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## 10 LOW-FODMAP RECIPES THAT ARE JUST AS GOOD AS THE "REAL THING"



If you have trouble digesting FODMAPS, meal planning becomes a whole lot more complicated. All you have to do is eat small amounts of the wrong foods, and you wind up gassy, bloated, and even in pain.

Luckily, these foods aren't that hard to avoid if you have the right recipes, like the ones in this article. As you'll see, most FODMAPs are easy to replace without ruining the dish, including very distinct ones, like onions and garlic.

So, if you're trying to limit your FODMAP intake, but don't want to compromise on taste, these 10 recipes have you covered.

## 01. Veggie-Packed Low-FODMAP Soup

Serves 14

A lot of staple ingredients for a simple soup aren't going to work when you're on this diet. However, the good thing about soup is it's simple to switch things up without altering how you have to cook it. So instead of beans, add quinoa. And without sautéing onions and garlic, you can quickly fry some spices like paprika and cumin.

Nutrition Facts (Per Serving) 94 CALORIES | 4 g PROTEIN | 17 g CARBS | 2 g FAT

### INGREDIENTS

- |   |  |
|---|--|
| ✓ 1 Tbsp. extra-virgin olive oil          | ✓ 3 Tbsp. low-sodium soy sauce                             |
| ✓ 3 tsp. smoked paprika                   | ✓ 3 Tbsp. lemon juice                                      |
| ✓ 2 tsp. ground cumin                     | ✓ 1 Tbsp. pure maple syrup                                 |
| ✓ 1 1/2 tsp. chili powder                 | ✓ 1 tsp. salt  |
| ✓ 6 medium carrots, sliced                | ✓ Freshly ground black pepper                              |
| ✓ 1/4 cup water                           | to taste   |
| ✓ 10 cups water                           | ✓ 1 cup dry quinoa   |
| ✓ 1 can (15 oz.) salt-free diced tomatoes | ✓ 6 cups collard greens, loosely packed, big stems removed |
| ✓ 1 can (6 oz.) salt-free tomato paste    |  |

## 02. Tropical Pineapple Smoothie

Serves 1

The low-FODMAP diet is one of the rare times that it's not recommended to eat most fresh fruits. Apples, blackberries, mangoes, peaches, watermelon, and more are out of the picture. It's not even ok to eat avocados. So you'll need to be careful when making a low-FODMAP smoothie. Luckily this one is still refreshing and nutritious with pineapple, cucumber, and mint.

Nutrition Facts (Per Serving) 111 CALORIES | 2 g PROTEIN | 20 g CARBS | 4 g FAT

### INGREDIENTS

- ✓ 1/2 cup pineapple chunks
- ✓ 1/2 cup diced seedless cucumber
- ✓ 1/4" fresh ginger, peeled
- ✓ 1/4 cup fresh mint
- ✓ 3/4 cup unsweetened coconut milk

## 03. Cincinnati Chili

Serves 4

Since some of its staple components are beans, onions, and garlic, chili seems like a no-go for this special diet plan. Yet you can enjoy the spicy beef flavor you love by swapping out the beans for another starch like gluten-free spaghetti. This low-FODMAP chili also has a lot of spices to make up for the missing onion, and you'll want to check that the broth you use doesn't have any off-limits ingredients either.

Nutrition Facts (Per Serving) 560 CALORIES | 46 g PROTEIN | 52 g CARBS | 18 g FAT

### INGREDIENTS

- ✓ 1 lb. 90% lean ground beef
- ✓ 2 cups low-FODMAP beef broth

- ✓ 1 cup tomato puree
- ✓ 1 bunch scallions, green parts sliced
- ✓ 1 Tbsp. vinegar
- ✓ 1 Tbsp. unsweetened cocoa powder
- ✓ 1 tsp. ancho chili powder (more or less to taste)
- ✓ 1 tsp. Worcestershire sauce
- ✓ 1/2 tsp. salt (or to taste)
- ✓ 1/2 tsp. ground cinnamon
- ✓ 1/2 tsp. ground cumin
- ✓ 1/8 tsp. allspice
- ✓ 1/8 tsp. ground cloves
- ✓ 1 bay leaf
- ✓ Pinch of cayenne pepper (optional)
- ✓ 8 oz. gluten-free spaghetti
- ✓ 1 cup (4 oz.) shredded cheddar

#### 04. Gooney Chocolate Cake

Serves 10

The idea of making a cake for any special diet is daunting, but this one is so flavorful that you can serve it at holidays and birthday parties. And it's easy to make a low-FODMAP chocolate cake if you forget the flour from the start.

