Low FODMAP Weekly Prep Checklist

Use this checklist for a calmer low-FODMAP week. The goal is not a perfect meal-prep fridge. The goal is fewer risky food decisions once the week gets busy.

How to Use This Checklist

1. Pick two proteins, two starches, and two to three vegetables.
2. Keep the first pass plain and repeatable.
3. Check portion-sensitive foods in the Monash app before you batch them.
4. Freeze extras early instead of stretching fridge life.

Sunday Batch-Cook Reset

- ☐ Review this week's meals
- ☐ Write the shopping list
- ☐ Cook protein 1: _____
- ☐ Cook protein 2: _____
- ☐ Cook starch 1: _____
- ☐ Cook starch 2: _____
- ☐ Prep vegetable 1: _____
- ☐ Prep vegetable 2: _____
- ☐ Prep vegetable 3: _____
- ☐ Hard-boil eggs if useful this week
- ☐ Make or restock garlic-infused oil
- ☐ Chop herbs or prep lemon
- ☐ Portion food into containers
- ☐ Label with date, contents, and use-first note
- ☐ Freeze any backup portions you will not eat in the next few days

Flavor Reminders

- ☐ Use garlic-infused oil, not garlic pieces
- ☐ Check spice blends for onion or garlic powder
- ☐ Keep bottled sauces simple and label-checked
- ☐ Leave moderate-FODMAP items separate when possible

Midweek Refresh

- ☐ Check what is left on Wednesday
- ☐ Move one frozen portion to the fridge if needed
- ☐ Restock one grain, salad base, or breakfast item
- ☐ Throw out anything you no longer trust
- ☐ Reset labels if containers are getting confusing

Storage Cheat Sheet

Food type	Fridge	Freezer
Cooked meat, poultry, fish leftovers	3 to 4 days	up to 2 to 6 months
Soups and stews	3 to 4 days	about 2 to 3 months
Hard-boiled eggs	up to 1 week	best not frozen
Cooked rice	use within 24 hours if refrigerated	freeze quickly after cooling

Rice Safety Note

- ☐ Cool cooked rice within 1 hour
- ☐ Refrigerate or freeze promptly
- ☐ Eat fridge-stored rice within 24 hours
- ☐ Do not reheat rice more than once

Stacking Check Before You Seal the Container

- ☐ Did I add several moderate-FODMAP foods to one container?
- ☐ Would this meal be easier to control if the vegetables stayed separate?
- ☐ Do I need to check one ingredient in the app before I portion it?
- ☐ Am I assuming "green" means unlimited?

If a container is hard to read now, it will be harder to trust on Thursday.

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