

GUIDE TO LOW FODMAP BOWLS

How to Build Healthy Balanced Bowls

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MEET THE AUTHOR

*Nele
Liivlaid*

Through nutriplanet.org (since 2004) I offer resources for those interested in whole food plant-based diet as well as low glycemic diet and vegan Candida diet.

I am also a Plant-Based Nutrition Certificate graduate from eCornell and am studying for my holistic nutritionist degree. I hope you enjoy my whole food plant-based recipes and practical tips!

You're welcome to download my other free resources:

[Guide to Whole Food Plant-Based Diet](#)
[Guide to Low Glycemic Plant-Based Diet](#)
[Guide to Candida Overgrowth](#)

Let's keep in touch through:



LET'S BUILD A LOW FODMAP BOWL!

PICK YOUR GREENS

Make the base of your bowl green: choose your leafy greens from GO FOR IT category.

Add a handful of cruciferous veggies from GO FOR IT category.

To activate sulforaphane, eat cruciferous veggies raw or chop and wait 40 minutes before cooking or add some mustard seeds on top of your salad.



INCLUDE AROMATICS

Onion greens, garlic-infused oil, green parts of leek, chives, fresh herbs like basil, parsley, and dill.

Fresh herbs are also a great addition in dressings.



ADD MUSHROOMS

Make sure to have some mushrooms in your bowl!

Low in FODMAPs are oyster and canned button mushrooms or fungus (white black back, dried).

Sauté them to get rid of toxic substance agaritine.



CHOOSE PROTEIN

Legumes: edamame, tofu, tempeh, sprouted mung beans.

Whole grains: quinoa, buckwheat, rice, millet, oats, sorghum, teff.



HAVE SOME BERRIES

For an extra boost include berries or low sugar fruits like blueberries, cranberries, lingonberries, blackberries, physalis, goji berries, grapefruit, kiwi, or pomegranate seeds.

I suggest water-soaking goji berries first to make them soft!



ADD NUTS AND SEEDS

Emphasize flax, chia, and hemp seeds for their omega 3 content!

They are excellent for blending into salad dressings.

Other: walnuts, Brazil nuts, hazelnuts, pumpkin seeds, sunflower seeds, sesame seeds.



EXTRA TIPS

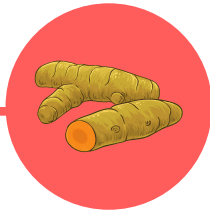
INCLUDE TURMERIC

A quarter of a teaspoon of turmeric per day is a sufficient quantity.

It's the easiest to add it to your salad dressing.

You can either use fresh root or dried turmeric.

Remember to add a pinch of black pepper to enhance turmeric absorption by 2000 fold!



ADD SEAWEEDS

Wakame, nori, dulse, kombu. Follow the upper limits.

Soak dried wakame in water or grind it into a powder for easy sprinkling. Cut nori sheets into fine strips.

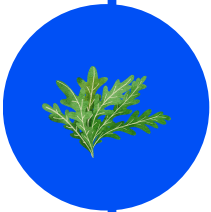
Cook your grains and/or legumes with a piece of kombu.



PICK A BITTER FOOD

Arugula, dill, dandelion greens, kale, saffron, sesame seeds, ginger, eggplant, cloves, and anise.

Alternatively, enjoy a tea about an hour after eating: ginger, weak chamomile, peppermint, liquorice, anise.

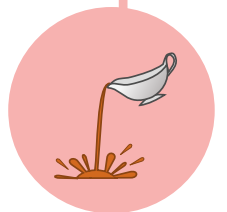


DRESSING IS THE KEY!

A good dressing is what makes the bowl so awesome!

[Go and download my free Guide to Oil-Free Salad Dressings!](#)

[Or watch this video!](#)



HAVE FERMENTED FOODS

Miso, tempeh, coconut yogurt.

Miso and yogurt are perfect for salad dressings!

In reintroduction phase: sauerkraut, kimchi, other plant-based yogurts.



