

GUT HEALTHY MEAL PLAN *Grocery List*

PROTEIN

- Whole Chicken
- Chicken breasts
- Salmon filets
- Eggs
- Lean beef steak
- Halibut, Cod, or Tilapia

DAIRY

- Butter
- Greek Yogurt
- Non-Dairy Milk/Cream
- Parmesan Cheese, grated or shredded
- Unsalted Butter

PRODUCE

- Apples
- Artichoke Hearts, canned
- Asparagus
- Avocado
- Baby Spinach
- Fresh herbs - Cilantro, Mint, Basil, Parsley, Oregano
- Bell Pepper
- Blackberries
- Blueberries
- Broccoli Florets
- Brussels Sprouts
- Celery
- Corn Kernels
- Garlic Cloves
- Ginger, fresh
- Green Onions
- Green Peas, fresh or frozen
- Kiwis
- Lemons and Limes
- Lettuce
- Onion
- Orange Juice
- Cucumbers
- Radishes
- Raspberries
- Red Cabbage
- Red Onion
- Rosemary, fresh
- Shallot
- Tomatoes, grape or cherry

BAKING/SPICES

- Apple Cider Vinegar
- Baking Powder/Soda
- Balsamic Vinegar
- Buckwheat Groats
- Cayenne

- Cinnamon
- Coconut Oil/Avocado Oil/Olive oil
- Dried Dill
- Garlic Powder
- Gluten-Free All-Purpose Flour
- Oat Flour
- Ground Ginger
- Honey and Maple Syrup
- Italian Seasoning
- Kosher Salt
- Lemon pepper seasoning
- Paprika
- Ground black pepper
- Dried Parsley
- Pumpkin Spice
- Red Pepper Flakes
- Red Wine Vinegar
- Sea Salt
- Turbinado Sugar/ raw sugar
- Turmeric powder
- Vanilla Extract
- Instant yeast (for homemade rolls)
- Xanthan gum
- Everything seasoning

OTHER/PANTRY STAPLES

- Capers
- Canned chickpeas
- Panko bread crumbs
- Chili sauce/sriracha
- Tamari / gf soy sauce
- Coconut Milk
- Dark Chocolate
- Honey Mustard/Dijon Mustard
- Lemon juice
- Dried Fruit
- Gluten-Free BBQ Sauce
- Mayonnaise
- Pineapple Juice
- Raw Nuts/Seeds, pecan halves, walnuts, pumpkin seeds, etc
- Gluten-Free Rolled Oats
- Sesame Oil
- Sunflower Seeds
- Tempeh
- Uncooked Quinoa/Cauliflower
- Rice
- Unsweetened Coconut flakes
- Vegan Protein
- Vegetable Broth

All foods highlighted in yellow are high FODMAP foods. Full list of Low/High FODMAP foods on:

[MONASHFODMAP.COM](https://www.monashfodmap.com)