

Week 6 (Low FODMAP)




Shopping List

Meat
bacon (4 slices)
ground pork (6 lbs.)
oxtail (2 lbs.)
pork chops (2 lbs.)
steaks (3–4, 4–8 oz. each)

Seafood
mahi mahi (4–6 [6 oz.] fillets)
mixed shellfish (1 lb.)
salmon (5–6 [6–8 oz.] fillets)
whitefish (3–4 [6–8 oz.] fillets)

Fruits
banana (1 green)
ingredients for your favorite fruit salad (for 4 meals)
lemons (5)
limes (2–3)
orange (1) or orange juice (¼ cup)

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

Vegetables
arugula or mustard greens (6–10 cups)
butternut squash (1 lb.)
cabbage or other veggies for fermenting (3 lbs.)
carrots (1 lb.)
celery (2 stalks)
cilantro (fresh)
fiddlehead ferns (3 cups)
ginger root
green garlic (1–2 stalks)
green onions (5–6)
kabocha squash (1 large)
kale (1 bunch)
kohlrabi (2 lbs.)
leeks (3 lbs.)
mixed greens (12 cups collards, mustard greens, turnip greens, etc.)
oregano (fresh)
parsley (fresh)
parsnips (2 lbs.)
plantains (2–4 green)
radishes (8 oz.)
rosemary (fresh)
sage (fresh)
taro root (3 lbs.)
tarragon (fresh)
thyme (fresh)
turmeric root
turnips (2 lbs.)
zucchini (1 medium)
greens for braising (for 6 meals)
leafy greens and superfood add-ons for Superfood Smoothie (for 1 meal)
leafy greens plus add-ons for salads (for 6 meals)
veggies for steaming (for 5 meals)

Nonperishables
capers
ingredients for your favorite salad dressing (oil, vinegar, herbs, etc.)
olives (whole green or black, ¾ cup)
sardines (2 [4 oz.] cans)

Pantry Items
avocado oil
Bone Broth (10 cups and 6 cups fish, or ingredients to make 1 batch of each—page 110)
cloves (whole)
cinnamon (ground)
coconut aminos
coconut oil (extra-virgin)
coconut water vinegar
fish sauce
ginger (ground)
lard
lemon juice (or additional fresh lemons to make your own)
mace
marjoram (dried)
olive oil (extra-virgin)
oregano (dried)
pomegranate molasses
protein powder for Superfood Smoothie
red palm oil
red wine (1 cup) or more broth
rosemary (dried)
sage (dried)
salt (pink or gray)
savory (dried)
tallow, bacon fat, and/or duck fat
tarragon (dried)
thyme (dried)
truffle salt
turmeric (ground)

Other
casings for sausage (optional)
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

- Broth
- Breakfast Sausage: Either precook sausage patties or stuff sausage into casings and then parboil; let cool and then freeze
- Herbes de Provence for mahi mahi
- Kale Chips
- Plantain Chips or Crackers
- Salad Dressing
- Sauerkraut or other fermented veggies

Meal Plan

	Breakfast	Lunch	Dinner
SATURDAY	Breakfast Sausage (page 132)	Pork Pad Thai (page 234)	Simple Baked Whitefish (page 244)
	Braised Greens (page 300)	Perfect Steamed Vegetables (page 296)	Savory Roasted Taro (page 320)
	Sauerkraut or other fermented veggies (page 112)		Garden Salad (page 160)
	Fruit Salad (page 336)		Fiddleheads (page 312)
SUNDAY	Pork Pad Thai (leftover)	Pomegranate Molasses–Glazed Salmon (page 239)	Mediterranean Mahi Mahi (page 246)
	Braised Greens (page 300)	Carrot-Ginger Soup, butternut squash variation (page 189)	Perfect Steamed Vegetables (page 296)
	Sauerkraut or other fermented veggies (leftover)	Garden Salad (page 160)	Kale Chips (page 166)
		Fiddleheads (leftover)	
MONDAY	Breakfast Sausage (leftover)	Sardine Salad (page 163)	Seafood and Leek Soup (page 190)
	Braised Greens (page 300)	Savory Roasted Taro (leftover)	Plantain Chips (page 170) or Crackers (page 149)
	Sauerkraut or other fermented veggies (leftover)	Perfect Steamed Vegetables (page 296)	Garden Salad (page 160)
TUESDAY	Superfood Smoothie (page 141)	Simple Baked Whitefish (leftover)	Lemon and Thyme Broiled Pork Chops (page 230)
		Carrot-Ginger Soup, butternut squash variation (leftover)	Oxtail-Braised Greens (page 284)
		Braised Greens (page 300)	Roasted Parsnips (page 325)
WEDNESDAY	Breakfast Sausage (leftover)	Pomegranate Molasses–Glazed Salmon (leftover)	Simple Grilled Steak (page 218)
	Roasted Parsnips (leftover)	Fruit Salad (leftover)	Spiced Kabocha Squash (page 324)
	Braised Greens (page 300)	Perfect Steamed Vegetables (page 296)	Garden Salad (page 160)
	Kale Chips (page 166)		
THURSDAY	Lemon and Thyme Broiled Pork Chops (leftover)	Seafood and Leek Soup (leftover)	Mediterranean Mahi Mahi (leftover)
	Oxtail-Braised Greens (leftover)	Plantain Chips or Crackers (leftover)	Perfect Steamed Vegetables (page 296)
	Fruit Salad (leftover)	Garden Salad (page 160)	Kale Chips (leftover)
FRIDAY	Breakfast Sausage (leftover)	Simple Grilled Steak (leftover)	Lemon and Thyme Broiled Pork Chops (leftover)
	Plantain Chips or Crackers (leftover)	Fruit Salad (leftover)	Oxtail-Braised Greens (leftover)
	Roasted Parsnips (leftover)	Garden Salad (page 160)	Spiced Kabocha Squash (leftover)
	Braised Greens (page 300)		Sauerkraut or other fermented veggies (leftover)