30-DAY REAL FOOD
LOW-FODMAP PROTEIN MENU

Snack-Sized Meals · Real Food · Garlic/Onion-Free · Minimal Prep · Protein-Forward

HOW TO USE THIS MENU

This is a low-FODMAP adaptation of the original 30-day real food protein menu, built to Monash University's low-FODMAP serving-size guidance. It is a rotating template, not a rigid prescription — swap any item for a same-category, low-FODMAP equivalent based on what's fresh or on hand.

Each day lists **4 small, protein-forward "snack-sized" plates** — assemble and eat every 3–4 hours, or space them to fit an intermittent-fasting window. Portions are intentionally modest; adjust for activity level, appetite, and goals. Protein per plate is estimated (not lab-verified) and shown on each plate.

> **Before you start:** Low-FODMAP is generally intended as a short-term elimination phase — Monash University recommends roughly 2–6 weeks — followed by structured reintroduction to identify your individual trigger FODMAP subgroups. This should be guided by a trained clinician or dietitian rather than followed indefinitely.

The Low-FODMAP Rules

No garlic or onion in any form — including powders and pre-made marinades/dressings. Garlic-infused EVOO is used for flavor instead, since FODMAP fructans are not oil-soluble.

Dairy is lactose-free only (lactose-free cottage cheese, lactose-free plain yogurt), or naturally low-lactose aged/hard cheeses (feta, blue cheese, cheddar, parmesan) in Monash-recognized serve sizes. Standard cottage cheese and regular Greek yogurt are high-FODMAP and are intentionally excluded.

Meat, poultry, fish & eggs are inherently low-FODMAP when unprocessed. The only watch-point is added marinades, rubs, or cured-meat ingredient lists — avoid garlic/onion powder, honey, and inulin/chicory-root fillers.

Never on This Menu

- Legumes
- Wheat/gluten-containing grains
- Honey
- **High-FODMAP fruit:** apples, pears, mango, blackberries, watermelon
- **High-FODMAP vegetables:** onion, garlic, cauliflower, mushrooms, large avocado portions

Portion Caps for Nuts, Seeds & Fruit

Larger servings can tip these into moderate/high-FODMAP territory.

Food	Low-FODMAP serve	Where it shows up
Almonds	~10 nuts	Chia pudding
Walnuts	~10 halves	Blue cheese & walnut plate
Pumpkin seeds	~2 Tbsp	Cottage cheese & pumpkin seed plate
Blueberries / strawberries	Small handful	Yogurt & berry plate

Sourcing Standards

- Grass-fed/finished beef, organic poultry
- Wild-caught or sustainably canned fish (BPA-free cans)
- **Tuna:** BPA-free pouch or Tonnino in a glass jar — keep to once weekly
- Pastured eggs
- Single-sourced EVOO, raw ACV
- Glass or stainless steel storage
- Avoid glyphosate/GMO ingredients

Good to Know

Minimal cooking: No cooking required for most plates. The few that involve batch cooking (egg bake, egg muffins, meatballs) can be made once and portioned for the week — see Batch-Prep Notes.

Abbreviations

EVOO — extra virgin olive oil (buy a single-sourced oil in a dark glass bottle)

ACV — apple cider vinegar (Bragg brand is best)

THE PLATE LIBRARY

Every plate in the rotation, grouped by main protein, with estimated protein per plate. Colors match the 30-day calendar, so it's easy to swap within a category.

Seafood 14 plates

- Wild sardines (canned in olive oil) over sliced tomato & lemon **~18g**
- Wild mackerel (canned) with tomato & EVOO **~19g**
- Marinated anchovies with tomato & EVOO **~14g**
- Wild-caught canned salmon with cucumber, EVOO, ACV & fresh dill **~20g**
- Poached wild salmon flakes with capers & EVOO **~20g**
- Smoked wild salmon & lactose-free cream cheese roll-ups with cucumber **~16g**
- Lactose-free cottage cheese & smoked trout with fresh dill **~19g**
- Smoked trout with feta & cucumber **~19g**
- Cooked wild shrimp with EVOO, lemon & green chive tips only **~18g**
- Wild shrimp & feta plate, EVOO drizzle **~19g**
- Lump crab meat (pasteurized, wild) with cucumber, lemon & EVOO **~17g**
- Seared wild scallops with lemon & EVOO **~18g**
- Wild tuna (BPA-free pouch or Tonnino in glass jar) with cucumber, EVOO & ACV **~22g**
- Wild tuna salad (EVOO/ACV based) with a few thin celery slices & cucumber **~21g**

