

SIBO – FODMAPS DIET TIPS

Courtesy of Chelsea C.

Chelsea's Favorite Breakfast

- Coconut bread
- Curry mayo
- Cilantro, parsley, arugula (or other greens)
- Top with an egg

Autumn Bake

- Beets
- Acorn squash
- Carrots
- Zucchini

Add rosemary, thyme and other spices and herbs as you wish and a bit of coconut oil. Cube vegetables and bake at 350 degrees until soft and slightly browned.

Veggie Fries

Use zucchini, beets, carrots, or green beans. Slice into the size of fries. Bake at 350 degrees until tender.

Curry Mayo

Use Avocado mayo, as much as you need. Add curry, cilantro, green onion, etc.

Brown Lentils

Prepare in a slow cooker and add spices of choice. Add to salads or soup as you wish, or eat on its own.

Buttercup Squash Soup with Ginger

Snacks – olives, kale chips, coconut bread or biscuits

Cabbage 'Steaks'

Slice cabbage into approximately ½ inch thick pieces and place on a baking sheet. Add coconut oil or other high heat oil and salt. Cook at 350 degrees until the edges are crispy. Eat as noodles, or as is.

Spaghetti Squash

Bake squash until ready. Remove the inner pulp and add cilantro, parsley, olive oil, salt, green onions (only green part), pumpkin seeds, etc.

Coconut Flour Bread

¾ cup coconut flour
1 tsp salt
1 tsp. baking soda

6 eggs
1 tsp. honey
½ cup coconut oil (melted and cooled)

You can double this recipe for a regular sized loaf of bread. Add butter and cinnamon if eating this for dessert. Bake at 350 degrees for 45 minutes or until brown.