This classic flourless chocolate cake only requires six ingredients – and nothing you wouldn't already have at home – yet none of them will interrupt your diet plan.

Nutrition Facts (Per Serving) 331 CALORIES | 5 g PROTEIN | 34 g CARBS | 21 g FAT

##### INGREDIENTS

- ✓ 8 oz. dark chocolate
- ✓ 1/2 cup + 2 Tbsp. unsalted butter
- ✓ 1 cup granulated sugar
- ✓ 1 tsp. salt
- ✓ 4 large eggs, room temp.
- ✓ 3 Tbsp. raw cacao powder

## 05. Gluten-Free Bread

Serves 14

How can you follow a diet without wheat, almond meal, or most cereal grains? It's essentially gluten-free restrictions and then some, yet with different underlying reasons for avoiding certain ingredients.

This low-FODMAP bread recipe keeps it simple by using a mix of white and brown rice flour – like a combo of all-purpose flour and whole wheat – so the result is gluten-free and easier to digest, but still holds up for sandwiches.

Nutrition Facts (Per Serving) 186 CALORIES | 3 g PROTEIN | 32 g CARBS | 5 g FAT

### INGREDIENTS

- |                               |                                  |
|-------------------------------|----------------------------------|
| ✓ 1 1/2 cups white rice flour | ✓ 3 large eggs                   |
| ✓ 1/2 cup brown rice flour    | ✓ 3 Tbsp. extra-virgin olive oil |
| ✓ 1/2 cup potato starch       | ✓ 1 cup warm water               |
| ✓ 3/4 cup tapioca flour       | ✓ 2 Tbsp. granulated sugar       |
| ✓ 2 Tbsp. chia seeds          | ✓ 1 tsp. white wine vinegar      |
| ✓ 1 Tbsp. sesame seeds        | ✓ 2 tsp. fresh yeast granules    |
| ✓ 1 tsp. salt                 |                                  |

## 06. Curry Coconut Tuna Salad

Serves 2

Since you can't have regular sandwiches or even some salads, it can be tough to figure out a low-FODMAP lunch to take to work. Bring this to-go, and you can eat it by the forkful, or enjoy with rice crackers. Or upgrade this low-FODMAP salad, made with a can of tuna for a high-protein lunch, to a pasta salad by mixing in gluten-free spirals or shells.

Nutrition Facts (Per Serving) 95 CALORIES | 16 g PROTEIN | 5 g CARBS | 2 g FAT

## INGREDIENTS

- ✓ 1 can (6 oz.) wild albacore tuna packed in water
- ✓ 2 Tbsp. finely diced carrots
- ✓ 1 Tbsp. finely chopped fresh cilantro
- ✓ 1 Tbsp. plain unsweetened coconut yogurt
- ✓ 1 Tbsp. low-FODMAP curry powder
- ✓ 2 tsp. freshly squeezed lime juice
- ✓ 1/8 tsp. low-FODMAP garam masala
- ✓ Salt to taste
- ✓ 1/2 Tbsp. unsweetened flaked coconut

## 07. Pork Chops with Grapes & Herbs

Serves 4

Chances are you're used to enjoying pork chops smothered in something, whether it's caramelized onions, baked fruit like apples and peaches, or a white gravy made with wheat flour. Unfortunately, none of those things are going to fit into a Low-FODMAP dinner, but this flavorful pork entrée will. Serve it with quinoa or cornbread stuffing.

