

Week of Breakfast Rotation

Use this planning sheet to build a repeatable low-FODMAP breakfast week.

Core Rule

Pick:

- 1 hot breakfast anchor
- 1 cold breakfast anchor
- 1 portable backup

Then repeat them instead of inventing a new breakfast every morning.

Example Rotation

Day	Breakfast	Why this slot works
Monday	hot oats with simple toppings	calm reset after the weekend
Tuesday	eggs plus tolerated toast	higher satiety, low fuss
Wednesday	overnight oats jar	useful on busier mornings
Thursday	lactose-free yogurt bowl with one fruit	fast cold option
Friday	egg muffins or backup portable breakfast	protects a rushed end-of-week morning
Saturday	savory leftovers or eggs	useful if sweet breakfasts felt noisy
Sunday	prep next week's hot, cold, and portable options	reduces Monday guesswork

Fill-In Version

Role	Your breakfast
Hot anchor	_____
Cold anchor	_____
Portable backup	_____

Day	Planned breakfast
Monday	_____
Tuesday	_____
Wednesday	_____
Thursday	_____
Friday	_____

Saturday	_____
Sunday	_____

What to Check After 5-7 Days

- Which breakfast felt calmest before noon?
 - Which breakfast kept you full longest?
 - Which one seemed to stack symptoms?
 - Do you need a sweeter breakfast, or does savory work better?
 - Is constipation, not breakfast choice alone, the bigger issue?
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