



Healthy Gut Solutions



Family-Friendly FODMAP Easy Meal Picklist

Treat your tummy right without your family catching on! Dive into these tasty and simple family-friendly meals as you start your low FODMAP journey. Say goodbye to meal planning stress while you get the hang of things. These dishes are so delicious that they might become regulars in your family's meal lineup, even after you discover more recipes to add variety.

While not completely necessary to make these meals, stocking up with Fody Foods products will help you add flavor without FODMAPs. Fody Foods products are stocked at most grocery stores or can be purchased at www.fodyfoods.com.

Breakfast Options

Peanut Butter Toast

Udi's Gluten Free Sandwich White Bread or Trader Joe's Gluten Free White Sandwich Bread
Udi's toasted with *Skippy Natural Creamy Peanut Butter* or *Jif Peanut Butter Spread - Natural Creamy*, topped with ½ sliced banana.

Cold Cereal

Cheerios or *Rice or Corn Chex* cereal with *Lactaid* or almond milk, ½ sliced banana and 1 TB. sliced almonds.

Egg Sandwich

Scramble 2 eggs, and top with 2 Tablespoons shredded cheddar cheese. Serve on toasted *Canyon Bakehouse Gluten Free English Muffin* or *Food for Life Brown Rice Gluten free English muffin*, with 1/2 cup of strawberries on the side.

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Speedy Lunches

Quick Cheese Crisp Tostada

Top hard corn tostada shells with shredded plain Rotisserie chicken and cheddar cheese. Melt under the broiler. Top with any *Fody Salsa*. Serve with ½ cup pineapple.

Tuna Melt

Mix tuna with mayonnaise (such as *Kroger Classic Mayonnaise* or *Best Foods Dressing & Sandwich Spread Alternative to Mayonnaise*), lemon juice, black pepper, and dill. Toast 2 slices of gluten free bread (such as *Udi's Gluten Free Sandwich White Bread* or *Trader Joe's Gluten Free White Sandwich Bread*). Scoop tuna mixture onto bread and top with 1 slice of Swiss cheese. Melt under broiler (not for very long!). Serve with cut up carrot sticks.

Potato Boat

Spear a Russet potato multiple times with a fork. Microwave for 5 minutes. During the last 2 minutes of cooking, add ¾ cup broccoli to the microwave in a covered glass container with a splash of water. Cut the potato open on one side and add 1 Tbsp. of shredded cheddar. Top with steamed broccoli (drain water) and add another Tbsp. of shredded cheddar and black pepper. Serve with ½ cup of strawberries.

Dinner Options

Burrito Bowl

Shredded plain Rotisserie chicken layered onto a scoop of white or brown rice. Top with shredded Romaine lettuce, cheese, diced tomato, sliced green onion (green part only), and *Fody Foods Salsa* (any flavor).

Stir Fry

Sautee sliced chicken, pork tenderloin, beef, or shrimp over medium heat until browned and cooked through. Add 2 cups of grated carrots, 1 cup of chopped Bok choy, 1 Tbsp. minced ginger, 2 Tbsp. reduced sodium soy sauce (such as *San-J Tamari brand* or *Kikkoman Soy Sauce*), and 1 teaspoon of dark sesame oil. Once everything is cooked soft, serve over brown or white rice with a sprinkle of sesame seeds on top.

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Tacos

Cook 1 pound of lean ground beef or turkey in a light coating of avocado oil. Season *with Fody Taco Seasoning* to taste, OR a mixture of 1 Tablespoon of chili powder, 1 teaspoon cumin, ½ tsp oregano, 1/8 tsp black pepper, 1/8 tsp cayenne pepper, and ½ tsp salt. Serve with reduced fat shredded cheddar cheese, chopped Romaine lettuce, diced tomato, and taco shells.

Burger Night

Using 1 lb. of lean ground beef or turkey, form 4 patties and grill or pan fry until cooked thoroughly. Add a slice of cheddar cheese if desired. Serve on toasted *Udi's Gluten Free Hamburger Buns* or *Canyon Bakehouse Gluten Free Hamburger Buns* with lettuce, sliced tomato, Dijon mustard, and *Heinz Tomato Ketchup*. Serve with oven fries, hand cut, tossed with olive oil, sprinkled with salt & pepper, and baked at 425 degrees for 20 minutes.

Pasta Time

Mix 4 cups of cooked gluten free pasta with *Prego Sensitive Recipe*, *Rao's Sensitive Marinara*, or any *Fody Pasta Sauce*. Top with 1 cup shredded mozzarella cheese and ¼ cup grated Parmesan cheese and bake in the oven at 350 degrees for 15 minutes or until cheese is melted. Serve with lettuce, carrot, cucumber, and tomato salad with red wine vinegar & olive oil, or any *Fody Salad Dressing*.

Chicken Fingers

Dip 1 lb. chicken tenders into beaten egg and gluten free breadcrumbs (such as *Kroger Gluten Free Breadcrumbs* or *Kellogg's Corn Flakes Breadcrumbs*). Bake at 350 degrees for 25-30 minutes. Serve with oven fries, hand cut, tossed with olive oil, sprinkled with salt & pepper, and baked at 425 degrees for 20 minutes, and cut up carrot sticks.

Baked Salmon

Bake salmon at 450 degrees for 15 minutes, seasoned with lemon juice, black pepper, and dill. Serve with red skinned potatoes tossed in olive oil (baked also at 450 degrees, put them in about 10-20 minutes before the salmon) and sprinkled with chives. Serve with 1 cup of steamed or sautéed carrots drizzled with ½ teaspoon maple syrup and sprinkled with cinnamon.

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