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**VITAMINME
GUT HEALTH PLAN**

ARE YOU READY TO SAY GOODBYE TO THE DISCOMFORT, BLOATING AND PAIN IBS BRINGS YOU?

If you just answered yes, then this plan is for you! Our Gut health plan is for those individuals who experience digestive stress almost every single day due to IBS and are determined to discover the foods that they can eat to ease digestive discomfort.

This Gut Health Plan For IBS has been developed with VitaminMe's registered in-house Dietitian-Ashley Soloman. Ashley gives you some ideas and takes the stress and guesswork out of your meal planning to combat IBS.

What can you expect from this plan?

- Over 50 different meal options
- Low FODMAP food lists
- Learning more about what foods your body can and can't tolerate
- Quick & easy low FODMAP recipes

Ultimately relieving you from symptoms related to IBS.

NB Before You Start:**

- **Ask your doctor or dietitian first:** While this plan has been developed by a registered Dietitian, your personal medical history, current medication and other additional factors have not been considered in this plan.
- **Not appropriate for certain medical conditions:** That includes people with diet-related medical conditions (e.g. type 1 or type 2 diabetes using medication) and those at risk of eating disorders or emotionally fragile. Also, this is not for children- any elimination diet for a child must be under the direct supervision of a dietitian.
- **Keep a food diary:** Record each meal and see if you experience any undesirable symptoms after each meal or later that day. This is crucial for helping you recognize triggers and what foods to further avoid.
- **Portion Guideline:** * This plan is a generic FODMAP plan to help alleviate IBS. For accurate portion size please book a consult with our in-house dietitian for a tailored plan suited for your specific needs.

Non-starchy vegetables:

- 1/2 cup cooked vegetables (i.e. zucchini, green beans, carrots, broccoli)
- 1 cup salad vegetables (i.e. spinach, tomato, cucumber, capsicum, Arugula)

Fruits:

- 1 med-large piece of fruit (i.e. orange, grapefruit)
- 2 smaller pieces of fruit (kiwi, mandarin)
- 1 cup of fruit (diced cantaloupe, grapes, berries)

Protein Foods:

- 100g lean meat, chicken, fish, pork, tofu
- 2 eggs

Carbohydrates and grains:

- 1 slice of low FODMAP bread or 1 small GF wrap
- 3 multigrain rice cakes
- 40g wholegrain cereal (GF oats, GF weet bix)
- 1 medium white potato or 1/2 cup sweet potato
- 1/3 – 1/2 cup cooked rice, noodles, GF pasta (i.e. buckwheat/quinoa)
- 1/3 cup tinned lentils or 1/4 cup tinned chickpeas

Dairy Foods:

- 250ml lactose free milk or milk alternative (calcium fortified)
- 200g lactose free yoghurt/lactose free cottage cheese
- 40g hard cheese

Oils and fats: 3 serves per day

- 1tsp extra virgin olive oil or oil-based spread
- Avocado (approx. 1/4 diced)
- 20g low FODMAP nuts or seeds

DRINKS TO ENJOY!

It is important to stay hydrated throughout the day!

1. WATER:

You can enhance your daily water with the following fresh fruits & aromatic herbs.

- Lemon
- Mint
- Cucumber
- Ginger
- Lime
- Strawberries
- Orange
- Water enhancer droplets

2. JUICES:

Be aware of the fruit used in fruit juice. Many fruit juices contain a mixture of fruits and some fruits contain high levels of FODMAPs. Fruits that contain high levels of FODMAPs can cause symptoms in people with irritable bowel syndrome. e.g. cranberry, pineapple, grape juice is ok but orange juice is not.

- Fresh cranberry juice – ½ glass (1 fruit portion)

3. HOT BEVERAGES:

From a FODMAP perspective, coffee is not a problem. It is however necessary to omit if you get diarrhoea after consumption. From a health perspective, avoid having more than 2 cups per day and avoid caffeine after 12:00 pm.