Lactose-Free Dairy & Seeds 10 plates

- Lactose-free cottage cheese with cucumber, tomato, EVOO & black pepper **~16g**
- Pumpkin seeds (2 tbsp) with lactose-free cottage cheese & cucumber **~15g**
- Lactose-free plain yogurt with cucumber & fresh mint **~13g**
- Lactose-free plain yogurt "tzatziki" with cucumber, dill & EVOO (no garlic) **~15g**
- Lactose-free plain yogurt with a small handful of blueberries & chia seeds **~14g**
- Chia pudding (lactose-free or unsweetened almond milk) topped with 10 organic almonds **~10g**
- Feta, olives, cucumber & tomato Greek plate, EVOO & ACV **~12g**
- Blue cheese (40g), cucumber, tomato & EVOO & ACV **~12g**
- Blue cheese, organic walnuts (10 halves) & EVOO drizzle **~10g**
- Hard cheese (aged cheddar or parmesan) with cucumber & a grass-fed beef roll-up **~15g**

Eggs 5 plates

- Hard-boiled pastured eggs with paprika & EVOO **~13g**
- Deviled pastured eggs, EVOO-based dressing, no onion/garlic powder **~14g**
- Smoked wild salmon & hard-boiled pastured egg plate with capers **~19g**
- Pastured egg muffin bites with feta & spinach, no onion/garlic (batch-prep) **~17g**
- Spinach, lactose-free cottage cheese & pastured egg bake, side of garlic-infused-oil pesto (batch-prep) **~20g**

Chicken & Beef 5 plates

- Organic rotisserie chicken (skin removed, no onion/garlic marinade) with cucumber, EVOO & ACV **~21g**
- Organic rotisserie chicken salad (EVOO/ACV based, no onion) with a few thin celery slices & cucumber **~22g**
- Grass-fed beef roll-ups (plain, uncured) with cucumber & plain mustard **~18g**
- Grass-fed beef meatballs (herb-seasoned, garlic-free, batch-prep) with EVOO drizzle **~19g**
- Grass-fed beef jerky (garlic/onion/honey-free) with cucumber slices **~16g**

Deli Meats 4 plates

- Uncured turkey breast slices with feta & cucumber **~16g**
- Feta (40g), cucumber, tomato & uncured turkey roll-ups (garlic/onion-free), EVOO & ACV **~15g**
- Uncured ham slices (nitrate-free) with a small serve of cantaloupe **~14g**
- Uncured salami (garlic/onion-free) with feta & cucumber **~15g**

Keep On Hand

Hard-boil a dozen pastured eggs Sunday; keep a garlic/onion-free rotisserie chicken, canned wild tuna/sardines, feta, and lactose-free cottage cheese on hand at all times — that alone covers a large share of this menu.

