

Low FODMAP Grocery List

PLUS FOODS & RECIPES TO
ENJOY WITH FODZYME®



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Grocery list

Low FODMAP staples and foods with GOS, lactose and/or fructan to use with FODZYME®

! Use a reliable database like the Monash App for information on portion size & FODMAP content

LOW FODMAP

- Alfalfa sprouts
- Arugula
- Baby spinach (1 1/2c)
- Bamboo shoots
- Bean sprouts
- Bok choy
- Broccoli heads
- Broccolini stalks (1c)
- Cassava (1/2c)
- Carrots
- Celeriac
- Chayote
- Chinese broccoli (1c)
- Chives
- Collard greens
- Cucumber
- Eggplant
- Endive
- Green beans
- Green cabbage
- Green pepper
- Jicama (1/2c)
- Kabocha squash
- Kale (1/2c)
- Lettuce
- Mung bean
- Okra (7 1/2 pods)
- Parsnip
- Poblano (1 med)
- Radicchio (2c)
- Radish
- Red cabbage (3/4c)
- Romaine
- Rutabaga
- Seaweed (Nori)
- Spaghetti squash (1/2c)
- Spinach
- Sweet potato
- Swiss chard
- Tomatillo (1c)
- Water chestnuts
- Watercress
- White potato
- Yam (1/2c)
- Yellow squash

MORE TO ENJOY WITH FODZYME®

- Acorn Squash
- Artichoke
- Baby spinach (2 3/4c)
- Beetroot
- Bitter melon
- Broccolini stalks (3 1/2c)
- Brussels sprouts
- Cassava (1 1/4c)
- Chinese Broccoli (4 1/4c)
- Daikon Radish (1c)
- Delicata squash
- Garlic
- Green pepper (1 3/4c)
- Jicama (1 1/4c)
- Kale (1c)
- Leek
- Okra (9 pods)
- Onion
- Peas
- Poblano (3 1/3 med)
- Pumpkin
- Radicchio (5c)
- Red cabbage (1-2c)
- Savoy cabbage
- Scallion
- Shallots
- Spaghetti squash (1 3/4c)
- Tomatillo (3 1/3c)
- Yam (2c)
- Zucchini

FILL ME IN

VEGETABLES

FRUIT

LOW FODMAP

- Banana (small, firm)
- Blueberries
- Cantaloupe
- Clementine
- Coconut
- Cumquat
- Dragon fruit
- Durian
- Green papaya
- Guava (ripe)
- Kiwifruit
- Lemon
- Lime
- Mandarin
- Papaya
- Passionfruit
- Pineapple
- Plantain
- Rhubarb
- Starfruit
- Tangelo

MORE TO ENJOY WITH FODZYME®

- Banana (ripe)
- Cranberries
- Currants
- Custard apple
- Dates (Medjool)
- Fig (dried)
- Grapefruit
- Goji berry
- Honeydew
- Persimmon
- Pineapple (dried)
- Pomegranate
- Raisin
- Rambutan

GRAINS

LOW FODMAP

- All rice
- Buckwheat
- Corn tortillas
- Millet
- Oat bran
- Oats
- Polenta
- Quinoa
- Rice bran
- Traditional sourdough
- Sorghum

MORE TO ENJOY WITH FODZYME®

- Amaranth
- Barley
- Chickpea flour & products
- Cous cous
- Freekeh
- Naan
- Plain muesli
- Rye bread
- Soy flour & products
- Udon
- Pumpernickel bread
- Wheat bread & rolls
- Wheat cereals
- Wheat pasta
- Wholegrain bread

SIDES

LOW FODMAP

- Aioli (no garlic)
- Cornichon
- Horseradish
- Oyster sauce
- Salsa verde (no garlic/onion)
- Tahini

MORE TO ENJOY WITH FODZYME

- Hummus
- Onion gravy
- Pesto
- Pickle Relish
- Salsa
- Tzatziki

LOW FODMAP

- Brazil nuts
- Canned chickpeas
- Canned lentils
- Chestnuts
- Firm tofu
- Hazelnuts
- Macadamias
- Peanuts & all-natural peanut butter
- Pecans
- Pine nuts
- Seeds (Chia, Flax, Poppy, Pumpkin, Sesame, Sunflower)
- Walnuts

MORE TO ENJOY WITH FODZYME®

- Almonds & almond butter
- Adzuki beans
- Black beans
- Black Eyed Peas
- Butter beans
- Cashews
- Chickpeas
- Daal
- Lentils
- Lima beans
- Kidney beans
- Mung beans
- Pinto beans
- Navy beans
- Pistachios
- Refried beans
- Silken tofu
- Soy beans
- Split peas

LOW FODMAP

- Corn tortilla chips
- Dark chocolate
- Gluten-free pretzels
- Olives (green, black)
- Plain salted potato chips
- Popcorn
- Rice crackers or cakes

MORE TO ENJOY WITH FODZYME®

- Almond crackers
- Biscuits
- Chickpea snacks
- Flavored chips (onion, cheese, scallion)
- Milk chocolate
- Pretzels
- Wheat & rye crackers