- Coffee (black)
- Coffee with lactose free milk
- Coffee with low FODMAP milk
- Tea (black)
- Tea with lactose free milk
- Tea with low FODMAP milk
- Green Tea

* **Low FODMAP varieties of milk** include lactose-free, soy (made from soy protein, NOT soybeans), rice, cashew, macadamia, and almond. Ensure whatever variety of milk you choose is fortified with calcium.

****It is important to stay hydrated throughout the day – have small sips of water during exercise****

On cold days | non-exercise days: 1.5 Litres
On warm days | exercise days: 2.0 Litres

FRUIT LIST

LOW GI FRUITS



Why should you stick to unripe bananas?

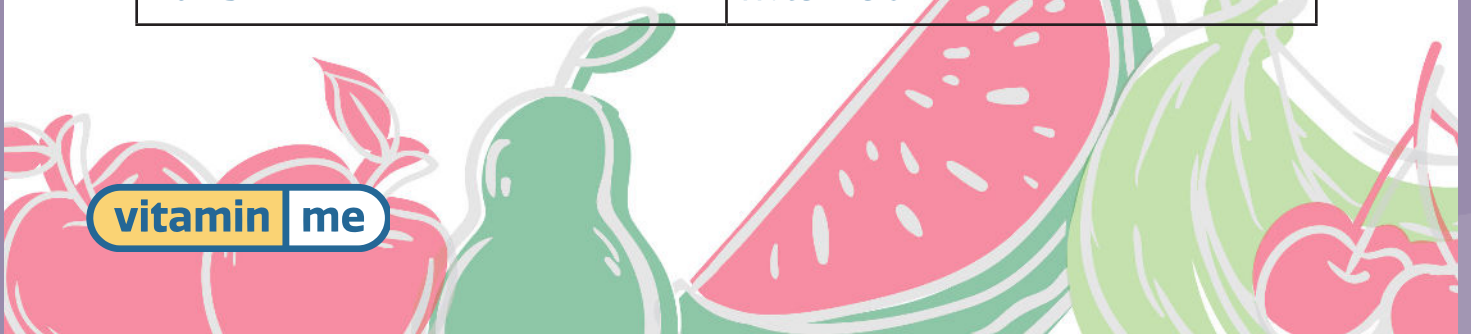
An unripe banana (100g) is low in oligo-fructans, making it safe to eat on a low FODMAP diet. A ripe banana is high in oligo-fructans, making it high in FODMAPs. However, a third of a ripe banana (33g) should be tolerated by most individuals with IBS.

Fruit
Banana (unripe – avoid ripe)
Cantaloupe
Dragon fruit
Passion fruit
Guava
Kiwi-fruit
Mango (consume no more than ¼ cup)
Clementine
Orange
Papaya
Pineapple
Pomegranate (consume no more than 45g)
Strawberry

HIGH GI FRUITS

** High GI fruits are a great pre-workout**

Fruit	
Grapes	Apples
Apricots	Apricots
Cherries	Nectarines
Peaches	Pears
Plums	Watermelon



VEGETABLE LIST

NON-STARTCHY VEGETABLES

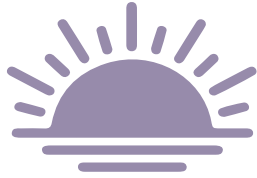
1 Serving : 1/2 cup (+-75g)

Vegetables	
Artichoke (canned)	Eggplant
Broccoli (heads only)	Green Beans
Bok Choy	Green Pepper
Cabbage	Okra
Capsicum	
Zucchini	

1 Serving : 1 cup (+- 140g)

Vegetables	
Carrot	Mushrooms (oyster / canned)
Chilli	Onion (pickled)
Cucumber	Heart of Palms
Dark Leafy Greens	Arugula
Fennel	Radish
Kale	Spinach
Lettuce	Patty pan
Red Pepper	Tomatoes





