

Week 1 Low FODMAP Shopping List

Use this first-week list to keep elimination simple and repeatable.

Proteins

- eggs
- plain chicken
- plain fish
- firm tofu
- canned tuna or salmon

Starches

- rice
- oats
- potatoes
- quinoa
- rice cakes or simple crackers

Produce

- carrots
- cucumbers
- spinach
- lettuce
- zucchini
- kiwi
- grapes
- berries
- oranges
- just-ripe bananas

Dairy and alternatives

- lactose-free milk
- lactose-free yogurt
- hard cheese
- tolerated milk alternative

Pantry basics

- olive oil
- garlic-infused oil
- salt and pepper
- mustard
- simple tamari or soy sauce

- canned tomatoes without onion or garlic
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Packaged-food warning signs

Put it back for week one if you spot:

- onion
 - garlic
 - wheat high in the ingredient list
 - honey
 - inulin or chicory root
 - sugar alcohols such as sorbitol or mannitol
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My simple week-one plan

- **Breakfast repeat:** _____
 - **Lunch repeat:** _____
 - **Dinner repeat:** _____
 - **One product to double-check later:** _____
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