LOW FODMAP

- Brie
- Camembert
- Cheddar
- Colby
- Feta
- Havarti
- Lactose-free cottage cheese
- Lactose-free cream cheese
- Mozzarella
- Parmesan
- Pecorino
- Swiss

MORE TO ENJOY WITH FODZYME®

- American cheese
- Cottage cheese
- Chevre (goat cheese)
- Cream cheese
- Farmer's cheese
- Halloumi
- Herbed cheeses
- Queso Fresco
- Paneer
- Quark
- Ricotta cheese

LOW FODMAP

- Almond milk
- Butter
- Canned coconut milk
- Coconut cream
- Coconut yogurt
- Lactose-free milk
- Lactose-free yogurt
- Rice milk
- Soy milk (made from soy protein)

MORE TO ENJOY WITH FODZYME®

- Buttermilk
- Cow, goat, or sheep's milk
- Cow, goat, or sheep's yogurt
- Cream (including whipped)
- Creme Fraiche
- Custard
- Ice cream & Gelato
- Kefir
- Sour cream
- Soy and oat milk (all)

Other grocery

Plain proteins, fats and many seasonings are low FODMAP

SEASONINGS	HERBS & SPICES	OILS & VINEGARS	ANIMAL PROTEINS
------------	----------------	-----------------	-----------------

- | | | | | | |
|---|---|---|-------------------------------------|--|------------------------------------|
| <input type="checkbox"/> Capers | <input type="checkbox"/> Potato starch | <input type="checkbox"/> Allspice | <input type="checkbox"/> Parsley | <input type="checkbox"/> Apple cider vinegar | <input type="checkbox"/> Beef |
| <input type="checkbox"/> Cocoa powder | <input type="checkbox"/> Tapioca starch | <input type="checkbox"/> Basil | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Avocado oil | <input type="checkbox"/> Chicken |
| <input type="checkbox"/> Chili pepper | <input type="checkbox"/> Corn starch | <input type="checkbox"/> Black pepper | <input type="checkbox"/> Saffron | <input type="checkbox"/> Canola oil | <input type="checkbox"/> Duck |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Stevia | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Sage | <input type="checkbox"/> Coconut oil | <input type="checkbox"/> Eggs |
| <input type="checkbox"/> Lemon zest | <input type="checkbox"/> Tamari | <input type="checkbox"/> Chili powder | <input type="checkbox"/> Star Anise | <input type="checkbox"/> Fish sauce | <input type="checkbox"/> Fish |
| <input type="checkbox"/> Marmalade | <input type="checkbox"/> Vanilla extract | <input type="checkbox"/> Cilantro (Coriander) | <input type="checkbox"/> Sumac | <input type="checkbox"/> Flaxseed oil | <input type="checkbox"/> Lamb |
| <input type="checkbox"/> Mayo | <input type="checkbox"/> White or brown sugar | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Tarragon | <input type="checkbox"/> Mirin | <input type="checkbox"/> Pork |
| <input type="checkbox"/> Miso paste | <input type="checkbox"/> Wasabi | <input type="checkbox"/> Cloves | <input type="checkbox"/> Thyme | <input type="checkbox"/> Olive oil | <input type="checkbox"/> Shellfish |
| <input type="checkbox"/> Mustard | | <input type="checkbox"/> Cumin | <input type="checkbox"/> Turmeric | <input type="checkbox"/> Peanut oil | |
| <input type="checkbox"/> Orange zest | | <input type="checkbox"/> Curry powder | | <input type="checkbox"/> Red wine vinegar | |
| <input type="checkbox"/> Palm sugar | | <input type="checkbox"/> Five spice | | <input type="checkbox"/> Rice vinegar | |
| <input type="checkbox"/> Panko | | <input type="checkbox"/> Lemongrass | | <input type="checkbox"/> Sesame oil | |
| <input type="checkbox"/> Pure maple syrup | | <input type="checkbox"/> Mint | | <input type="checkbox"/> Sesame oil | |
| <input type="checkbox"/> Soy Sauce | | <input type="checkbox"/> Nutmeg | | <input type="checkbox"/> Vegetable oil | |
| | | <input type="checkbox"/> Paprika | | <input type="checkbox"/> White vinegar | |
| | | | | <input type="checkbox"/> Worcestershire | |

Easy recipes to enjoy with FODZYME®



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Each of the following recipes is specially designed for use with FODZYME® by the co-founder of the low FODMAP diet online resource, FODMAP Everyday®, professional recipe developer and low FODMAP diet expert Dédé Wilson. They contain the FODMAPs fructan, GOS and/or lactose, all of which FODZYME® helps you tolerate. If you're cooking for a group and not everyone is FODMAP-sensitive, simply cook them as written and apply FODZYME® to your portion.

If using FODZYME® with leftovers, reheat your meal to a suitable eating temperature, then add FODZYME®. If the food is too hot to eat, it's also too hot for FODZYME® and will break down the enzymes before they can tackle the FODMAPs.