ENJOY!

Take a few deep breaths before you dig in.

Eat mindfully, away from electronics!

Chew properly as digestion starts in the mouth.

Have a walk afterwards for better digestion and more stable blood sugar levels.



MEAL PREP TIPS & IDEAS

For quick and easy bowl assembly, consider prepping ahead:

- Choose 1-2 whole grains, cook them in batch and store in airtight jars or containers in the fridge.
- Same goes for legumes, if you prefer to cook them yourself: sprouted mung beans, edamame beans. Alternatively, cook a bigger batch of curry or a stew which would also serve as a dressing.
- Sauté a bigger batch of mushrooms and store in the fridge. You may use a mix of different varieties.
- Chop salad and raw veggies (cabbage, carrot, kohlrabi) ahead and store them in an airtight container in the fridge.
- Soak raw nuts and seeds for 6-8 hours (4 hours is enough for walnuts) for better digestion and improved nutrient absorption. Hemp, flax, and Brazil nuts don't require soaking. For a crunchy result, dehydrate soaked nuts/seeds. If this is not an option, store them in freezer.
- Make enough salad dressing(s) to last for 3-4 days.

In case cooking legumes from scratch is not for you, here are some easier options:

- Have cans of cooked beans and chickpeas in the pantry. Opt for organic brands with no additives. Rinse and drain well before adding to meals.
- Frozen edamame beans are also a quick option requiring only a few minutes of cooking.
- Cubed hard tofu (fermented or not) is a quick thing to add to your bowls. You may marinate it first but it's not absolutely necessary, especially if you can find infused or already marinated variants.



QUINOA-BLACK BEAN BOWL

1 SERVING

Ingredients

- 3-4 cups lettuce
- ¼ cup cooked black beans
- ¼ cup cooked quinoa
- 1 tbsp goji berries, soak
- 2 tbsps sautéed oyster mushrooms
- 3-4 g dried wakame, soak
- Fresh dill to garnish

Directions

1. Cook quinoa and let cool.
2. Soak goji berries in water to make them soft.
3. Soak the dried wakame in water until rehydrated. It will absorb about 10 times as much water as it weighs.
4. Sauté mushrooms: shred them and throw into a pot that's been heated up. Cover with lid and simply fry them dry mixing occasionally. It will take about 5 minutes, but water starts to separate. Simmer for a few minutes. If there's a lot of water, remove the lid.
5. Combine all ingredients in a bowl and add a dressing.

For the dressing, check the Dressing Recipe further down!

Also, go and download my free [Guide to Oil-Free Salad Dressings!](#) Choose from low FODMAP ingredients.

Notes:

- Feel free to adjust the quantities in the bowl according to your preferences and needs, or add ingredients from GO FOR IT category.
- Don't exceed the amount of black beans and wakame.





CHICKPEA-BUCKWHEAT BOWL

1 SERVING

Ingredients

- 3-4 cups lettuce
- ¼ cup cooked chickpeas
- ¼ cup cooked buckwheat
- A few steamed broccoli florets
- 2 tbsps canned mushrooms
- 3-4 g dried wakame, soak
- Walnuts
- 2 tbsps pomegranate seeds
- Green onion to garnish

Directions

1. Cook buckwheat and let cool.
2. Steam broccoli florets for about 3 minutes.
3. Soak the dried wakame in water until rehydrated. It will absorb about 10 times as much water as it weighs.
4. Combine all ingredients in a bowl and add a dressing.

For the dressing, go to the Dressing Recipe page!

Also, go and download my free [Guide to Oil-Free Salad Dressings!](#)

Notes:

- Feel free to adjust the quantities in the bowl according to your preferences and needs, or add ingredients from GO FOR IT category.
- Don't exceed the amount of chickpeas, broccoli, and wakame.