YOUR 30-DAY CALENDAR

■ Seafood ■ Eggs ■ Chicken & Beef ■ Deli Meats ■ Lactose-Free Dairy & Seeds

Day	Meal 1	Meal 2	Meal 3	Meal 4
WEEK 1 · DAYS 1–7				
1 ~65g	Organic rotisserie chicken salad (EVOO/ACV based, no onion) with a few thin celery slices & cucumber ~22g protein	Lactose-free plain yogurt with cucumber & fresh mint ~13g protein	Blue cheese (40g), cucumber, tomato & EVOO & ACV ~12g protein	Grass-fed beef roll-ups (plain, uncured) with cucumber & plain mustard ~18g protein
2 ~68g	Wild sardines (canned in olive oil) over sliced tomato & lemon ~18g protein	Grass-fed beef meatballs (herb-seasoned, garlic-free, batch-prep) with EVOO drizzle ~19g protein	Marinated anchovies with tomato & EVOO ~14g protein	Pastured egg muffin bites with feta & spinach, no onion/garlic (batch-prep) ~17g protein
3 ~59g	Uncured ham slices (nitrate-free) with a small serve of cantaloupe ~14g protein	Lactose-free plain yogurt with a small handful of blueberries & chia seeds ~14g protein	Smoked wild salmon & lactose-free cream cheese roll-ups with cucumber ~16g protein	Uncured salami (garlic/onion-free) with feta & cucumber ~15g protein
4 ~59g	Blue cheese, organic walnuts (10 halves) & EVOO drizzle ~10g protein	Lump crab meat (pasteurized, wild) with cucumber, lemon & EVOO ~17g protein	Grass-fed beef roll-ups (plain, uncured) with cucumber & plain mustard ~18g protein	Deviled pastured eggs, EVOO-based dressing, no onion/garlic powder ~14g protein
5 ~68g	Cooked wild shrimp with EVOO, lemon & green chive tips only ~18g protein	Feta (40g), cucumber, tomato & uncured turkey roll-ups (garlic/onion-free), EVOO & ACV ~15g protein	Grass-fed beef jerky (garlic/onion/honey-free) with cucumber slices ~16g protein	Wild shrimp & feta plate, EVOO drizzle ~19g protein
6 ~74g	Lactose-free cottage cheese with cucumber, tomato, EVOO & black pepper ~16g protein	Poached wild salmon flakes with capers & EVOO ~20g protein	Wild tuna (BPA-free pouch or Tonnino in glass jar) with cucumber, EVOO & ACV ~22g protein	Uncured turkey breast slices with feta & cucumber ~16g protein
7 ~75g	Hard cheese (aged cheddar or parmesan) with cucumber & a grass-fed beef roll-up ~15g protein	Spinach, lactose-free cottage cheese & pastured egg bake, side of garlic-infused-oil pesto (batch-prep) ~20g protein	Organic rotisserie chicken (skin removed, no onion/garlic marinade) with cucumber, EVOO & ACV ~21g protein	Smoked wild salmon & hard-boiled pastured egg plate with capers ~19g protein
WEEK 2 · DAYS 8–14				
8 ~64g	Smoked wild salmon & hard-boiled pastured egg plate with capers ~19g protein	Chia pudding (lactose-free or unsweetened almond milk) topped with 10 organic almonds ~10g protein	Wild-caught canned salmon with cucumber, EVOO, ACV & fresh dill ~20g protein	Lactose-free plain yogurt "tzatziki" with cucumber, dill & EVOO (no garlic) ~15g protein
9 ~69g	Seared wild scallops with lemon & EVOO ~18g protein	Wild mackerel (canned) with tomato & EVOO ~19g protein	Lactose-free cottage cheese & smoked trout with fresh dill ~19g protein	Hard-boiled pastured eggs with paprika & EVOO ~13g protein
10 ~67g	Pumpkin seeds (2 tbsp) with lactose-free cottage cheese & cucumber ~15g protein	Wild tuna salad (EVOO/ACV based) with a few thin celery slices & cucumber ~21g protein	Feta, olives, cucumber & tomato Greek plate, EVOO & ACV ~12g protein	Smoked trout with feta & cucumber ~19g protein
11 ~70g	Blue cheese (40g), cucumber, tomato & EVOO & ACV ~12g protein	Organic rotisserie chicken (skin removed, no onion/garlic marinade) with cucumber, EVOO & ACV ~21g protein	Organic rotisserie chicken salad (EVOO/ACV based, no onion) with a few thin celery slices & cucumber ~22g protein	Pumpkin seeds (2 tbsp) with lactose-free cottage cheese & cucumber ~15g protein

