

7-day low FODMAP meal plan

A realistic week for the elimination phase, with a shopping list. Swap meals around freely; the point is removing the daily decision, not following a specific Tuesday.

This is a diagnostic phase, not a diet. Two to six weeks, then reintroduce one group at a time to find out which ones actually matter. Most people who respond react to one or two FODMAP groups, not all six, so a permanent version of this plan is almost always more restrictive than your body requires.

Not suitable if you have a history of disordered eating, are pregnant, are underweight, or already eat a restricted diet. Speak to a registered dietitian instead.

Portions decide most of it. FODMAP content is dose dependent and this sheet cannot give you tested serving sizes. The Monash University FODMAP app is the primary source for those.

	BREAKFAST	LUNCH	DINNER	SNACK
Mon	Oats with lactose-free milk, blueberries, walnuts	Rice noodle salad: prawns, cucumber, carrot, spring onion greens, soy sauce, lime	Roast chicken, potatoes, green beans, garlic-infused olive oil	Firm banana with peanut butter
Tue	Scrambled eggs on sourdough, chives	Quinoa bowl: feta, cucumber, tomato, olive oil, fresh herbs	Baked salmon, white rice, bok choy	Orange and a small handful of walnuts
Wed	Lactose-free yogurt, strawberries, oats	Corn tortillas: grilled chicken, lettuce, red bell pepper, cheddar	Polenta with roasted zucchini, eggplant and hard cheese	Rice cakes with peanut butter
Thu	Oats with lactose-free milk, raspberries	Jacket potato with tuna, mayonnaise, chives, side salad	Stir-fried firm tofu, bok choy, carrot, ginger, soy sauce, rice	Grapes and a little hard cheese
Fri	Eggs with sauteed baby spinach and feta on gluten-free toast	Rice noodle soup: chicken, carrot, spring onion greens	Beef with a small serving of sweet potato and green beans	Kiwifruit
Sat	Lactose-free yogurt, strawberries, walnuts	Quinoa salad: rinsed canned chickpeas (small serving), cucumber, tomato, olive oil	Prawns with rice noodles, zucchini, chives	Firm banana
Sun	Oats with lactose-free milk, cantaloupe	Sourdough sandwich: cheddar, lettuce, tomato, mustard	Baked white fish, potatoes, carrots, fresh herbs	Rice cakes with peanut butter

Shopping list

Produce	Carrots, potatoes, sweet potato, zucchini, eggplant, cucumber, red bell pepper, green beans, bok choy, baby spinach, lettuce, tomatoes, chives, spring onions (green tops only), fresh herbs, ginger, lemon or lime
Fruit	Firm bananas, blueberries, strawberries, raspberries, grapes, orange, kiwifruit, cantaloupe
Protein	Chicken, salmon, white fish, beef, prawns, canned tuna, eggs, firm tofu
Dairy	Lactose-free milk, lactose-free yogurt, cheddar, feta, butter
Pantry	Oats, white rice, quinoa, polenta, rice noodles, corn tortillas, rice cakes, gluten-free bread, traditional sourdough, peanut butter, walnuts, canned chickpeas
Condiments	Garlic-infused olive oil, olive oil, soy sauce, mustard, mayonnaise, vinegar

Two rules that make the week worth doing

RULE	WHY
Log a normal fortnight first	Without a baseline you have nothing to compare the week against, and symptoms fluctuate on their own. "I think I feel better" is a poor instrument.
Record the days you feel fine	They are what create the comparison. A record of only bad days puts every food next to a symptom and nothing can be told apart.

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This sheet is an educational aid, not a medical device, and it does not diagnose anything. FODMAP tolerance is dose dependent and individual, so a load rating is a starting point rather than a rule. If you have blood in your stool, unintended weight loss, difficulty swallowing, persistent vomiting or fever alongside gut symptoms, see a clinician rather than working through a diet sheet.