

Low-FODMAP & Gut Health Elimination Diet Food Symptom

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lunch							
Dessert							
Breakfast							
Prep							

Leftovers

Treat meal

Prep ahead

Water

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Grocery list

- [ ] Lemons
- [ ] Avocado
- [ ] Chickpeas
- [ ] Greek yoghurt
- [ ] Salmon
- [ ] Cucumber
- [ ] Tomatoes
- [ ] Pumpkin seeds
- [ ] Walnuts
- [ ] Garlic
- [ ] Kale
- [ ] Beans
- [ ] Cottage cheese
- [ ] Sardines
- [ ] Apples
- [ ] Herbs
- [ ] Broccoli
- [ ] Tuna
- [ ] Tahini
- [ ] Olive oil

Frozen

Spices

Produce

Household