Day	Meal 1	Meal 2	Meal 3	Meal 4
12 ~77g	Wild tuna (BPA-free pouch or Tonnino in glass jar) with cucumber, EVOO & ACV ~22g protein	Smoked wild salmon & hard-boiled pastured egg plate with capers ~19g protein	Pastured egg muffin bites with feta & spinach, no onion/garlic (batch-prep) ~17g protein	Smoked wild salmon & hard-boiled pastured egg plate with capers ~19g protein
13 ~70g	Grass-fed beef roll-ups (plain, uncured) with cucumber & plain mustard ~18g protein	Seared wild scallops with lemon & EVOO ~18g protein	Smoked trout with feta & cucumber ~19g protein	Lactose-free plain yogurt "tzatziki" with cucumber, dill & EVOO (no garlic) ~15g protein
14 ~53g	Deviled pastured eggs, EVOO-based dressing, no onion/garlic powder ~14g protein	Uncured ham slices (nitrate-free) with a small serve of cantaloupe ~14g protein	Chia pudding (lactose-free or unsweetened almond milk) topped with 10 organic almonds ~10g protein	Feta (40g), cucumber, tomato & uncured turkey roll-ups (garlic/onion-free), EVOO & ACV ~15g protein
WEEK 3 · DAYS 15–21				
15 ~71g	Lactose-free cottage cheese with cucumber, tomato, EVOO & black pepper ~16g protein	Wild sardines (canned in olive oil) over sliced tomato & lemon ~18g protein	Wild tuna salad (EVOO/ACV based) with a few thin celery slices & cucumber ~21g protein	Grass-fed beef jerky (garlic/onion/honey-free) with cucumber slices ~16g protein
16 ~67g	Cooked wild shrimp with EVOO, lemon & green chive tips only ~18g protein	Wild shrimp & feta plate, EVOO drizzle ~19g protein	Wild-caught canned salmon with cucumber, EVOO, ACV & fresh dill ~20g protein	Blue cheese, organic walnuts (10 halves) & EVOO drizzle ~10g protein
17 ~70g	Uncured salami (garlic/onion-free) with feta & cucumber ~15g protein	Spinach, lactose-free cottage cheese & pastured egg bake, side of garlic-infused-oil pesto (batch-prep) ~20g protein	Grass-fed beef meatballs (herb-seasoned, garlic-free, batch-prep) with EVOO drizzle ~19g protein	Smoked wild salmon & lactose-free cream cheese roll-ups with cucumber ~16g protein
18 ~59g	Hard cheese (aged cheddar or parmesan) with cucumber & a grass-fed beef roll-up ~15g protein	Hard-boiled pastured eggs with paprika & EVOO ~13g protein	Lump crab meat (pasteurized, wild) with cucumber, lemon & EVOO ~17g protein	Marinated anchovies with tomato & EVOO ~14g protein
19 ~67g	Uncured turkey breast slices with feta & cucumber ~16g protein	Lactose-free cottage cheese & smoked trout with fresh dill ~19g protein	Feta, olives, cucumber & tomato Greek plate, EVOO & ACV ~12g protein	Poached wild salmon flakes with capers & EVOO ~20g protein
20 ~64g	Wild mackerel (canned) with tomato & EVOO ~19g protein	Grass-fed beef roll-ups (plain, uncured) with cucumber & plain mustard ~18g protein	Lactose-free plain yogurt with a small handful of blueberries & chia seeds ~14g protein	Lactose-free plain yogurt with cucumber & fresh mint ~13g protein
21 ~57g	Hard-boiled pastured eggs with paprika & EVOO ~13g protein	Lactose-free plain yogurt "tzatziki" with cucumber, dill & EVOO (no garlic) ~15g protein	Smoked wild salmon & lactose-free cream cheese roll-ups with cucumber ~16g protein	Lactose-free plain yogurt with cucumber & fresh mint ~13g protein
WEEK 4 · DAYS 22–28				
22 ~65g	Lump crab meat (pasteurized, wild) with cucumber, lemon & EVOO ~17g protein	Blue cheese (40g), cucumber, tomato & EVOO & ACV ~12g protein	Poached wild salmon flakes with capers & EVOO ~20g protein	Grass-fed beef jerky (garlic/onion/honey-free) with cucumber slices ~16g protein
23 ~70g	Wild sardines (canned in olive oil) over sliced tomato & lemon ~18g protein	Grass-fed beef roll-ups (plain, uncured) with cucumber & plain mustard ~18g protein	Grass-fed beef meatballs (herb-seasoned, garlic-free, batch-prep) with EVOO drizzle ~19g protein	Feta (40g), cucumber, tomato & uncured turkey roll-ups (garlic/onion-free), EVOO & ACV ~15g protein
24 ~70g	Wild shrimp & feta plate, EVOO drizzle ~19g protein	Wild-caught canned salmon with cucumber, EVOO, ACV & fresh dill ~20g protein	Lactose-free cottage cheese & smoked trout with fresh dill ~19g protein	Feta, olives, cucumber & tomato Greek plate, EVOO & ACV ~12g protein
25 ~67g	Organic rotisserie chicken (skin removed, no onion/garlic marinade) with cucumber, EVOO & ACV ~21g protein	Pumpkin seeds (2 tbsp) with lactose-free cottage cheese & cucumber ~15g protein	Pastured egg muffin bites with feta & spinach, no onion/garlic (batch-prep) ~17g protein	Lactose-free plain yogurt with a small handful of blueberries & chia seeds ~14g protein
26 ~63g	Uncured ham slices (nitrate-free) with a small serve of cantaloupe ~14g protein	Wild mackerel (canned) with tomato & EVOO ~19g protein	Spinach, lactose-free cottage cheese & pastured egg bake, side of garlic-infused-oil pesto (batch-prep) ~20g protein	Chia pudding (lactose-free or unsweetened almond milk) topped with 10 organic almonds ~10g protein

