

low-fructose menus for a week

IF CERTAIN FRUITS AND SWEETENERS CAUSE YOU GUT PAIN, FRUCTOSE COULD BE TO BLAME. GET RELIEF WITH THIS ONE-WEEK MEAL PLAN.

BY MARSHA MCCULLOCH, RD

DAY 1

BREAKFAST

PB Wraps: 2 6-inch corn tortillas, warmed; 2 tbsp natural peanut butter; 1 small, well-ripened banana (sliced)*

MORNING SNACK

1 tbsp sunflower seeds
2 mozzarella cheese sticks

LUNCH

Loaded Tater: 1 large baked russet potato, 2 tsp extra-virgin olive oil (EVOO), 2 tbsp light sour cream, 1/3 cup chopped tomato and 1/4 cup chopped green onion (green part only)
1/2 cup grapes*

AFTERNOON SNACK

1 oz rice chips
1/4 cup Lime Salsa (see recipe 1, page 2)

DINNER

1 serving Porcupine Meatballs (see recipe 2, page 2)
1/2 cup steamed zucchini slices; toss with 1/2 tsp EVOO and dash of salt and pepper
1 serving gluten-free corn bread (from mix); top with 2 tsp 100% maple syrup

Daily Total: 1,797 cal, 78g fat (23g mono, 9g poly, 24g sat), 141mg chol, 2,007mg sodium, 217g carb (25g fiber, 56g sugars), 66g protein

** Do not exceed portion sizes for these items. Ideally, fruit servings should be eaten at least 3 hours apart. Avoid canned and dried fruit.*

*** LFR = low fructose/fructans; check our shopping list (page 22) for brand recommendations.*

DAY 2

BREAKFAST

1 serving corn bread (leftovers of Day 1 Dinner); top with 1 tsp butter and 2 tsp 100% maple syrup
1 large hard-boiled egg; top with dash of salt and pepper

MORNING SNACK

8 oz plain kefir, blended with 1/2 cup frozen pineapple*

LUNCH

1 serving Porcupine Meatballs (leftovers of Day 1 Dinner), serve over 2 cups baby spinach, cooked with 2 oz thin rice noodles (scant 1 cup cooked)

AFTERNOON SNACK

10 small LFR nut crackers**
2 oz reduced-fat cheddar cheese

DINNER

Chicken Quesadillas (see recipe 3, page 2); top with 1/4 cup Lime Salsa (leftover of Day 1 Snack) and 1 tbsp light sour cream
1 small orange*

Daily Total: 1,788 cal, 57g fat (13g mono, 2g poly, 26g sat), 357mg chol, 2,325mg sodium, 214g carb (19g fiber, 62g sugars), 105g protein

DAY 3

BREAKFAST

1 gluten-free LFR seeded English muffin,** toasted; top with 2 tbsp natural peanut butter and 1/2 cup halved grapes*

MORNING SNACK

2 mozzarella cheese sticks
1 cup sweet red pepper strips

LUNCH

Soft Corn Tortilla Tacos: 2 6-inch corn tortillas, warmed; fill with 1 cup baby spinach, 4 oz cooked mahi mahi, 1 tbsp light sour cream, 1/4 cup chopped green onion (green part only) and 1/4 cup Lime Salsa (leftovers of Day 1 Snack)
1 cup carrot sticks
1 kiwifruit*
1 gluten-free LFR sugar cookie

AFTERNOON SNACK

1/2 cup cottage cheese; top with 1/2 cup pineapple*

DINNER

Rice Noodle Salad: 2 oz thin rice noodles (1 cup cooked); 1/4 cup canned chickpeas*; 1/4 cup nori seaweed; 1/4 cup grated carrot; 1/4 cup chopped sweet red pepper; 2 tbsp chopped green onion (green part only) and 2 tbsp peanuts
Rice Noodle Dressing: 2 1/2 tbsp rice vinegar, 1 1/2 tsp EVOO, 1 tbsp sugar and 1/8 tsp salt
1 small orange*

Daily Total: 1,798 cal, 58g fat (19g mono, 9g poly, 16g sat), 159mg chol, 1,782mg sodium, 235g carb (30g fiber, 81g sugars), 90g protein

DAY 4

BREAKFAST

Herb Scrambled Eggs: 2 large eggs, 2 tbsp milk, 2 tbsp chopped green onion (green part only), 1/4 cup chopped sweet red pepper and 1 crumbled Herby Burger (see recipe 4, page 2)
1 kiwifruit*