Some of these recipes contain wheat-based ingredients, like pasta, flour and bread. Wheat contains both gluten (a protein) and fructan (a FODMAP carbohydrate). Most people who find eating-gluten free improves their symptoms are possibly feeling better due to the reduction in fructan that happens when they cut out wheat.

If you have been diagnosed with celiac disease or a wheat allergy, swap in gluten-free alternatives for the gluten-containing ingredients used in these recipes.

Be sure to visit www.FODMAPeveryday.com, where we have 1000+ low FODMAP recipes you can enjoy and download your **free e-book** of "50 Certifiably Delicious Low FODMAP Recipes"!

Classic Stovetop Macaroni & Cheese



SERVES 6



25 MIN TOTAL
10 PREP / 15 COOK

This creamy, easy to make mac & cheese is a family favorite for people of all ages. By using FODZYME®, you can enjoy this recipe that uses real dairy (lactose), and traditional pasta (fructans). Made on top of the stove in less than 30 minutes

INGREDIENTS

- 12-ounces (340 g) elbow pasta
- 1/2 cup (1 stick; 113 g) unsalted butter, cut into pieces
- 1/2 cup (73 g) all-purpose flour
- 1 1/4 teaspoon dry, powdered mustard
- 1 teaspoon kosher salt
- 1/2 teaspoon white pepper
- 3 cups (720 ml) whole milk, at room temperature
- 8-ounces (225 g) medium cheddar cheese, shredded; we like using orange colored

VARIATIONS

Bacon Mac and Cheese: Cook 10 slices of bacon until crisp. Remove bacon and drain on paper towels. Crumble bacon and add to pasta and cheese sauce as you fold them together.

Three Cheese Mac and Cheese: Instead of 8-ounces (225 g) of cheddar, use a third cheddar, a third Parmesan and a third Monterey jack.

Bacon Jalapeno Mac and Cheese: Cook 10 slices of bacon until crisp. Remove bacon and drain on paper towels. Reserve 1 tablespoon bacon fat in pan and sauté 1 jalapeno that has been seeded and finely chopped, just until it has softened. Crumble bacon and add the bacon and the sautéed jalapeno to pasta and cheese sauce as you fold them together.

Broccoli & Carrots Mac and Cheese: Have handy 1 cup (128 g) chopped baby carrots and 1 cup (122 g) tiny broccoli florets. About 2 minutes before the pasta is done, throw in the chopped baby carrots. Make sure water comes back to a boil quickly. About 1 minute before pasta is done, add broccoli florets. Drain pasta and veggies, toss with cheese sauce and serve immediately.



DIRECTIONS

1. Bring a large pot of salted water to a boil and cook the pasta till al dente; do not over-cook. Drain and set aside.
2. Meanwhile, in another large saucepan, melt the butter over medium heat. Whisk in the flour, salt, pepper and mustard and cook for 1 to 2 minutes, whisking frequently. You are removing the raw taste of the flour and allowing it to turn very lightly brown.
3. Gradually pour in milk, whisking until smooth. Continue to cook over medium heat, allowing to simmer gently, whisking constantly for about 3 to 5 minutes or until the sauce has thickened and is super silky. Turn off the heat, leave the pot in place, and whisk in the cheese until melted, creamy and SMOOTH! Fold in cooked, drained pasta.
4. Add a dose of FODZYME® to the portion you plan to eat and mix it in. Serve!

Whole Roast Chicken & Vegetables



SERVES 4



1 HR 10 MIN TOTAL
10 MIN PREP / 1 HR COOK

We make a whole roast chicken every week – and use leftovers for lunches! Brussels sprouts and garlic contain fructans, and FODZYME® will help you tolerate the meal.

INGREDIENTS

- 1, 3½ to 4 ½-pound (1.6 kg to 2 kg) whole chicken, giblets removed, patted dry
- Kosher salt
- Freshly ground black pepper
- 4 medium carrots, scrubbed, trimmed, cut into 4-inch-long (10 cm) by ½-inch (12 mm) wide pieces
- 2 medium parsnips, scrubbed, trimmed, cut into 4-inch-long (10 cm) by ½-inch (12 mm) wide pieces
- 8-ounces (225 g) trimmed Brussels sprouts, halved lengthwise
- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon minced garlic

NOTES

Let's talk flavor and texture! Choose your chicken wisely. We prefer air-chilled chickens, which we find reliably provide the best texture and flavor. Kosher chickens can be good as well, in which case you do not need to add salt, or at least use less.



DIRECTIONS

1. Pat chicken dry with paper towels and season generously with salt, inside and out. Tie legs together with kitchen twine. Let sit while oven preheats.
2. Place a rack in upper third of oven (allowing room for height of chicken) and set a 12-inch to 14-inch (30.5 cm to 35.5 cm) cast-iron skillet in oven. Preheat oven to 425°F (220°C).
3. Meanwhile, toss carrots, parsnips and Brussels sprouts together with half the olive oil, and all of the garlic, in a large bowl to coat; season with salt and pepper.
4. Once oven reaches temperature, coat the chicken with some of the reserved oil. Drizzle remaining oil into hot skillet. Place chicken in the middle of skillet and scatter vegetables around. Roast until an instant-read thermometer inserted into the thickest part of the thigh (not touching bone) registers 165°F (74°C), about 50 to 60 minutes. Let chicken rest in skillet at least 10 minutes.
5. Transfer chicken to a cutting board and carve. Serve with vegetables and FODZYME® sprinkled on top.
6. Any leftovers can be refrigerated for up to 3 days in an airtight container.

