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# 21 DAYS OF MENUS

The menus in this book have been created to help you follow a low-FODMAP diet easily while meeting your body's nutritional requirements. You will find all of the recipes in the next chapter (see p. 59).

The meals and snacks are interchangeable from one day to another. You will also see that the lunchtime meals are often leftovers from the previous evening. You should therefore adjust recipe servings accordingly, doubling the amounts if necessary so that you have leftovers for the next day.

Snacks are an option and should only be eaten if you are hungry between meals. Trust your appetite to gauge the serving size to put on your plate. Try everything, but do not force yourself to finish everything on your plate if you are no longer hungry. If you have a small appetite, be sure to eat a variety of foods throughout the day, choosing from each of the three groups (protein, starches and grains, and vegetables) at every meal.

# DAY 1

## BREAKFAST .....



Omega-3 Oatmeal (p. 60)

### **Snack**

2 clementines



## LUNCH .....



1 Salmon Mousse Sandwich (p. 84)  
served with raw baby vegetables

### **Snack**

1 lactose-free yogurt



## DINNER .....



Mexican Quinoa Salad (p. 87)

### **Snack**

1 orange



# BELL PEPPER

## Quiche

4 servings • PREPARATION: 15 minutes • COOKING TIME: 30 minutes

### INGREDIENTS

- 1 tbsp canola oil
- 2 stalks celery, chopped
- 1 yellow bell pepper, julienned
- 1 red bell pepper, julienned
- 4 eggs
- 1 cup (250 ml) lactose-free milk or plain soy milk
- 1 cup (250 ml) grated Cheddar cheese
- ¾ cup (180 ml) gluten-free flour

### For the seasonings

- 1 tbsp dried parsley
- 1 tbsp dried basil
- 1 tbsp fresh or dried chives
- Salt and black pepper

### METHOD

Preheat oven to 375°F (190°C). Lightly oil an 11-inch (28 cm) pie plate.

In a preheated skillet, heat oil over medium heat. Add celery and bell peppers and gently fry for 2 to 3 minutes. Set aside.

In a large bowl, using a fork, beat eggs with milk. Add cheese and flour, then vegetables and seasonings. Stir until evenly mixed.

Transfer mixture to prepared pie plate and bake in preheated oven for 30 minutes.

*Serve with a salad of low-FODMAP vegetables (see p. 20).*



### TIP

This recipe can be precooked in a microwave on maximum power for 3 minutes, covered, or 2 minutes, uncovered. Finish cooking in a preheated oven at 375°F (190°C) for 10 minutes.

### Nutrition Facts

Per serving

#### Amount

Calories	367
Fat	20 g
Sodium	290 mg
Carbohydrates	26 g
Fiber	2 g
Protein	20 g