Nutrition Facts (Per Serving) 234 CALORIES | 27 g PROTEIN | 10 g CARBS | 10 g FAT

## INGREDIENTS

- ✓ 2 cups grapes
- ✓ 1 Tbsp. coconut oil (or butter), melted
- ✓ 2 sprigs fresh rosemary
- ✓ 1 Tbsp. fresh sage, minced
- ✓ 4 bone-in pork chops (about 1 lb.), about 1/2" thick
- ✓ Sea salt to taste

## 08. Corn Fritters with Bacon & Avocado Salsa

Serves 2

Whenever you're restricting foods for your health, it's hard not to focus on what you can't have rather than enjoy what you can. But there are lots of easy low-FODMAP recipes that are also flavorful, including this one for corn fritters. If avocado doesn't work in your diet, top with roasted tomatoes with freshly squeezed lime juice.

Nutrition Facts (Per Serving) 418 CALORIES | 12 g PROTEIN | 40 g CARBS | 25 g FAT

### INGREDIENTS

#### Corn Fritters:

- |  |  |
|--|--|
| ✓ 1/2 cup flour (or gluten-free flour) | ✓ 1 small red chili, deseeded and finely chopped |
| ✓ 1/2 tsp. baking powder               | ✓ 1/4 cup fresh cilantro, finely chopped         |
| ✓ Pinch of sea salt                    | ✓ Freshly ground black pepper to taste           |
| ✓ 1/4 cup milk                         | ✓ 2 slices bacon, cut into strips                |
| ✓ Juice of 1/4 lemon                   | ✓ 2 tsp. butter                                  |
| ✓ 1 large egg                          | ✓ 2 tsp. extra-virgin olive oil                  |
| ✓ 1 large corn cob, kernels sliced off |  |

#### Avocado Salsa:

- |                                  |  |
|----------------------------------|--|
| ✓ 1/2 small avocado, cubed       | ✓ Pinch of sea salt                      |
| ✓ 1 large tomato, finely chopped | ✓ 1/2 cup fresh cilantro, finely chopped |
| ✓ Juice of 1/4 lemon             |  |

## 09. Zucchini Walnut Muffins

Serves 18

For this easy-digestion diet, you'll need to go more than gluten-free. Any muffin recipes that use almond flour or get creative with a can of beans are probably not going to work. Instead you can bake a low-FODMAP muffin with whole oats, a gluten-free baking blend like rice flour, and fresh produce like zucchini and banana.

Nutrition Facts (Per Serving) 200 CALORIES | 3 g PROTEIN | 22 g CARBS | 12 g FAT

### INGREDIENTS

- |  |   |
|--|---|
| ✓ 2 cups gluten-free baking mix<br>(such as King Arthur's) | ✓ 2/3 cup vegetable oil                             |
| ✓ 1 cup old-fashioned oats                                 | ✓ 3 cups grated zucchini (about<br>1 1/2 medium)    |
| ✓ 1/2 cup granulated sugar                                 | ✓ 2/3 cup chopped walnuts                           |
| ✓ 1/2 tsp. ground cinnamon                                 | ✓ 1 Tbsp. cinnamon sugar, for<br>dusting (optional) |
| ✓ 1 medium banana  |   |
| ✓ 2 large eggs   |   |

## 10. Slow Cooker Chicken & Wild Rice Soup

Serves 4

There's not much more to this low-FODMAP crock pot recipe than setting it and forgetting it. Aside from that, sauté leeks at the end to take the place of onions, and top the soup with grated Parmesan.

Nutrition Facts (Per Serving) 501 CALORIES | 46 g PROTEIN | 39 g CARBS | 18 g FAT

### INGREDIENTS



- ✓ 4 carrots, peeled and chopped
- ✓ 1 large zucchini, chopped
- ✓ 1 lb. boneless skinless chicken breasts
- ✓ 1 Tbsp. butter
- ✓ 1/2 tsp. dried herbes de Provence (or thyme)
- ✓ 1 bay leaf
- ✓ 4 cups chicken broth
- ✓ 1 cup water
- ✓ 3/4 cup wild rice blend
- ✓ 2 egg yolks (optional)
- ✓ 2 tsp. extra-virgin olive oil
- ✓ 1 small leek, green parts sliced
- ✓ 3 Tbsp. lemon juice
- ✓ Salt and freshly ground black pepper to taste

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