Everyday Meatloaf



SERVES 8



1 HR 5 MIN TOTAL
10 MIN PREP / 55 COOK

Meatloaf is a classic homestyle dinner and you can enjoy our version using FODZYME® to help with fructan and lactose tolerance. The shredded vegetables incorporated into the meat mixture makes the juiciest meatloaf you have ever tasted.

SAUCE

- 2/3 cup (165 ml) ketchup
- 1/3 cup (71 g) firmly packed light brown sugar
- 1 tablespoon plus 2 teaspoons balsamic vinegar
- 1 tablespoon Dijon mustard

MEATLOAF

- 2 1/2 slices (93 g) white sandwich bread
- 1/2 cup (120 ml) whole milk, 2%, 1% or fat free
- 1 1/2 pounds (680 g) ground beef, preferably 80% fat
- 1/2 pound (225 g) ground pork
- 2 large eggs, at room temperature, whisked well
- 1/2 medium carrot, scrubbed and grated
- 1/2 medium red bell pepper, finely chopped
- 1/4 cup (8 g) finely chopped fresh flat leaf parsley
- 1/4 cup (16 g) finely chopped scallions
- 1 tablespoon Worcestershire sauce
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon minced garlic
- 1 teaspoon kosher salt
- 1/2 teaspoon dried thyme
- Freshly ground black pepper
- 4 slices meaty bacon

DIRECTIONS

1. For the Sauce: Whisk all of the sauce ingredients together; set aside.
2. For the Meatloaf: Position rack in center of oven. Preheat oven to 350°F (180°C). Have a roasting pan ready.
3. Process the bread slices in a food processor fitted with a metal blade until finely ground; do not use prepared dry breadcrumbs or they will make your meatloaf dry. Measure out 3/4 cup (84 g) of soft breadcrumbs and combine those measured breadcrumbs with milk in a large mixing bowl; allow the breadcrumbs to absorb the milk for 5 minutes. (Any extra breadcrumbs can be frozen in a zip top bag and saved for another use). Add the beef, pork, eggs, carrot, red bell pepper, parsley, scallions, Worcestershire sauce, olive oil, garlic, salt, thyme and a generous amount of black pepper to the same bowl and use your hands to mix well.
4. Scrape meatloaf mixture into center of roasting pan and use your hands to form an oval loaf shape about 9-inches long, 6-inches wide and 2-inches thick (23 cm by 15 cm by 5 cm). Spread about half of the sauce on top of the loaf, coating the top and sides. Reserve any remaining sauce to serve alongside cooked meatloaf. Use your fingers to lay bacon over the meatloaf on a slight diagonal, tucking the ends underneath the loaf. The sauce will help the pieces stick and stay in place.
5. Cook for about 55 minutes to 1 hour or until meat is cooked through and the bacon is crisp. An instant read thermometer inserted in the center of the loaf should read 160°F (72°C). You can crisp up the bacon further, if you like, by placing meatloaf under the broiler for 30 seconds to 1 minute, taking care not to burn. Meatloaf is ready to cut into slices and serve with the reserved sauce alongside. We like it hot, room temperature or the next day in a sandwich. Any leftovers can be wrapped well with plastic wrap and refrigerated for up to 3 days. And this makes AMAZING meatloaf sandwiches. Whisk some of the extra sauce with mayo, add some crunchy lettuce and enjoy!

Vegetable, Pasta & Bean Soup



SERVES 8



45 MIN TOTAL
15 MIN PREP / 30 COOK

This super hearty soup, featuring beans and pasta, in addition to many vegetables, is easy to make and even freezes well. FODZYME® helps you tolerate the garlic and beans.

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 3/4 cup (48 g) finely chopped scallions
- 1/4 cup (18 g) finely chopped leek bulb
- 1 teaspoon minced garlic
- 8 cups (2 L) water
- 1, 28- ounce (794 g) can crushed tomatoes
- 1, 15.5- ounce (439 g) can chickpeas, drained, rinsed and drained again
- 12- ounces (340 g) diced butternut squash
- 8- ounces (225 g) red potatoes, scrubbed and cut into small bite-sized pieces
- 6- ounces (170 g) cleaned and trimmed kale, chopped finely
- 3 medium carrots, scrubbed, trimmed and cut into thick rounds (1/2-inch/12 mm or even larger)
- 2 cups (150 g) sliced bok choy
- 1 medium patty pan or yellow squash scrubbed, trimmed and cut into thick rounds (about 1/2-inch/12 mm thick)
- 1 medium zucchini scrubbed, trimmed, quartered and cut into small bite-sized pieces
- 1 teaspoon dried basil
- 1 teaspoon smoked paprika
- 1 teaspoon dried thyme
- Kosher salt
- Freshly ground black pepper
- 1 cup (100 g) raw elbow or small shell shaped pasta