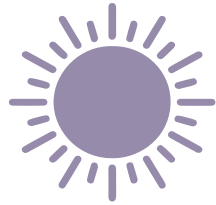
BREAKFAST MENU

Option 1	Option 2	Option 3	Option 4
<p>PEANUT-BUTTER BANANA TOAST</p> <ul style="list-style-type: none"> · Gluten free bread · 1 Tbsp. peanut-butter · Sliced banana (unripe) · Cinnamon 	<p>CEREAL</p> <ul style="list-style-type: none"> · Corn flakes · Lactose-free milk 	<p>STRAWBERRIES AND YOGHURT</p> <ul style="list-style-type: none"> · Lactose-free yogurt · Strawberries · Mixed nuts (all nuts – except cashews) 	<p>COOKED OATS</p> <ul style="list-style-type: none"> · Raw oats (gluten free) · Lactose free milk · Peanut-butter · Cinnamon · Sliced banana (unripe)
Option 5	Option 6	Option 7	Option 8
<p>COTTAGE CHEESE TOAST</p> <ul style="list-style-type: none"> · Gluten free bread · Lactose free cottage cheese (<i>**If you cannot find lactose free cottage cheese – use normal cottage cheese, but do not exceed 40g</i>) · Sliced tomato and cucumber 	<p>FRENCH TOAST</p> <ul style="list-style-type: none"> · 1 slice gluten free bread <p>For Batter:</p> <ul style="list-style-type: none"> · 1 large egg · Cinnamon, nutmeg, Vanilla essence · ½ Tbsp. peanut butter <p><i>*Top with sliced strawberries & banana (banana must be unripe)</i></p>	<p>OMLETTE</p> <ul style="list-style-type: none"> · Egg omelette · (Add free-veg into omelette) · Gluten free bread · ¼ Avocado · Bacon <p><i>**If you add spinach to your eggs – use baby spinach leaves, avoid spinach with the thick stalks</i></p>	<p>DR PAWPAW</p> <ul style="list-style-type: none"> · Kiwi, papaya, passion fruit salad · Lactose-free yogurt · Flaked almonds
Option 9	Option 10	Option 11	Option 12
<p>SALMON TOAST</p> <ul style="list-style-type: none"> · Gluten free bread · Lactose-free cottage cheese (<i>**If you cannot find lactose free cottage cheese – use normal cottage cheese, but do not exceed 40g</i>) · Smoked trout · ¼ Avocado 	<p>COFFEE OVERNIGHT OATS</p> <ul style="list-style-type: none"> · 30g Raw oats (gluten free) · ½ Tbsp. flax-seeds · 1 tsp. Instant coffee (decaf) · 3 Walnuts · 2 Tbsp. fat-free yogurt 	<p>PROTEIN SMOOTHIE</p> <ul style="list-style-type: none"> · ½ cup lactose free milk · Lactose free yoghurt · ½ Cup ice · 1 Cup water · ½ Frozen banana · ½ Cup berries · 1 tsp. Cinnamon · 1 Tbsp. Nut butter (not cashew) 	<p>CHEESE AND HAM SANDWICH</p> <ul style="list-style-type: none"> · Gluten free bread · Ham · Lactose free cheese (<i>**If you cannot find lactose free cheese – use normal cheese, but do not exceed 40g</i>)
Option 13	Option 14		
<p>TOASTED CHEESE</p> <ul style="list-style-type: none"> · Gluten free bread · Lactose free cheese (<i>**If you cannot find lactose free cheese – use normal cheese, but do not exceed 40g</i>) 	<p>CRACKERS AND EGGS</p> <ul style="list-style-type: none"> · Rice cakes · Scrambled eggs · Grilled tomato and arugula 		