BLACK RICE-EDAMAME BOWL

1 SERVING

Ingredients

- 90 g cooked beet greens
- ¼ cup cooked black rice
- ¼ cup edamame beans
- ½ cup raw red cabbage
- 3 physalis
- 1 nori sheet cut into strips
- 1 tbsp ground flax
- 2 tsps canned mushrooms

Directions

1. Cook beet greens in plenty of water. Add the stems first, boil them for about 5 minutes and then throw in chopped leaves. Bring to boil and let simmer without lid for a minutes. Drain well.
2. If you use frozen edamame beans, boil them for a few minutes.
3. Cook the rice and let cool.
4. Combine all ingredients in a bowl and add a dressing.

For the dressing, check the next page!

Also, go and download my free [Guide to Oil-Free Salad Dressings!](#) Choose from low FODMAP ingredients.

Notes:

- Feel free to adjust the quantities in the bowl according to your preferences and needs, or add ingredients from GO FOR IT category.
- Don't exceed the amount of red cabbage.



MISO-TAHINI DRESSING

Miso-Tahini Dressing

1 SERVING

- 2 tsps miso paste
- 2 tsps tahini
- 1 tsp Dijon mustard
- ¼ tsp turmeric (optional)
- 1 tbsp nutritional yeast
- Water or fresh orange juice
(or a mixture of both) for
desired consistency



In a small bowl, mix all the ingredients adding liquids gradually.

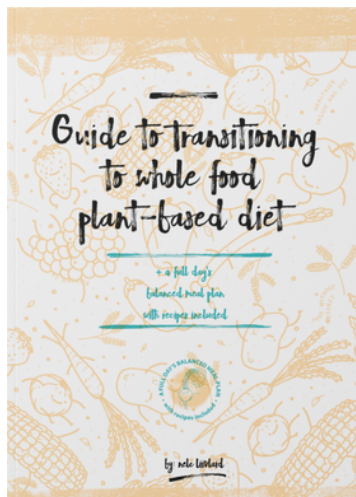
Notes:

- Adjust liquid content according to the desired consistency. Use less in the beginning and add more if necessary.
- You may use either dark miso or shiro miso, or a mixture of both.
- In case you don't have mustard, use a tablespoon of lemon juice, or half a tablespoon of apple cider vinegar or balsamic vinegar.
- If you don't use orange juice, add half a teaspoon of sweetener e.g., date sugar, coconut sugar, date syrup.
- Double, triple, or quadruple the quantities to make a bigger batch and store in the fridge in an airtight container or a jar for a quick and easy bowl assembly.

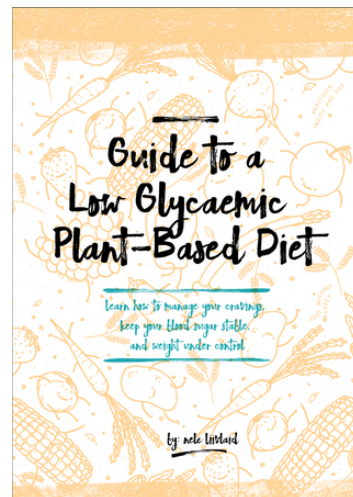
DON'T STOP HERE!

The goal is to get off the low FODMAP diet! So, I invite you to do even more for your health and vitality by downloading my free guides on whole food plant-based eating, naturally healing Candida overgrowth, and fasting:

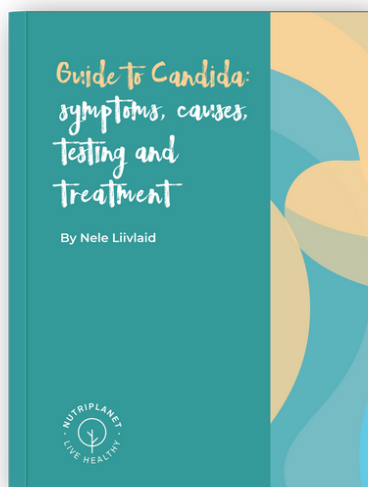
Guide to Whole Food Plant-Based Eating



Guide to Low Glycemic Plant-Based Diet



Guide to Candida Overgrowth



Guide to Fasting