MORNING SNACK

Cereal Trail Mix: 1 cup LFR brown rice cereal** with 2 tbsp pecans and 2 tsp sunflower seeds

LUNCH

Rice Noodles in Miso-Green Tea Broth (see recipe, page 4)
1 serving corn bread (leftovers of Day 1 Dinner); top with 2 tsp 100% maple syrup
1 small orange*

AFTERNOON SNACK

1 1/2 oz rice chips
1/4 cup Lime Salsa (leftovers of Day 1 Snack)

DINNER

3 oz boneless pork loin chop, broiled
1 cup zucchini sticks, brushed with 1/2 tsp canola oil, sprinkled with pepper and broiled
1 cup boiled potatoes, with 1 tsp butter
1/2 cup pineapple*
1 gluten-free LFR sugar cookie**

Daily Total: 1,821 cal, 73g fat (19g mono, 9g poly, 21g sat), 615mg chol, 2,046mg sodium, 213g carb (22g fiber, 55g sugars), 86g protein



Chicken Quesadilla ▲

DAY 5

BREAKFAST

1½ cups LFR brown rice cereal** with ½ cup milk, 2 tsp pecans and 1 small well-ripened banana (sliced)*

MORNING SNACK

1 LFR oat nutrition bar**

LUNCH

Turkey Salad: 3 cups baby spinach, 3 oz thin-sliced turkey breast, ½ cup chopped tomato, 2 tsp shredded cheddar cheese, 2 tsp EVOO and 1 tsp rice vinegar

16 small LFR nut crackers**

AFTERNOON SNACK

½ cup cottage cheese; top with ⅓ cup chopped sweet red pepper and 1 tbsp sunflower seeds

DINNER

1 Herby Burger (leftovers of Day 4 breakfast) on 1 gluten-free LFR seeded English muffin,** toasted; top with 1 tomato slice and 1 tsp LFR mayonnaise

1 cup carrot sticks

Daily Total: 1,797 cal, 65g fat (20g mono, 10g poly, 16g sat), 152mg chol, 2,103mg sodium, 225g carb (23g fiber, 58g sugars), 84g protein

DAY 6

BREAKFAST

8 oz plain kefir; blend with 1 small, ripe frozen banana*
1 hard-boiled egg with pepper
¼ cup pecans

MORNING SNACK

12 small LFR nut crackers**
2 tsp natural peanut butter

LUNCH

Pecan Chicken Salad Sandwich:
½ cup Pecan Chicken Salad (see recipe 5, page 3) on gluten-free LFR English muffin,** toasted, with ½ cup spinach and 1 tomato slice
1 cup sweet red pepper strips
1 oz rice chips
¼ cup Lime Salsa (leftover of Day 1 Snack)

AFTERNOON SNACK

3 cups air-popped popcorn; top with 1 tsp melted butter and dash of curry powder

DINNER

4 oz mahi mahi, brushed with ½ tsp canola oil; broiled
5 tomato slices, brushed with ½ tsp canola oil and dash of salt, pepper and rosemary; broiled
1 serving corn bread (leftover of Day 1 Dinner); top with 2 tsp 100% maple syrup

Daily Total: 1,802 cal, 78g fat (25g mono, 17g poly, 16g sat), 398mg chol, 2,015mg sodium, 199g carb (24g fiber, 55g sugars), 81g protein

DAY 7

BREAKFAST

1 LFR oat nutrition bar**
1 mozzarella cheese stick

MORNING SNACK

¼ cup peanuts
1 kiwifruit*

LUNCH

4 oz boiled shrimp, drizzled with Lemon Butter Sauce (see recipe 6, page 3); serve over 2 oz dry thin rice noodles (scant 1 cup cooked)
½ cup sliced, boiled zucchini; toss with ½ tsp EVOO and dash of salt and pepper

AFTERNOON SNACK

½ cup Pecan Chicken Salad (leftover of Day 6 Lunch)
10 small LFR nut crackers**

DINNER

Open-Face Turkey Sandwich:
½ gluten-free LFR seeded English muffin,** toasted, with 3 oz thin-sliced turkey breast, 1 tomato slice and ⅓ cup cottage cheese sprinkled with pepper
½ cup sweet red pepper strips
½ cup carrot sticks
1 gluten-free LFR sugar cookie**

Daily Total: 1,810 cal, 77g fat (19g mono, 14g poly, 22g sat), 269mg chol, 2,419mg sodium, 185g carb (19g fiber, 44g sugars), 100g protein

Quick recipes to complete your menus

(each makes 1 serving unless otherwise noted)

1. Lime Salsa

Combine 1 (14.5 oz) can diced fire-roasted tomatoes with green chilies, 1 (14.5 oz) can plain diced tomatoes, ½ cup chopped green onion (green part only), 2 tsp EVOO and 1 tsp lime juice. Chill before serving. Makes 14 servings (¼ cup each).

