

Week-One Low FODMAP Grocery Checklist

Use this checklist for your first low-FODMAP grocery trip. The goal is not to buy every safe food. The goal is to build a small, reliable cart you can actually use this week.

How to Use This Checklist

1. Start with the staples you know you will actually eat.
 2. Keep the first week simple and repeatable.
 3. Use the Monash app if you need exact serving details for a specific food.
 4. If a packaged food feels confusing, choose the plainer option.
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Proteins

- Eggs
- Plain chicken
- Plain fish
- Firm tofu
- Plain canned tuna or salmon

Starches and Grains

- Rice
- Oats
- Potatoes
- Quinoa
- Simple gluten-free bread or rice cakes

Vegetables

- Carrots
- Cucumbers
- Spinach
- Lettuce
- Zucchini

Fruits

- Kiwi
- Grapes
- Strawberries or blueberries
- Oranges or mandarins
- Just-ripe bananas

Dairy and Alternatives

- Lactose-free milk
- Lactose-free yogurt

- Hard cheese
- Low-FODMAP milk alternative if needed

Pantry Basics

- Olive oil
- Garlic-infused oil
- Salt and pepper
- Mustard
- Simple soy sauce or tamari
- Canned tomatoes without onion or garlic

Snacks

- Rice cakes
 - Plain popcorn
 - Plain crackers
 - Small-serve tolerated nuts
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Packaged-Food Check

Put it back for week one if you spot:

- onion or onion powder
 - garlic or garlic powder
 - wheat high on the ingredient list
 - honey
 - high-fructose corn syrup
 - inulin or chicory
 - sorbitol, mannitol, xylitol, or similar sugar alcohols
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My Week-One Cart Notes

- **One breakfast I will repeat:** _____
 - **One lunch I will repeat:** _____
 - **One dinner I will repeat:** _____
 - **One packaged product I need to double-check:** _____
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