DIRECTIONS

1. Place olive oil in a large heavy pot or Dutch oven and heat over medium heat. Add scallions, leeks and garlic and sauté for a few minutes until soft. Add water, canned tomatoes, chickpeas, squash, potatoes, kale, carrots, bok choy, yellow squash, zucchini, basil, smoked paprika and thyme and stir all together well. Season with salt and pepper.
2. Cover and bring to a boil over medium-high heat, then turn heat down and simmer for at least 30 minutes or until vegetables are tender, stirring occasionally. Taste and adjust seasoning as desired.
3. Meanwhile, cook pasta in a generous amount of salted water till al dente; drain and stir into soup (see Tips). Soup is ready to serve. Just prior to eating, mix in a dose of FODZYME® and enjoy.
4. Cool leftovers to room temperature and refrigerate in an airtight container for up to 5 days. Freeze for up to 1 month, adding pasta upon reheating. Reheat as needed and add a dose of FODZYME® to each serving prior to eating.

TIPS

You could cook the pasta right in the soup, but it gives you bit less control over the pasta texture and the pasta also soaks up some of the luscious soup liquid, but if you are short on time or don't want to clean an extra pot, be our guest!



Fully Loaded Potato Skins



SERVES 12



1 HR 10 MIN TOTAL
15 MIN PREP / 55 COOK

Baked potato skins stuffed with cheese, scallions and bacon, served with your choice of sour cream, blue cheese dip, Ranch Dressing, salsa, or all of 'em! FODZYME® takes care of the lactose load.

INGREDIENTS

- 6 small (about 2-pounds; 910 g) starchy baking potatoes, about 3 1/2 inches (9 cm) long
- 6 slices thick-cut bacon
- 1 tablespoon unsalted butter, melted
- Kosher salt
- Freshly ground black pepper
- 5-ounces (140 g; about 1 1/4 cups) shredded extra sharp cheddar
- 3/4 cup (180 g) sour cream, optional
- 1/3 cup (20 g) chopped chives
- 1/3 cup (24 g) chopped scallions
- Blue Cheese Dressing, optional
- Ranch Dressing, optional
- Fresh Salsa, optional

DIRECTIONS

1. Position rack in center of oven. Preheat oven to 400°F (200°C).
2. Scrub the potatoes well and dry them. Pierce with a knife in a few places. Place potatoes directly on oven rack and bake until tender, about 45 minutes. Cool briefly.
3. While potatoes are baking, cook the bacon until crisp, drain on paper towels and reserve 1 tablespoon of fat. Stir this bacon fat together with the melted butter. Chop or crumble the drained and cooled bacon into small bits; set aside.
4. Meanwhile, preheat broiler to high and have rack about 3 to 4 inches (7 1/2 cm to 10 cm) below broiler. Halve potatoes lengthwise. Use a teaspoon or a small scoop to remove most of the potato flesh, leaving about a 1/8 to 1/4 inch (3mm to 6 mm) wall of flesh still attached to the skins (we like to collect the potato innards in a bowl, mash it with a bit of milk, add salt and pepper and have it as a snack or alongside dinner). Place these potato skins on a rimmed baking sheet and brush both sides, inside and out, with butter/bacon fat mixture. Season with salt and pepper on both sides, too.
5. Broil the potato skins about 2 to 3 minutes on each side, watching carefully so as not to burn. You do want the skins to get a bit crispy.
6. Now make sure all the potato skins are skin side down on the pan, scooped-out side facing up. Sprinkle cheese evenly into potato skins, then scatter with bacon. Place back under broiler and cook just until cheese is melted and bubbly.
7. Remove from broiler, immediately dollop sour cream on each potato skin (about 1 tablespoon per skin, unless serving with Blue Cheese Dressing or Ranch Dressing, in which case it is optional) and sprinkle with chives and scallions. Serve immediately as is or offer with one of the suggested dipping sauces, adding a dose of FODZYME® to each serving prior to eating. Are you salivating yet?

Spaghetti & Meatballs



SERVES 8
MAKES 30 MEATBALLS



21 HR TOTAL
15 MIN PREP / 45 COOK

Who doesn't like a big old bowl of spaghetti and meatballs? This recipe is for the tender juicy meatballs, which you can use with your marinara of choice. Get ready for slurpy perfection and enjoy with spaghetti, or stuff inside bread for a meatball sub! FODZYME® will help with the fructans.