2. Porcupine Meatballs

Combine 16 oz plain tomato sauce (strained tomatoes) and 3 tbsp sugar in medium bowl; set aside. Combine 1 large egg, ⅓ cup uncooked white rice (not instant), ½ tsp salt, 1 lb lean grass-fed ground beef and ⅓ cup of the tomato mixture; combine. Roll mixture into 1-inch balls and place in large skillet. Brown all sides of meatballs over medium-high heat. Pour remaining tomato mixture over meatballs; cook, covered, over low heat for 35 minutes or until meatballs are cooked and rice is soft. Makes 5 servings.

3. Chicken Quesadillas

Warm 4 oz cooked, shredded chicken breast with ½ cup Lime Salsa (see recipe 1, above) in pan on stovetop. Top a corn tortilla with half of chicken mixture and 2 tbsp shredded cheddar cheese; top with another tortilla. Heat each side 3 minutes in preheated skillet. Repeat with ingredients to make a second quesadilla.

4. Herby Burgers

Combine 1 lb lean grass-fed ground beef with ¼ tsp each dried rosemary, ground sage, ground thyme, salt and pepper. Form into patties, broil in oven or grill. Makes 4 burgers.

SHOPPING LIST

Here's everything you'll need to make one week's worth of menus for one person.

FRUITS & VEGETABLES

- 3 small, ripe bananas (freeze 1)
- 1 cup grapes
- 3 kiwifruit
- 1 lemon
- 1 lime
- 3 small oranges
- 1 pineapple
- 12 cups baby spinach
- 2 lbs carrots
- 3 bunches green onions
- ½ cup mushrooms
- 2 large russet potatoes
- 4 sweet red peppers
- 4 medium tomatoes
- 3 zucchini

PROTEINS & DAIRY

- 8 oz boneless, skinless chicken breast
- 2 lb lean grass-fed ground beef
- 3 oz boneless pork loin chop
- 6 oz turkey breast lunch meat
(TRY: Organic Prairie Organic Roast Turkey Breast)
- 8 oz mahi mahi
- 12 oz shrimp (TRY: Henry & Lisa's Medium Uncooked Natural Shrimp)
- 5 large eggs
- ½ stick butter
- 1 quart low-fat milk
- 5 mozzarella string cheese sticks (TRY: Horizon Organic Mozzarella String Cheese Sticks)
- 1½ cups reduced-fat cottage cheese
- ½ cup light sour cream
- 16 oz plain low-fat kefir
- 5 oz reduced-fat cheddar cheese



NUTS, SEEDS & NUT BUTTERS

- 1 jar natural, unsweetened peanut butter
- ½ cup peanuts
- ¾ cup pecans
- ¼ cup dry-roasted sunflower seeds

GRAINS

- 1 box brown rice cereal (TRY: Erewhon Gluten Free Crispy Brown Rice Cereal)
- 1 pkg gluten-free corn bread mix (TRY: Bob's Red Mill Gluten Free Cornbread Mix)
- 1 pkg gluten-free English muffins (TRY: Food for Life Multi Seed Gluten Free English Muffins)
- 8 six-inch corn tortillas (TRY: Food for Life Sprouted Corn Tortillas)
- 1 bag popcorn kernels
- 4 oz rice chips (TRY: Lundberg Rice Chips, Sea Salt)
- 12 oz thin rice noodles (TRY: Annie Chun's Maifun Rice Noodles)
- ½ cup white rice (TRY: Lundberg Organic California White Basmati Rice)



