



FEED TO SUCCEED

LOW FODMAPS RECIPES

STARTER PACK

BETSY HJELMGREN

LOW-FODMAPS STAPLES



GARLIC INFUSED OLIVE OIL

Make this recipe at the beginning of your FODMAPs elimination diet, and keep handy for delicious, flavorful cooking throughout your FODMAPs journey! Store in a glass container with a lid at room temperature. Good for one month.

Ingredients

- 1 cup Olive Oil
- 2 Fresh Garlic cloves,
peeled

Directions

1. With the wide, flat edge of a butcher knife, crush/smash each garlic clove.
2. Place the garlic and olive oil in a glass container with a lid.
3. Allow 24 hours to marinate before first use.

YIELDS: 16 SERVINGS

PREPARATION: 5 MIN

TOTAL TIME: 5MIN

Store in a covered glass container at room temperature or in the refrigerator for up to one month. The oil may become cloudy if refrigerated but it is still fine to use. Use in cooking, or fresh to drizzle over salads and vegetables for extra flavor.



Low-FODMAPS Tacos

YIELDS: 5 SERVINGS
TOTAL TIME: 30 MIN

PREP TIME: 15 MIN
COOK TIME: 15 MIN



Ingredients

- 10 Corn tortillas - crunchy or soft
- ½ lb Sharp cheddar cheese, shredded
- 2 cups Romaine lettuce, chopped
- 1 cup Cherry tomatoes, quartered
- 1 Taco Meat Recipe

Taco Meat Recipe

- 1.25 lbs ground beef, turkey or chicken
- 1 tbsp Chili powder
- 1 tbsp Cumin
- 1 tbsp Oregano
- ½ tbsp Paprika
- 1 tsp Salt
- ½ tsp Pepper
- ¾ cup Water

Instructions

1. Combine all spices in a small bowl. Set aside.
 2. In a large skillet over medium-high heat, brown ground meat, breaking into small pieces as it cooks (7-10 minutes).
 3. Drain any excess fat.
 4. Add spice mixture and water to the meat in the skillet. Stir to combine. Allow to simmer over medium heat until the water has evaporated, stirring occasionally.
 5. Once water has evaporated, remove from heat and serve.
- Serve with corn tortillas, shredded cheese, lettuce, and 1 Tbsp cherry tomatoes per taco (cherry tomatoes are moderate FODMAP)





GINGER CHICKEN STIR FRY

This is a family favorite at the Hjelmgren house! It makes a wonderful light meal, full of veggies, protein and fiber! And it keeps well as leftovers.

INGREDIENTS

- 2 tbsp Garlic Oil (see Garlic Oil recipe)
- 4 Chicken breasts, boneless and skinless, sliced into thin strips
- 2 tbsp Fresh Ginger, grated
- 1 cup Water
- 2 tbsp Soy sauce
- 1 cup Water chestnuts, canned
- 1 cup Swiss chard, chopped
- 1 cup Red bell pepper, sliced thin
- 2 tbsp Cornstarch

DIRECTIONS

Tip: Assemble and prepare all ingredients before starting to cook

1. Heat Garlic Oil in a non-stick skillet or wok over medium-high heat until hot.
2. Add chicken and fresh ginger. Saute until chicken is cooked through, about 5 minutes.
3. Add 1/2 cup of the water, the soy sauce and the vegetables.
4. Cook 3-5 minutes until vegetables are crisp tender
5. Mix the cornstarch with the remaining 1/2 cup water and whisk together until cornstarch is dissolved. Slowly pour the cornstarch mixture into the hot pan with the chicken and vegetables, stirring constantly to prevent clumping.
6. Bring to a boil and stir 1 minute until sauce is thick and bubbly.
7. Serve while hot over brown rice. Drizzle with sesame oil or crushed peanuts if desired.

YIELDS: 16 SERVINGS • TOTAL TIME: 30 MIN

PREP TIME: 20 MIN COOK TIME: 30 MINS

Vanilla Pudding



Yield: 4 Servings

Ingredients

- 2 tbsp Pure Maple Syrup
- 1/2 tsp Salt
- 2 1/2 cups Lactose Free Whole Milk
- 3/4 cup Gluten Free Flour
- 1 Large Egg Yolk
- 1 tsp Vanilla Extract

Directions

1. In a small saucepan, whisk together the maple syrup and salt.
2. In a small bowl, combine the flour with 2 Tbsp of the lactose free milk, and mix with a fork or whisk until no longer lumpy.
3. Add the flour mixture, the remaining lactose free milk and the egg yolk to the saucepan. Whisk to combine.
4. Cook the mixture over medium heat, stirring constantly, until it thickens and you see tiny bubbles begin to form on the surface. Turn heat down to low.
5. Continue to whisk over low heat for 1 minute more.
6. Pour the pudding through a sieve into a heatproof dish, and add the vanilla extract. Stir well.
7. Cover and chill at least 2 hours before serving.



Low FODMAPs Diet

Tips & Next Steps

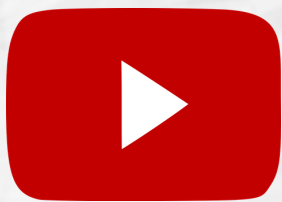
TIPS FOR FOLLOWING THE LOW FODMAPS DIET

1. Before starting, keep a detailed food and symptom log with dates, amount of food eaten, and timing of any GI symptoms.
2. Make sure to eat enough fiber as this diet can be low in fiber.
3. Gluten free grains are appropriate for use in this diet as they do not have unallowed ingredients, but keep in mind the low FODMAPS diet allows some products that contain traces of gluten (ex: soy sauce contains traces of gluten but is ok on a low FODMAP diet).
4. Incorporate plenty of low FODMAP vegetables in the diet such as red bell peppers, carrots, cucumbers, kale and zucchini.
5. Incorporate a moderate amount of lower FODMAP fruits in the diet such as bananas, cantaloupe, grapes, kiwi, oranges, and strawberries.
6. Always offer a protein rich food with every meal.

Low FODMAPs Diet

Tips & Next Steps

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