SAUCE

- 1.2 L Have ready 5 cups (1.2 L window) of your favorite marinara or pasta sauce

MEATBALLS

- 1/4 cup (55g) fresh breadcrumbs
- 1/3 cup (75 ml) warm milk or water
- 1 large egg, at room temperature
- 1 tablespoon minced fresh flat-leaf parsley
- 1 tablespoon finely chopped scallions
- 1/2 teaspoon minced garlic
- 1 pound (455 g) lean ground beef, such as 85% lean
- 1/2 cup (50 g) finely grated Parmesan cheese
- 2 teaspoons extra virgin olive oil
- Kosher salt
- Freshly ground black pepper

TIPS

I like to use a small ice cream scoop to ensure that all of the meatballs are the same size. For this recipe I use a Zeroll #40. Simply dip it into the meatball mixture, scrape the open end of the scoop against the edge of the bowl for a perfect amount every time. Then pop the meat out of the scoop and give it a quick roll between your palms to create a nice round shape.



DIRECTIONS

1. Preheat oven to 350°F (180°C). Have one rimmed half-sheet baking pan set aside and ready to use.
2. Combine the breadcrumbs and the milk or water in a large bowl and allow to sit for about 5 minutes or until breadcrumbs hydrate and soften. Add egg, parsley, scallions, and garlic and mix thoroughly to combine, then add meat, Parmesan and olive oil and combine well (we like to do this with our hands, but you could also use a sturdy wooden spoon). Season with salt and pepper. Roll into golf-ball sized (43 mm) meatballs (see Tips) and place on the baking sheet pan, evenly spaced apart.
3. Bake for 15 minutes, then shake pan gently a few times so that meatballs roll around, allowing additional surfaces to come into contact with the pan. Bake for 15 more minutes or until they are almost cooked all the way through.
4. Place the tomato sauce in a large Dutch oven or deep pot. Use a slotted spoon to scoop up the meatballs and gently lower them into the sauce. Bring to a gentle simmer, covered, and cook for about 10 minutes or until meatballs are cooked through and hot. Meatballs are now ready to serve with spaghetti or used inside or baguettes for a meatball sandwich.
5. Sprinkle a dose of FODZYME® on the first bite of each sandwich or mix into spaghetti and enjoy!

The BEST Homemade Ranch Dressing



SERVES 4
MAKES 1 CUP



10 MIN TOTAL
10 MIN PREP

Nothing beats homemade ranch dressing, and we think this version is the best ever – and it can be made in 10 minutes! Drizzle it over salad greens, use it as a dip for crudité, or drizzle over a plate of stuffed potato skins. FODZYME® helps with this dairy and lactose rich dressing.

INGREDIENTS

- 1/2 cup (120 ml) buttermilk
- 1/2 cup (113 g) mayonnaise
- 2 tablespoons finely chopped fresh chives
- 1 tablespoon finely chopped fresh dill
- 1 tablespoon finely chopped fresh flat leaf parsley
- 1 tablespoon finely chopped scallions
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon minced garlic
- Kosher salt
- Freshly ground black pepper



DIRECTIONS

1. Pour buttermilk into a jar (that has an airtight lid), add mayonnaise, chives, dill, parsley, scallions, mustard, and garlic. Cover jar and shake very well. Season to taste with salt and pepper. Dressing is ready to use or refrigerate for up to 3 days. Stir FODZYME® in to the portion you plan to use prior to enjoying.
2. The recipe may be doubled, but we prefer to make it fresh when we need it, since the fresh herbs are the stars of this show.

BONUS

QUICKIE RED WINE VINEGAR DRESSING

For a simple vinaigrette start with a 3:1 ratio of extra-virgin olive oil and red wine vinegar, add a dollop of Dijon mustard, salt, fresh-ground black pepper, and minced garlic to taste.

Shake it up and voila!

Better red-wine vinaigrette than any store-bought. You can adjust the oil and vinegar ratio as you like. FODZYME® helps you enjoy it with the fresh garlic added.

Overnight Oats & Chia



MAKES 28



8 HR 10 MIN TOTAL
10 MIN PREP / 8 HR COOK

Overnight oats are simply oats that have been combined with some sort of liquid, be it water, milk, alt milk or a combo (or even coffee, juice or yogurt) and refrigerated overnight, usually in a covered container. But you can gussy them up with all kinds of fruits, nuts and add-ins! And chia adds extra protein and fiber. You can double this recipe, if you like.

If your chosen add-ins contain fructans, GOS, or lactose, FODZYME® can help!

OUR FAVORITE COMBOS:

- Papaya and coconut
- Pomegranate and cacao nibs (AMAZING!)
- Dragon fruit and passion fruit
- Peanut butter and strawberries
- Blueberries and walnuts
- Peanut butter and banana
- Raspberries and almonds
- Dollop of yogurt and fruit of choice
- Raisins and nuts
- Dried cranberries and pecans



INGREDIENTS

- 1 cup (240 ml) unsweetened almond milk, coconut milk, or dairy milk
- 1/3 cup yogurt, dairy or alt dairy, unsweetened
- 1 cup (99 g) old-fashioned rolled oats; do not use quick or instant
- 2 tablespoons chia seeds
- 1 to 2 tablespoons maple syrup; optional

DIRECTIONS

1. Shake everything together in an airtight, lidded container. Just make sure everything is combined well and then refrigerate overnight.
2. Scoop out your serving. Heat briefly in microwave or eat cold; add toppings of choice and enjoy. The mixture will keep for several days in the refrigerator. Make a batch and eat all week for a quick breakfast or snack.
3. Mix in a dose of FODZYME® prior to enjoying each serving.

