200g blueberries

- Scoop the top thick cream part of the canned coconut milk into a bowl. Reserve the remaining coconut milk for another recipe. Beat together all the ingredients for the coconut cream. Place in the fridge or freezer briefly to chill and thicken up.
- Spoon a little of the cream in a glass, top with handful of berries and a sprinkling of nuts then drizzle over a little more of the coconut cream to serve

Desserts

Raspberry Hazelnut Tart

Makes one 20-cm (8-inch) tart

Serves 6

125g hazelnuts

4tbsp maple syrup

125g gluten free self raising flour

4tbsp light olive oil

1 egg beaten

tsp baking powder

150g coconut yogurt or plain soy yogurt

115g fresh raspberries

flaked almonds to decorate

- Preheat the oven to 180°C/350°F/Gas Mark 4.
- Put the nuts in a food processor and grind until fine. Add the syrup, oil and flour and mix until it resembles breadcrumbs.
- Place half of the mixture into a 20cm (8inch) spring form round cake tin. Press down with the back of a spoon until firm.
- Place the egg, baking powder and yogurt with the remaining nut mixture in the food processor and blend to form a thick batter.
- Spoon the mixture over the base. Press in the raspberries around the cake tin. You can scatter over flaked almonds if used.
- Bake in the oven for 30-35 minutes until golden brown and firm. Leave to cool in the tin before turning out. Cut into slices to serve

Desserts

Chocolate Chip Ice Cream

Serves 6

1 can 400ml can coconut milk,full fat
60g maple syrup
3tbsp raw cacao powder
2 teaspoons vanilla extract
¼ cup coconut flakes
¼ tsp xanthum gum
75g chocolate chips d

- Combine all the ingredients in a blender except the chocolate chips and blend until smooth.
- Churn in an ice cream maker according to the manufacturer's instructions. When almost frozen add the chocolate chips and continue to churn until firm
- Serve immediately or freeze until required.

Banana Peanut Butter Ice Cream

Serves 4

4 bananas, sliced and frozen
2tbsp maple syrup
2tbsp peanut butter or tahini
60ml dairy free yogurt
salt to taste

- Place all the ingredients except bananas in a food processor and blitz until smooth. Add in the bananas and process to form a thick ice cream. Serve straight away or freeze until needed.

Desserts

Lemon Bars

Makes 8 bars

For the crust:

150g almond flour
75g almond butter
1tbsp maple syrup
30g coconut oil, melted
1tsp vanilla extract
1/2 tsp baking powder
1/4 tsp salt

Filling

3 eggs plus 1 egg yolk
100g maple syrup
Juice and zest of 1 lemon
3 tbsp coconut flour
Pinch of salt

- Preheat the oven to 180C, gas mark 4. Grease a square baking tin 20cm.
- Place all the ingredients for the base in a food processor. Press into the tin and bake for 10 minutes
- Place all filling ingredients in a blender and process until smooth. Pour over the base then bake for a further 15 minutes until just set. Let it cool completely then cut into bars.

Desserts

Strawberry and Rhubarb Crumble

200g rhubarb, chopped
400g strawberries, halved
1tbsp lemon juice
6tbsp maple syrup
200g gluten free oats
3tbsp butter or coconut oil melted
vanilla extract 1-2tsp
1tsp cinnamon

- Preheat the oven to 180C, Gas mark 4.
- Mix the fruit in a bowl with the lemon juice and half of the maple syrup
- Spoon into a baking dish
- Place the oats in a large bowl and stir in the remaining ingredients. If a little dry add a splash of water.
- Scatter the crumble over the top.
- Bake in the oven for 30 minutes
- Serve with cream or dairy free yogurt



MEAL PLAN

The following meal plan is an example - use any of the recipes and double them if needed to save time and effort. If you are cooking for a family you may need to double some of the suggestions as we often recommend using the same recipe the next day as leftovers.

Snacks are optional and look at the recipes in the book as there are plenty of additional suggestions.

This is a 4 week plan which should be long enough for you to notice the benefits. If your symptoms have improved consider the reintroduction phase as mentioned in the introduction. This will help you identify trigger foods.

DAY 1

Breakfast: Tropical Green Smoothie, Scrambled egg or tofu with spinach

Lunch: Roasted Red Pepper & Tomato Soup, gluten free oat cakes, Mixed lettuce leaves, 1/4 avocado, cucumber 4 cherry tomatoes

Dinner: Crusted Salmon with herb cucumber yogurt, green beans, new potatoes

Snack: Blueberries with coconut cream or yogurt

DAY 2

Breakfast: Overnight Bircher Oats with berries and yogurt

Lunch: Prawn and Noodle Salad with Thai Chilli Lime Dressing

Dinner: Caponata with grilled chicken breast, poached eggs or tofu
Green Salad or Kale Salad