Day	Meal 1	Meal 2	Meal 3	Meal 4
27 ~71g	Blue cheese, organic walnuts (10 halves) & EVOO drizzle ~10g protein	Wild tuna salad (EVOO/ACV based) with a few thin celery slices & cucumber ~21g protein	Wild tuna (BPA-free pouch or Tonnino in glass jar) with cucumber, EVOO & ACV ~22g protein	Grass-fed beef roll-ups (plain, uncured) with cucumber & plain mustard ~18g protein
28 ~66g	Hard cheese (aged cheddar or parmesan) with cucumber & a grass-fed beef roll-up ~15g protein	Deviled pastured eggs, EVOO-based dressing, no onion/garlic powder ~14g protein	Seared wild scallops with lemon & EVOO ~18g protein	Smoked trout with feta & cucumber ~19g protein
WEEK 5 · DAYS 29–30				
29 ~68g	Uncured salami (garlic/onion-free) with feta & cucumber ~15g protein	Uncured turkey breast slices with feta & cucumber ~16g protein	Cooked wild shrimp with EVOO, lemon & green chive tips only ~18g protein	Smoked wild salmon & hard-boiled pastured egg plate with capers ~19g protein
30 ~71g	Organic rotisserie chicken salad (EVOO/ACV based, no onion) with a few thin celery slices & cucumber ~22g protein	Lactose-free cottage cheese with cucumber, tomato, EVOO & black pepper ~16g protein	Smoked wild salmon & hard-boiled pastured egg plate with capers ~19g protein	Marinated anchovies with tomato & EVOO ~14g protein

Day totals under each day number add up the estimated protein for its four plates.

BATCH-PREP NOTES

Spinach, Cottage Cheese & Egg Bake

Whisk 8–10 pastured eggs with lactose-free cottage cheese, sautéed spinach (or arugula, savoy cabbage, or Swiss chard), and sea salt. Bake at 350°F for ~30 min; cut into squares for the week. Top with garlic-free pesto.

Garlic-Free Pesto

Basil, pine nuts, parmesan, and EVOO — with garlic-infused oil in place of raw garlic.

Egg Muffin Bites

Pour the same batter into a muffin tin with feta and spinach. Bake 18–20 min. Freezes well.

Grass-Fed Beef Meatballs

Season with fresh herbs, salt & pepper only — no onion/garlic powder or breadcrumbs. Bake or pan-sear once for the week.

This menu is an educational template for general wellness planning and is not individualized medical or nutrition advice. Protein and portion figures are estimates, not laboratory-verified values. If you have a diagnosed condition (e.g., SIBO, IBS, kidney disease, food allergies) or take medications, review this plan with your provider before starting.