

No-Bloat Meal Builder & The Garlic Oil Flavor Hack

YourFitNature

1. The No-Bloat Meal Formula

To build a meal that is high in volume, high in protein, but low in bloating triggers, use the **Protein + Safe Starch + Veggie structure**.

THE PLATE RATIO

Component	Portion	Purpose
PROTEIN	1/4 Plate	Zero FODMAP
SAFE STARCH	1/4 Plate	Fuel
LOW FODMAP VEGGIES	1/2 Plate	Volume & Satiety

Step 1: Pick a Protein (Zero FODMAP)

Aim for 150g – 200g per meal.

- Chicken Breast / Thighs (Plain)
- Ground Beef / Steak (Plain)
- White Fish / Salmon
- Firm Tofu (Pressed)
- Eggs (2–3 large)

Step 2: Pick a Safe Starch (Energy)

Portion depends on your energy needs (approx 1/2 to 1 cup cooked).

- White Rice / Jasmine Rice
- Potatoes (Roasted or Air Fried)
- Quinoa
- Rice Noodles

Step 3: Pick a Volume Veggie (Satiety)

Fill the rest of the plate. These have large safe serving sizes.

- Spinach / Kale (Sautéed)
- Green Beans
- Carrots
- Cucumber & Tomato Salad

Example: The “Hormozi” Style Volumizer

Target: High Satiety, Zero Bloat

- **Protein:** 200g Chicken Breast (Seasoned with Salt, Pepper, Paprika)
 - **Carb:** 200g White Rice
 - **Veg:** 300g Spinach (Wilted down)
 - **Fat:** 1 tbsp Garlic-Infused Olive Oil
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2. The Garlic Oil Hack

The Science

Fructans (the carbohydrate in garlic that causes bloating) are **water-soluble**, but they are **NOT oil-soluble**.

This means the flavor transfers to oil, but the bloating compounds stay trapped in the garlic clove.

Method A: Buy It (Easiest)

Purchase “**Garlic Infused Olive Oil**” from the supermarket.

- **Check the label:** Ensure it does not have floating chunks of garlic at the bottom. It should be clear oil.
- **Usage:** Use this for all your sautéing and roasting.

Method B: DIY (The Chef’s Way)

If you have fresh garlic and regular olive oil, do this:

1. **Smash:** Take 2–3 cloves of garlic. Peel them and smash them lightly with the side of a knife (keep them whole or in large pieces).
2. **Heat:** Pour olive oil into a frying pan. Add the garlic cloves to the cold oil.
3. **Sizzle:** Turn the heat to medium. Let the garlic sizzle for 2–3 minutes until it turns golden brown.
4. **REMOVE:** This is the critical step. Remove the garlic cloves with a fork or tongs and throw them away.
5. **Cook:** Now cook your onions (green tops only), meat, or vegetables in the oil.

Result: You get the rich aroma and taste of garlic, but because you removed the physical carbohydrate (the clove), you avoid the gas and bloating.

3. Seasoning Checklist

Avoid pre-mixed seasoning packets (Taco seasoning, Ranch powder) as they almost always contain onion or garlic powder.

Build your own safe blend:

- Salt & Black Pepper
 - Paprika (Smoked or Sweet)
 - Cumin & Coriander
 - Dried Oregano & Thyme
 - Chili Flakes (if you tolerate spice)
 - Maple Syrup (instead of Honey for sweetness)
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Sample Meal Ideas

Breakfast: Oatmeal (1/2 cup dry) made with water or lactose-free milk + blueberries + 1 tbsp chia seeds + splash of maple syrup

Lunch: Rice bowl with grilled chicken, shredded carrots, cucumber slices, and soy sauce (gluten-free)

Dinner: Steak or Firm Tofu stir-fry with bok choy, green beans, and bell peppers served over rice noodles

This guide combines zero-FODMAP nutrition principles with practical flavor hacks to help you build satisfying, delicious meals without digestive distress.