MID-MORNING SNACK

Option 1	Option 2	Option 3	Option 4
COCONUT YOGHURT	BANANA BREAD · 1 slice banana bread (see recipe)	PRETZELS · Gluten free pretzels	YOGHURT · Lactose-free yogurt
Option 5	Option 6	Option 7	Option 8
CRACKERS AND-CHEESE · Rice crackers · Lactose free cottage cheese (<i>**If you cannot find lactose free cottage cheese – use normal cottage cheese , but do not exceed 40g</i>) · Sliced tomato and cucumber	MIXED NUTS · Any unsalted mixed nuts (except cashews)	RICE CAKES AND PEANUTBUTTER · Rice cakes · 1 Tbsp. peanut-butter	CRACKERS AND TUNA · Rice crackers · Tuna · Reduced oil mayonnaise
Option 9	Option 10	Option 11	Option 12
CRACKERS AND EGG · Rice crackers · Boiled egg · Reduced oil mayonnaise	BISCUITS · Gluten free cookie	POPCORN · 2 cups air popped popcorn	CHICKEN AND VEG STICKS · Smoked chicken slices · Cucumber, tomato and carrot sticks



LUNCH MENU

Option 1	Option 2	Option 3	Option 4
<p>HEALTHY CHICKEN BURGER</p> <ul style="list-style-type: none"> · 1 Gluten free roll · Grilled chicken · Reduced oil mayonnaise · Lettuce, cucumber, tomato, pickles. 	<p>CHICKEN AND QUINOA</p> <ul style="list-style-type: none"> · Grilled Chicken strips (use lemon juice, salt, pepper and mixed herbs) · Quinoa · Chopped salsa salad (cucumber, tomato, red pepper, spring onion, lemon juice, salt and pepper) 	<p>TUNA WRAP</p> <ul style="list-style-type: none"> · Gluten Free wrap · Tuna in brine · Reduced oil mayonnaise · Lettuce, cucumber, tomato, pickles. 	<p>STUFFED POTATO</p> <ul style="list-style-type: none"> · 160g baked potato · Lactose free cottage cheese (<i>**If you cannot find lactose free cottage cheese – use normal cottage cheese, but do not exceed 40g</i>) · Smoked salmon · ¼ avocado (not more) · Chopped salsa salad (cucumber, tomato, red pepper, spring onion, lemon juice, salt and pepper)
Option 5	Option 6	Option 7	Option 8
<p>CHICKEN SALAD</p> <ul style="list-style-type: none"> · Baby Spinach leaves · Salad veg · Pumpkin · Corn · Shredded chicken (Add salad dressing with no onion or garlic – olive oil and balsamic vinegar is best) 	<p>CHICKEN WRAP</p> <ul style="list-style-type: none"> · Gluten Free Wrap · Chicken strips · Reduced oil mayonnaise · Chopped salsa salad (cucumber, tomato, red pepper, spring onion, lemon juice, salt and pepper) 	<p>CHICKEN STIR FRY</p> <ul style="list-style-type: none"> · Chicken breast strips · Egg noodles/Veggie noodles · Stir fry veg <p>SAUCE</p> <ul style="list-style-type: none"> · 1/2 cup low sodium soy sauce · 1/2 cup stock · 2 Tbsps. fresh chopped ginger · Garlic infused oil (not fresh garlic) · 1 Tbsp. corn starch · 1 Tbsp. maple syrup · 1 Tbsp. sesame seed oil · 1 tsp. rice vinegar 	<p>SALMON RICE SALAD</p> <ul style="list-style-type: none"> · Salmon slices · Brown rice · Cucumber, tomato, pepper, baby spinach leaves <p>(Add salad dressing with no onion or garlic – olive oil and balsamic vinegar is best)</p>
Option 9	Option 10		
<p>EGG-MAYO CRACKERS</p> <ul style="list-style-type: none"> · Rice Cakes <p>(Egg mayo)</p> <ul style="list-style-type: none"> · Boiled eggs · Reduced oil mayonnaise 	<p>SCHNITZEL</p> <ul style="list-style-type: none"> · Gluten free schnitzel · Quinoa · Cucumber 		



AFTERNOON SNACK

AFTERNOON SNACK 1

Option 1	
FRUIT	1 Portion of fruit (see list)