One-Bowl Peanut Butter Oatmeal Chocolate Chunk Cookies with (or without) Raisins



MAKES 28



22 MIN TOTAL
10 MIN PREP / 12 COOK

You can make this cookie batter in one bowl! We love the combo of peanut butter, oats, dark chocolate, and raisins, but you can leave the raisins out, if you like. FODZYME® takes care of the fructans and GOS.

INGREDIENTS

- 1/2 cup (1 stick; 113 g) unsalted butter, at room temperature, cut into pieces
- 1/2 cup (107 g) firmly packed light brown sugar
- 1/2 cup (99 g) white granulated sugar
- 1 large egg, at room temperature
- 1 teaspoon vanilla extract
- 1/2 cup (125 g) creamy natural peanut butter
- 1 cup (99 g) old-fashioned rolled oats
- 2/3 cup (96 g) all-purpose flour; use Bob's Red Mill 1 to 1 Gluten Free Baking Flour if following a gluten-free diet
- 1/2 teaspoon baking powder; use gluten-free if following a gluten-free diet
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 4- ounces (115 g) dark chocolate, preferably 50% to 60% cacao mass, cut into small chunks
- 1/2 cup (83 g) lightly packed raisins



DIRECTIONS

1. Position racks in upper and lower third of oven. Preheat oven to 350°F (160°C). Line 2 half-sheet pans with parchment paper; set aside.
2. Melt the butter in a large microwave-safe bowl. Whisk in the sugars, then whisk in egg and vanilla until smooth, then whisk in the peanut butter until well combined. Stir in the oats, flour, baking powder, baking soda and salt until almost combined; add chocolate and raisins and finish mixing until everything is evenly mixed.
3. Drop cookie dough by generously rounded tablespoons 2-inches (5 cm) apart on cookie sheets (I highly recommend using a scoop); flatten cookies slightly.
4. Bake for about 10 to 12 minutes, rotating pans halfway through, or until edges and tops have just begun to turn light golden brown. The cookies should be a bit soft in the center. Place pans on racks to cool cookies completely. Sprinkle a dose of FODZYME® on the first bite of each cookie and enjoy!
5. Store cookies at room temperature in airtight container for up to 5 days (although I like them best through day 3).

TIPS

The fact is that you will need to use both pans and you will still have a bit of dough leftover. You could try to evenly space out the cookies so that they all fit on the pans, risking that they spread and touch, or you can use three pans.

More to enjoy after passing polyol & fructose challenges

MANY FOODS CONTAIN MULTIPLE FODMAPS.

IF THE FRUCTAN OR GOS KEEP YOU FROM ENJOYING THEM,

BUT THE POLYOLS AND FRUCTOSE ARE NOT TRIGGERING

FODZYME® CAN HELP



There are more foods to enjoy if polyols and/or fructose are not among your triggers (see following page)



Multi-FODMAP Foods

If you can tolerate polyol and fructose but not GOS and/or fructan, you may be able to tolerate these foods with the help of FODZYME®



! Use a reliable database like the Monash App for information on portion size & FODMAP content

- | | | |
|--|---|---|
|  Asparagus |  Guava (canned) |  Pear |
|  Butternut Squash |  Jerusalem Artichoke |  Plum |
|  Button Mushroom |  Lotus Root |  Prune |
|  Coconut Water |  Dates |  Watermelon |
|  Dried Apricot |  Snow pea |  White Peach |
|  Fennel | | |

Making food painless by breaking down FODMAPs

As you digest your meal, FODZYME® breaks down FODMAPs into simple sugars, that are quickly absorbed in the small intestine, effectively reducing the amount of FODMAPs in your gut.

FODZYME® BREAKS DOWN

- Galacto-oligosaccharides (GOS)
- Lactose
- Fructan (inulin, FOS, levan)

TOP TIP

Cross-check your trigger foods against these FODMAP groups



DAIRY-FREE



GLUTEN-FREE



NON-GMO



VEGAN



EGG-FREE



CASEIN-FREE



SOY-FREE



NO ARTIFICIAL
COLORS OR
FLAVORS

What is this powder, anyway?

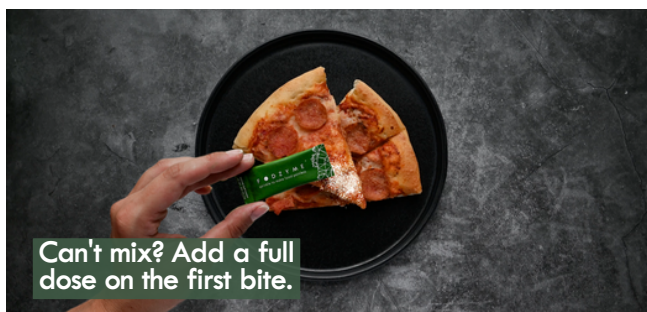
There might be times when people are curious about FODZYME® when you use it. No need to be shy when eating with friends, family, and colleagues.

