

Week 5 (Low FODMAP)



Shopping List

Meat
bacon (1 lb.)
beef heart (2 lbs.)
bison chuck roast (3–4 lbs.)
ground beef (4 lbs.)
ground pork (4 lbs.)
leg of lamb (4–6 lbs.)
liver (½ lb.)
Seafood
salmon (2–3 [6–8 oz.] fillets)
sea scallops (1 lb. frozen, or buy fresh midweek)
shrimp (1 lb.)
squid (1 lb.)
Nonperishables
bamboo shoots (2 [5 oz.] cans)
sardines (2 [4 oz.] cans)
water chestnuts (2 [5 oz.] cans)
ingredients for your favorite salad dressing (oil, vinegar, herbs, etc.)
kelp noodles (1 lb.)

Vegetables
arugula or mustard greens (6–10 cups)
baby bok choy (6–8 oz.)
bok choy (1 bunch)
butternut squash (2 lbs.)
cabbage or other veggies for fermenting (3 lbs.)
carrots (1½ lbs.)
celery (2 stalks)
cucumber (1 or 2, if making Tzatziki)
dill (fresh, if making Tzatziki)
ginger root
green garlic (2–3 stalks)
green onions (12–15)
kale (1 bunch)
leeks (2–3)
mint (fresh)
oyster mushrooms (4 oz.)
parsley (fresh)
parsnips (3 lbs.)
plantains (2–4 green)
rosemary (fresh)
sage (fresh)
shiitake mushrooms (3 fresh or dried)
spaghetti squash (3–4 lbs.)
tarragon (fresh)
thyme (fresh)
zucchini (2 lbs.)
greens for braising (for 5 meals)
leafy greens and superfood add-ons for Superfood Smoothie (for 1 meal)
leafy greens plus add-ons for salads (for 5 meals)
starchy root vegetable for French Fries (1 lb.)
veggies for steaming (for 6 meals)
Fruits
banana (1 green)
ingredients for your favorite fruit salad (for 2 meals)
lemons (2)

Pantry Items
arrowroot powder
bay leaves (dried)
Bone Broth (10½–12½ cups, or ingredients to make 1½ batches—page 110)
cloves (ground)
coconut oil (extra-virgin)
coconut water vinegar or white wine vinegar
fish sauce
lard
lemon juice (or fresh lemons to make your own)
mace (ground)
marjoram (dried)
olive oil (extra-virgin)
oregano (dried)
protein powder for Superfood Smoothie
red wine (½ cup) or more broth
rosemary (dried)
sage (dried)
salt (pink or gray)
savory (dried)
tallow, bacon fat, and/or duck fat
tapioca starch
thyme (dried)

Other
casings for sausage (optional)
coconut milk yogurt (½ cup, or ingredients to make your own—page 118; if making Tzatziki)
sauerkraut or other fermented veggies (raw fermented, if not making your own)
vegetable juice (8–16 oz., or veggies to make your own)

Plan Ahead

When following a low-FODMAP plan, remember to check recipes for FODMAP ALERT modifications.

- Broth
- Farmer's Sausage: Either precook sausage patties or stuff sausage into casings and then parboil; let cool and then freeze
- Kale Chips
- Plantain Crackers or Chips
- Salad Dressing
- Sauerkraut or other fermented veggies

Meal Plan

	Breakfast	Lunch	Dinner
SATURDAY	Farmer's Sausage (page 132)	Calamari with Tzatziki Sauce (page 258)	Rustic Bison Pot Roast (page 212)
	Braised Greens (page 300)	French Fries (page 323)	Perfect Steamed Vegetables (page 296)
	Sauerkraut or other fermented veggies (page 112)	Garden Salad (page 160)	
SUNDAY	Rustic Bison Pot Roast (leftover)	"Wonton" Soup (page 184)	Hidden Offal Swedish Meatballs (page 282)
	Perfect Steamed Vegetables (leftover)	Plantain Chips (page 170) or Crackers (page 149)	Zucchini Noodles (page 310)
		Kale Chips (page 166)	Garden Salad (page 160)
MONDAY	Hidden Offal Swedish Meatballs (leftover)	"Wonton" Soup (leftover)	Leg of Lamb with Mint Vinegar (page 206)
	Zucchini Noodles (leftover)	Garden Salad (page 160)	Roasted Butternut Squash (page 308)
	Kale Chips (leftover)		Braised Greens (page 300)
TUESDAY	Rustic Bison Pot Roast (leftover)	Calamari with Tzatziki Sauce (leftover)	Beef Heart "Chow Mein" (page 278)
	Roasted Butternut Squash (leftover)	French Fries (leftover)	Perfect Steamed Vegetables (page 296)
	Braised Greens (leftover)	Garden Salad (page 160)	
WEDNESDAY	Farmer's Sausage (leftover)	Hidden Offal Swedish Meatballs (leftover)	Leg of Lamb with Mint Vinegar (leftover)
	Roasted Butternut Squash (leftover)	Zucchini Noodles (leftover)	Roasted Parsnips (page 325)
	Perfect Steamed Vegetables (leftover)	Fruit Salad (page 336)	Braised Greens (page 300)
	Sauerkraut or other fermented veggies (leftover)		
THURSDAY	Farmer's Sausage (leftover)	Sardine Salad (page 163)	Asian-Inspired Salmon en Papillote (page 262)
	Roasted Parsnips (leftover)	Plantain Chips or Crackers (leftover)	Spaghetti Squash Noodles (page 224)
	Braised Greens (leftover)	Fruit Salad (leftover)	Perfect Steamed Vegetables (page 296)
	Sauerkraut or other fermented veggies (leftover)		
FRIDAY	Superfood Smoothie (page 141)	Bacon-Wrapped Scallops (page 155)	Leg of Lamb with Mint Vinegar (leftover)
		Plantain Chips or Crackers (leftover)	Spaghetti Squash Noodles (leftover)
		Perfect Steamed Vegetables (leftover)	Garden Salad (page 160)
		Kale Chips (leftover)	