Snack: Rice cakes and nut butter, Green Juice

DAY 3

Breakfast: Cinnamon Waffles with dairy free yogurt and berries

Lunch: leftover Caponata with protein of choice

Dinner: Nori Sushi rolls, kale salad or mixed salad

Snack: Slices of cooked chicken, cucumber slices

DAY 4

Breakfast: Omelette with spinach or scrambled tofu with spinach

Lunch: Carrot Ginger Soup, mixed salad with protein of choice

Dinner: Warming Gingered Beef Stew, rice, kale salad

Snack Rhubarb and Strawberry Crumble

DAY 5

Breakfast: Granola with yogurt

Lunch: leftover Carrot Ginger Soup, mixed salad with protein of choice

Dinner: Pan Fried Cod with Gremolata, green beans, courgettes

Snack Rhubarb and Strawberry Crumble

DAY 6

Breakfast: Buckwheat pancakes with fruit and yogurt

Lunch: Baked eggs with feta, mixed salad

Dinner: Sicilian Chicken Quinoa Salad

Snack: handful of Granola with dairy free yogurt

DAY 7

Breakfast: Chocolate Banana Paleo Bread

Lunch: Leftover Sicilian Chicken Quinoa Salad

Dinner: Prawn and Noodle Salad with Thai Chilli Lime Dressing

Snack: Cheese scone

DAY 8

Breakfast: Smoked salmon, scrambled egg with tomatoes

Lunch: Canned lentil Dahl, side salad or kale salad

Dinner: Tofu Katsu Curry, rice, side salad

Snack: Blueberries with yogurt

DAY 9

Breakfast: Granola with yogurt and fruit

Lunch: Courgette, Mint and Spinach soup, protein on the side, side salad

Dinner: Quesadilas with salsa, mixed salad

Snack Banana Ice Cream

DAY 10

Breakfast: Tropical Green Smoothie

Lunch: Bacon, Sun dried Tomato and Courgette Frittata, side salad

Dinner: Seared Lamb With A Minted Dressing and Green beans

Snack Chocolate banana oat bars

DAY 11

Breakfast: Coconut porridge with berries

Lunch: leftover Bacon, Sun dried Tomato and Courgette Frittata, side salad

Dinner: Crusted Salmon with herb cucumber yogurt, green beans, salad

Snack: Rice cakes with nut butter

DAY 12

Breakfast: Scrambled eggs with spinach

Lunch: Canned lentil Dahl, side salad

Dinner: Gnocchi with lemon pesto, asparagus, green beans or salad

Snack: Cooked chicken slices, hard boiled egg

DAY 13

Breakfast: Tropical Green Smoothie

Lunch: Kale salad with protein of choice

Dinner: Meatballs with courgette noodles

Snack: Raspberry hazelnut slice

DAY 14

Breakfast: Quinoa porridge with yogurt

Lunch: Carrot, ginger soup, side salad with protein on the side

Dinner: Crispy Almond Paleo Chicken, green beans and salad

Snack: Rice cakes with nut butter

DAY 15

Breakfast: Dairy Free yogurt, berries and granola

Lunch: Carrot, ginger soup, side salad with protein on the side

Dinner: Bacon and Red Pepper Quiche, green beans and salad

Snack: 2 squares of dark chocolate

DAY 16

Breakfast: Omelette with spinach and tomatoes

Lunch: leftover quiche and salad

Dinner: Vietnamese Beef Salad

Snack: Blueberries and yogurt

DAY 17

Breakfast: Overnight bircher oats, fruit

Lunch: Courgette, Mint and Spinach soup, protein on the side, side salad

Dinner: Sticky Chicken with Cucumber Salad

Snack: Nori sheets, Berries

DAY 18

Breakfast: Scrambled eggs, smoked salmon, avocado

Lunch: Courgette, Mint and Spinach soup, protein on the side, side salad

Dinner: Pan Fried Cod with Gremolata, new potato, green beans, salad

Snack: Strawberry Smoothie

DAY 19

Breakfast: Buckwheat crepes, yogurt and fruit

Lunch: Canned Dahl, side salad

Dinner: Courgette & Carrot Spiral Salad With Creamy Red Pepper Sauce

Snack: crackers and cheese

DAY 20

Breakfast: Tropical Green smoothie

Lunch: Roasted Red Pepper And Tomato Soup, side salad

Dinner: Chicken pesto pasta, mixed salad

Snack: Chocolate banana oat bar

DAY 21

Breakfast: Scrambled eggs with spinach and rice cakes

Lunch: Roasted Red Pepper And Tomato Soup, side salad

Dinner: Baked fish with Mint Yogurt Dressing and New Potatoes, courgettes, green beans

Snack: Nuts, Berries

DAY 22

Breakfast: Quinoa Porridge

Lunch: Kale salad with protein on the side

Dinner: Chicken Schnitzel, green beans

Snack: Tropical green smoothie

DAY 23

Breakfast: Almond Butter & Banana Muffin

Lunch: Bacon and pepper frittata with salad

Dinner: Indonesian chicken with courgette noodles

Snack: Berries and dairy free yogurt

DAY 24

Breakfast: Granola with yogurt

Lunch: Pitta pizza with side salad

Dinner: Caponata with baked fish, side salad

Snack: 2 squares of dark chocolate

DAY 25

Breakfast: Scrambled eggs, smoked salmon, avocado

Lunch: Caponata with protein on the side

Dinner: Prawn and Noodle Salad with Thai Chilli Lime Dressing

Snack: Dairy free yogurt with berries

DAY 26

Breakfast: Cinnamon waffle with yogurt and fruit

Lunch: Omelette with side salad

Dinner: Thai Style Pork and Pineapple Salad

Snack: Lemon bar

DAY 27

Breakfast: Tropical Green smoothie

Lunch: leftover Thai Style Pork and Pineapple Salad

Dinner: Tofu Katsu Curry, rice and salad

Snack: Chocolate chip ice cream

DAY 28

Breakfast: Coconut porridge with fruit

Lunch: Kale salad with protein on the side

Dinner: Stuffed Roasted Red Peppers, side salad

Snack: Tropical green smoothie



[Leanandnourish](#)



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