AFTERNOON SNACK 2

Option 1	Option 2	Option 3	Option 4
YOGHURT <ul style="list-style-type: none"> · Lactose free yoghurt · 1 portion of fruit (see list) 	CRACKERS AND CHEESE <ul style="list-style-type: none"> · Rice crackers · Lactose-free cheese <i>(**If you cannot find lactose free cheese – use normal cheese , but do not exceed 40g)</i> 	YOGHURT AND FRUIT <ul style="list-style-type: none"> · Coconut yoghurt · ½ papaya 	CHOCOLATE AND NUTS <ul style="list-style-type: none"> · 30g dark chocolate · Toasted almonds
Option 5	Option 6	Option 7	Option 8
<ul style="list-style-type: none"> · Gluten free cookie · Air popped popcorn 	CRACKERS AND NUT BUTTER <ul style="list-style-type: none"> · Rice crackers · Nut-butter (not cashews) 	CRACKERS AND TUNA <ul style="list-style-type: none"> · Rice crackers · Tuna · Reduced oil mayonnaise 	CRACKERS AND EGG <ul style="list-style-type: none"> · Rice crackers · Boiled egg · Reduced oil mayonnaise
Option 5	Option 6	Option 7	
BANANA BREAD <ul style="list-style-type: none"> · 1 Slice of banana bread · ½ Tbsp. peanut-butter (see recipe) 	CRACKERS AND TROUT <ul style="list-style-type: none"> · Rice crackers · Smooth lactose-free cottage cheese <i>(**If you cannot find lactose free cottage cheese – use normal cottage cheese , but do not exceed 40g)</i> · Smoked trout 	FRUIT SALAD <ul style="list-style-type: none"> · Papaya, kiwi, passion fruit, oranges clementine, pineapple, <i>**Can pair with a lactose free yoghurt</i> 	



DINNER MENU

Option 1	Option 2	Option 3	Option 4
<p>TACO AND MINCE</p> <ul style="list-style-type: none"> • Corn taco shells • Extra lean mince • Lactose free cheese (<i>**If you cannot find lactose free cheese – use normal cheese, but do not exceed 40g</i>) • Chopped salsa salad (cucumber, tomato, red onion, lemon juice, salt and pepper) 	<p>STICKY CHICKEN</p> <ul style="list-style-type: none"> • Chicken • Oven french fries (not sweet potato) • Green salad (Add salad dressing with no onion or garlic – olive oil and balsamic vinegar is best) <p>(see recipe)</p>	<p>ROAST CHICKEN AND OVEN CHIPS</p> <ul style="list-style-type: none"> • Roast chicken • Oven french fries • Roast broccoli heads (remove stalks) and peppers 	<p>STEAK AND CHIPS</p> <ul style="list-style-type: none"> • Grilled Lean Steak • Oven french fries • Green Beans
Option 5	Option 6	Option 7	Option 8
<p>CHICKEN AND RICE</p> <ul style="list-style-type: none"> • Chicken strips • Rice • Green Beans 	<p>SALMON AND VEG</p> <ul style="list-style-type: none"> • Frozen trout portion • 1 corn on cob • Grilled broccoli heads and baby marrow 	<p>CHICKEN AND QUINOA</p> <ul style="list-style-type: none"> • Chicken strips • Quinoa • Chopped salsa salad (cucumber, tomato, red pepper, spring onion, lemon juice, salt and pepper) 	<p>HAKE AND POTATO</p> <ul style="list-style-type: none"> • Hake (lemon juice, salt, pepper and herbs) • Potato • Green Beans
Option 9	Option 10		
<p>SCHNITZEL</p> <ul style="list-style-type: none"> • Gluten free schnitzel • Quinoa • Cucumber 	<p>CHICKEN STIR FRY</p> <ul style="list-style-type: none"> • Chicken breast strips • Egg noodles /Veggie noodles • Stir fry veg <p>SAUCE</p> <ul style="list-style-type: none"> • 1/2 cup low sodium soy sauce • 1/2 cup stock • 2 Tbsps. fresh chopped ginger • Garlic infused oil (not fresh garlic) • 1 Tbsp. corn starch • 1 Tbsp. maple syrup • 1 Tbsp. sesame seed oil • 1 Tbsp. rice vinegar 		



