



LOW FODMAP 3 DAY MEAL PLAN

JUDGE NUTRITION & WELLNESS

The low FODMAP diet is designed to help those with IBS identify trigger foods and develop a sustainable plan for managing IBS. This meal plan is meant to be adapted to your individual needs and is intended to give you an idea of how to balance out nutrients while following the diet. For personalized recommendations and guidance through the entire diet, apply for my 12 week IBS Management Program at www.judgenutrition.com/program.

DAY 1

BREAKFAST

2-3 egg omelet w/ 1/4 bell pepper, chopped spinach & fresh herbs + 1/2 cup roasted potatoes

LUNCH

Brown rice + grilled chicken (italian spice mix + olive oil + balsamic vinegar + s&p) + green beans

DINNER

Salad: Quinoa + cucumber + diced tomato + parsley + lemon herbed salmon + arugula

SNACKS

Brown rice cakes + peanut butter
Grapes + pecans + walnuts

DAY 2

BREAKFAST

Oats + almond milk + blueberries + maple syrup + cinnamon + drizzle of peanut butter

LUNCH

Macro bowl: 1/2 cup sweet potatoes + quinoa + kale + olive oil/tahini/lemon juice drizzle

DINNER

Brown rice + grilled chicken (italian spice mix + olive oil + balsamic vinegar + s&p) + green beans

SNACKS

Brown rice crackers + canned tuna + grapes
Dark chocolate + strawberries

DAY 3

BREAKFAST

2-3 egg omelet w/ 1/4 bell pepper, chopped spinach & fresh herbs + 1/2 cup roasted potatoes

LUNCH

Macro bowl: 1/2 cup sweet potatoes + quinoa + kale + olive oil/tahini/lemon juice drizzle

DINNER

Salad: Quinoa + cucumber + diced tomato + parsley + lemon herbed salmon + arugula

SNACKS

Brown rice cakes + peanut butter
Grapes + 2 oz cheddar cheese

When you create meal plans for yourself, the goals should be to find meals you can create in bulk to save time throughout the week, and to have meals on hand that are low in triggers, but tasty, to avoid eating out as often.

Meal plans are not meant to separate you from your hunger and fullness cues. Listening to your body and responding to these cues is key to managing IBS, maintaining a healthy relationship with food, and meeting all of your nutrition needs. Use this one as a guide to get started, but find freedom in making it your own.

If you're ready to start the low FODMAP diet to manage your IBS symptoms, my program may be a good fit for you. In 12 weeks, we will walk through all 3 phases of the diet: elimination, challenge, and customization. We will also focus on other lifestyle factors that influence IBS, so you create a well-rounded plan. I will be there for support the entire way through one-on-one phone calls, text/emails, and a program guide that includes food lists. It is designed to leave you confident and feeling amazing. Apply today at www.judgenutrition.com/program.



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The information above is not meant to be taken as medical advice or individualized nutrition recommendations. It is intended for educational purposes only. A full nutrition assessment by a registered dietitian is recommended before making nutrition changes.