

Recipe and Low FODMAP food ideas

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- **Yellow Curry**

This curry is quick and easy to make, with lots of vege! – Recipe coming soon.

- **Creamy Bacon Pasta**

- Bacon
- GF Pasta
- GF flour
- Lactose free milk, or nut milk
- Cheese
- Pepper
- Spinach

- **Tuna Curry**

- **Tuna Pasta**

- Tuna
- Pasta
- Cheese
- Salt & Pepper
- Tomatoes
- Spinach or Vegetables

- **Pizza**

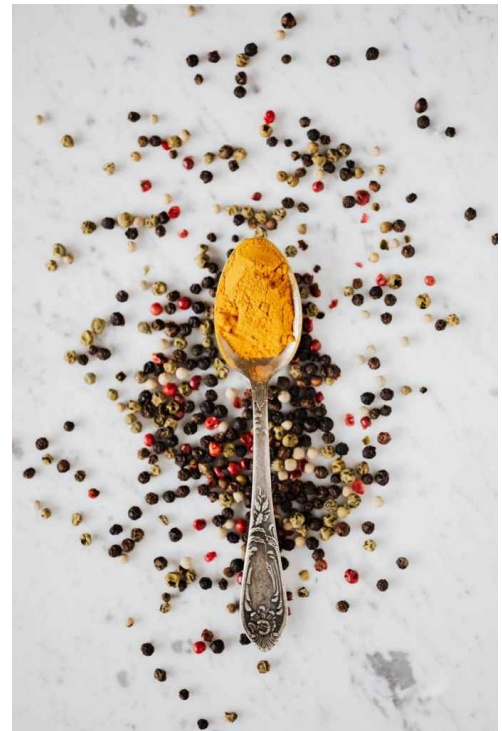
- **Roast**

- Just check which vegetables you can have
- Leave out the onion and garlic, but flavour it with herbs like rosemary and thyme

- **Fish and Chips**

- **Sushi**

- **Soup**



- Pumpkin
- Chicken & Vegetable
- **Thai curry**
- **Beanless Nachos**
- **Toasties**
 - Ham, cheese & pineapple
- **Scrambled eggs**
 - Eggs
 - Almond milk or lactose free milk
 - 1 spring onion (the green part)
 - 1/2 tomato
 - sprinkle of tarragon and oregano
 - salt & pepper



- **Beanless Nachos**
 - Mince
 - Cumin
 - Coriander
 - Paprika
 - Frozen vege
 - Can of Tomatoes
 - BBQ Sauce
 - Tomato Sauce
 - Plain Corn Chips
 - Cheese
 - Spring onion

- **Thai curry**
 - Chicken
 - Spring onion (the green part)
 - Green beans
 - Bamboo
 - Coconut Cream
 - Fish oil
 - Sesame oil



- Ginger
- Lemon

- **Sesame Stirfry**

- Spring onions (the green bits)
- Meat
- Gluten Free Soy Sauce
- Ginger (more than you think!)
- Maple syrup (only a little)
- Sesame oil
- Sesame seeds
- Lemon juice
- Variety of vegetables



Snacks:

- Rice crackers
 - I found seaweed flavour to be one of the tastiest FODMAP friendly flavours
- Vegetable crisps
 - I found a company that makes chips from things like Kumara and Beetroot, but only uses oil and salt. They had so much natural flavour - I'd recommend.
- Ready salted potato chips
 - "[Proper Crisps](#)" has a couple of flavours that have a couple of clear ingredients, that are FODMAP friendly and delicious!
- Energy bars
- Cheese and Crackers