POST DINNER SNACK

Option 1	Option 2	Option 3	Option 4
· 2 cups Air popped popcorn	· 1 Gluten free cookie	· Sliced strawberries	· 1 slice banana bread (see recipe)
Option 5	Option 6		
· 30g Dark chocolate	· Lactose free yoghurt		



- RECIPES -



1. POKE BOWL

TOTAL TIME: 60 MINUTE

INGREDIENTS:

- 1 Cup short grain rice (brown rice for healthier option)
- ¼ Cup rice vinegar
- 1 ½ Cup water
- 1 Tbsp. oil
- ½ tsp Salt
- 1 Stevia

TOPPINGS:

Protein	Vegetable	Fat	Sauce	Crunch
<ul style="list-style-type: none"> · Salmon · Tuna · Seafood 	<ul style="list-style-type: none"> · Peppers · Cucumbers · Carrots 	<ul style="list-style-type: none"> · 30g Avocado · Nuts (not cashews) · Reduced oil mayonnaise 	<ul style="list-style-type: none"> · Soy-sauce · Teriyaki sauce: <ul style="list-style-type: none"> - 1 Stevia - 2 Tbsp. soy sauce - 2 Slices ginger - 1 tsp. Chilli 	<ul style="list-style-type: none"> · Ginger · Nuts (not cashews) · Seeds

METHOD:

1. Rinse the rice in a strainer or colander until the water runs clear.
2. Combine with water in a medium saucepan.
3. Bring to a boil, then reduce the heat to low, cover and cook for 20 minutes. The rice should be tender and water should be absorbed.
4. Cool until cool enough to handle.
5. In a small saucepan, combine the rice vinegar, oil, stevia and salt. Cook over medium heat.
6. Cool, then stir into the cooked rice.
7. When you pour this in to the rice it will seem very wet. Keep stirring and the rice will dry as it cools.



2. BANANA BREAD

TOTAL TIME: 60 MINUTES | YIELD 1 LOAF

INGREDIENTS:

- 2 Cups flour
- 2 tsp. Baking powder
- ½ Cup chia seeds
- ½ Cup chopped pecan nuts
- ¼ Cup almond milk
- 3 Eggs
- 4 Bananas
- 3 tsp. Cinnamon
- 2 tsp. Vanilla essence
- 4 Tbsp. maple syrup
- 6 Pitted dates

METHOD:

1. Preheat the oven to 180°C.
2. Line a loaf tin with baking paper.
3. Sift the dry ingredients (flour, baking powder, cinnamon).
4. Add 3 bananas to a blender with the milk, vanilla essence, dates and maple.
5. Whisk the eggs and add to the banana mixture.
6. Add the chia seeds and dry ingredients to the wet ingredients and mix.
7. Chop up the pecan nuts and mix them into the mixture.
8. Add the mixture to the loaf tin.
9. Thinly slice the fourth banana and place it onto with some cinnamon sprinkled over.
10. Bake for 40 to 45 minutes.
11. Allow it to cool before slicing.



3. STICKY CHICKEN

TOTAL TIME: 30 MINUTES | YIELD 4

INGREDIENTS:

- 4 Pieces of chicken
- Teriyaki Sauce
- Spring onion
- Garlic infused oil
- Water
- Chili
- Oil
- Sesame seeds

METHOD:

1. Put a small amount of oil in a pot
2. Add the garlic infused oil and chili (use 1 tsp. of each – but use to your liking).
3. Place the chicken pieces in the pot and brown on each side.
4. Make sure the pieces are nice and snug next to each other and add the water so it just covers the chicken.
5. Add 4 Tbsp. of teriyaki and put it on low heat – cook until all the water has disappeared and you are left with a nice sticky sauce at the bottom.
6. Once the water has disappeared, add the seeds on-top of the chicken and top with some fresh spring onion to serve.



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