MISCELLANEOUS

- 1 box gluten-free nut crackers (TRY: Blue Diamond Pecan Nut Thins)
- 15-oz can chickpeas
- 14.5-oz can diced fire-roasted tomatoes with green chilies (TRY: Muir Glen Organic Diced Tomatoes Fire Roasted with Green Chilies)
- 14.5-oz can diced tomatoes (TRY: Muir Glen Organic Diced Tomatoes, No Salt Added)
- 16 oz plain tomato sauce (TRY: Bionaturae Organic Strained Tomatoes, No Salt Added)
- 1 small pkg nori seaweed
- 2 oat nutrition bars (TRY: Bobo's Oat Bars Original Gluten-Free)
- 3 gluten-free sugar cookies (TRY: Enjoy Life Sugar Crisp Handcrafted Crunchy Cookies)



5. Pecan Chicken Salad

In a bowl, combine 3 tbsp light sour cream, 3 tbsp LFR mayonnaise, 2 tsp lemon juice, ½ tsp salt and ¼ tsp pepper; set aside. Combine 1½ cups cooked and diced chicken breast, ½ cup chopped fresh mushrooms, ¼ cup chopped sweet red pepper and ¼ cup chopped pecans. Stir sour cream mixture into chicken mixture and refrigerate at least 4 hours before serving. Makes 4 servings (about ½ cup each).

6. Lemon Butter Sauce


Heat 1 tbsp butter to melt. Stir in ½ tsp lemon juice and a dash of crushed red pepper flakes.



PANTRY STAPLES

- Black pepper
- Sea salt
- Curry powder
- Crushed red pepper flakes
- Dried rosemary
- Ground sage
- Ground thyme
- Red miso paste (TRY: Hikari Organic Red Miso Paste)
- All-purpose cooking oil, such as organic canola
- Extra-virgin olive oil (TRY: Garlic Gold Oil Pure Extra Virgin Olive Oil)
- Cane sugar
- 100% maple syrup
- Mayonnaise (TRY: Woodstock Organic Mayonnaise)
- Rice vinegar
- Green tea bags





Rice Noodles in ►
Miso-Green Tea Broth

Rice Noodles in Miso-Green Tea Broth

Serves 4.

A satisfying meal that's perfect for weeknights. Any type of gluten-free rice noodle will work: pad Thai-style noodles, flat, spaghetti or even vermicelli. If you're sensitive to miso or following a low-FODMAP diet, substitute a mix of tahini and gluten-free tamari.

3 cups water
2 green tea bags (or 2 teaspoons green tea in an infuser)
7 teaspoons red miso
8 ounces medium or large shrimp, peeled and deveined
1 small red bell pepper, sliced
6 ounces rice noodles
4 cups packed baby spinach
Sliced green onions (green parts only)

1. Bring a medium pot of water to boil. This will be used to cook the rice noodles.

2. Meanwhile, heat 3 cups water in a separate medium saucepan. When water is just shy of simmering, turn off heat and add tea bags. Cover and set aside for 4 minutes to infuse. Squeeze and then discard tea bags.

3. Put miso in a small bowl. Add a few spoonfuls of hot tea; then mash miso, gradually adding more tea as necessary to form a slurry. Pour slurry into tea in saucepan. Stir to combine. Bring broth to a gentle simmer. Add shrimp and bell pepper. Bring to a simmer once again; then cover and gently poach over low heat for 2 minutes. Remove from heat, keeping pan covered.

4. Cook noodles in boiling water according to package directions. Drain. Divide spinach among four shallow serving bowls. Top with noodles. Divide broth mixture among bowls. Garnish with green onions and serve at once.

PER SERVING: 167 cal, 1g fat (0g mono, 0g poly, 0g sat), 57mg chol, 10g protein, 29g carb, 2g fiber, 330mg sodium

Why follow a fructose-restricted diet?

People with fructose malabsorption have more difficulty digesting and absorbing fructose, a natural sugar found in high amounts in some fruits, vegetables and sweeteners, such as honey and high-fructose corn syrup. Long chains of fructose called fructans are found in certain vegetables, wheat and other foods; no one can digest fructans well, but certain gut bacteria can. When bacteria ferment fructose, bloating, abdominal pain, nausea, gas and diarrhea may result.

Not all fructose has to be avoided. When a food contains glucose (another sugar) in amounts equal to or greater than fructose, it's usually well tolerated. That's why a person may do fine with table sugar and maple syrup but not honey. Some people may need to restrict only fructose, not fructans. In other cases, restricting both fructose and fructans may only partially relieve symptoms, and you may need to restrict other FODMAPS (fermentable carbohydrates), too. For more info, visit blog.katescarlata.com, ibsfree.net or shepherdworks.com.au.