

# ELM Medicine

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**Specialist Clinic. Internal Medicine. Infectious Diseases. Hepatitis B & C. Chronic Pain.  
Lifestyle Medicine Clinic. Stress Reduction Clinic**

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**Dr. Atreyi Mukherji, MD, MPH, FCRPC**

## Low FODMAP Meal Suggestions

### Low FODMAP Breakfast Suggestions:

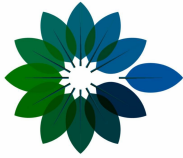
- Eggs – Any way you like them. Hard-Boiled, Scrambled, Over Easy, etc.
- (<https://livinghappywithibs.com/2013/05/11/low-fodmap-scrambled-eggs-recipe/>)
- Bacon or Ground Turkey with Seasoning (Sausage Substitute)
- Any Safe Cereal (see list at <https://livinghappywithibs.com/2013/05/08/low-fodmap-brand-name-foods/>) with Rice Milk with Blueberries
- Gluten-Free Oatmeal with Cinnamon
- Udi's White Bread (as toast) with Lactose-Free Butter or Peanut Butter
- French Toast made with Udi's White Bread
- Udi's Gluten Free Blueberry Muffins
- Low FODMAP Pancakes (<https://livinghappywithibs.com/2013/05/12/low-fodmap-pancakes-recipe/>)
- Lactose-Free Yogurt with Raspberries
- Banana Strawberry Smoothie with Rice Milk (Use Non-Ripe Bananas)

### Low FODMAP Lunch Suggestions:

- Udi's White Bread with Turkey/Ham & Sliced Cheese
- Tuna Salad Lettuce Wrap
- Salad with Homemade Dressing or Oil & Vinegar
- (<https://livinghappywithibs.com/2013/05/04/fodmap-free-balsamic-salad-dressing-recipe/>)
- Baked Potato (hold the Sour Cream and use Lactose-Free Butter)
- Rice or Quinoa Bowl with Grilled Chicken & Veggies
- Homemade Mashed Potatoes (<https://livinghappywithibs.com/2013/05/21/low-fodmap-mashed-potatoes-recipe/>)
- Homemade Vegetable or Chicken Noodle Soup
- (<https://livinghappywithibs.com/2013/06/21/low-fodmap-chicken-noodle-soup-recipe/>)
- Left-Overs from Dinner... see below

### Low FODMAP Dinner Suggestions:

- Rice Pasta with Homemade Marinara (<https://livinghappywithibs.com/2013/05/15/low-fodmap-marinara-sauce-recipe/>)
- Grilled Chicken in a Homemade Marinade (<https://livinghappywithibs.com/2013/06/26/low-fodmap-red-wine-chicken-steak-marinade/>) with Side of Brown or White Rice
- Grilled Steak with a Baked Potato, Mashed Potatoes, or Oven Roasted Potatoes (<https://livinghappywithibs.com/2013/07/21/low-fodmap-oven-roasted-potatoes-recipe/>)
- Grilled Salmon/Fish with Side of Grilled Vegetables
- Steak & Vegetable Kabobs
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- Grilled Turkey/Chicken Salad or Greek Salad (hold the onions) with Homemade Dressing or Oil & Vinegar
- Homemade Bacon Cheeseburger (hold the Bun) with a Side of Homemade Potato Salad or Potato Chips (<https://livinghappywithibs.com/2013/07/09/low-fodmap-bacon-cheeseburger-recipe/>)
- Homemade Pizza on Udi's Pizza Crust, Homemade Marinara & Toppings
- Spinach & Vegetable Quiche
- Tacos with Corn Shells or Taco Dip (hold the Taco Seasoning and use your own Spice Blend) (<https://livinghappywithibs.com/2013/05/05/low-fodmap-mexican-taco-dip-recipe/>)
- Stir-Fried Rice (use Gluten Free Soy Sauce)

### **Low FODMAP Snack Suggestions:**

- Any Safe Crackers (see list at <https://livinghappywithibs.com/2013/05/08/low-fodmap-brand-name-foods/>) with Sliced Cheese
- Glutino Gluten Free Pretzels
- Popchips, Original
- Rice Cake with Peanut Butter
- Unsalted Peanuts
- Pecans & Walnuts
- Baby Carrots
- Frozen Grapes
- Strawberries
- String Cheese
- Lactose-Free Yogurt
- Hard-Boiled Egg
- Banana (Not Ripe)
- Breyer's Lactose Free Ice Cream (Vanilla & Chocolate)