Here are a few tips to explain how FODZYME® helps you:

- "My body has trouble digesting certain compounds in lots of common foods like garlic, onion, wheat, and many others."
- "When I eat them, they cause digestive discomfort."
- "FODZYME® helps me tolerate these troublesome compounds instead of avoiding them. This means I can enjoy lots more foods without having to modify each dish."



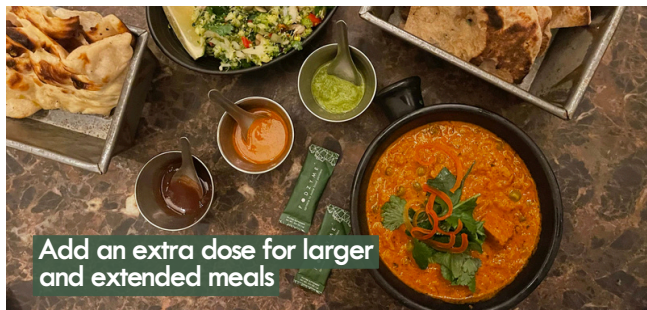
Sprinkle directly on your meal and mix.



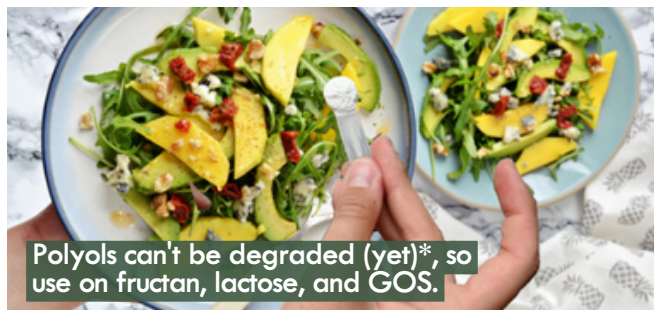
Can't mix? Add a full dose on the first bite.



Chew well for maximum enzyme integration.



Add an extra dose for larger and extended meals



Polyols can't be degraded (yet)*, so use on fructan, lactose, and GOS.



Don't add while cooking or to foods too hot to eat.

Kiwi Biosciences

857.425.3616

hello@fodzyme.com

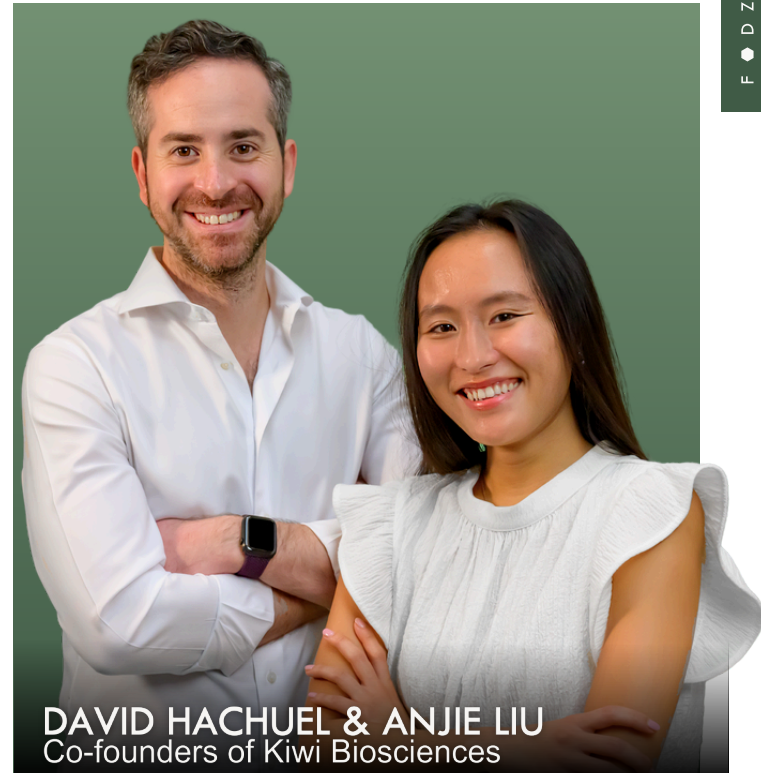
www.fodzyme.com



Kiwi Biosciences is a human-centered biotechnology company based in Cambridge, MA devoted to developing elegant scientific solutions for extraordinary gut relief.

Kiwi Bio is led by Harvard-trained founders Anjie Liu and David Hachuel who understand firsthand how much the IBS community needs FODZYME®.

Anjie is a patient herself, who developed FODZYME® to be able to comfortably eat high-fructan foods; David previously founded auggi.ai, a stool recognition AI technology and digital gut health coach for IBS patients.



DAVID HACHUEL & ANJIE LIU
Co-founders of Kiwi Biosciences



FODZYME® is Kiwi Bio's first product; in development still are novel enzymes to tackle additional FODMAP groups like mannitol and sorbitol.

**Make your food
painless with FODZYME®**

TRY FODZYME®

About FODMAP everyday

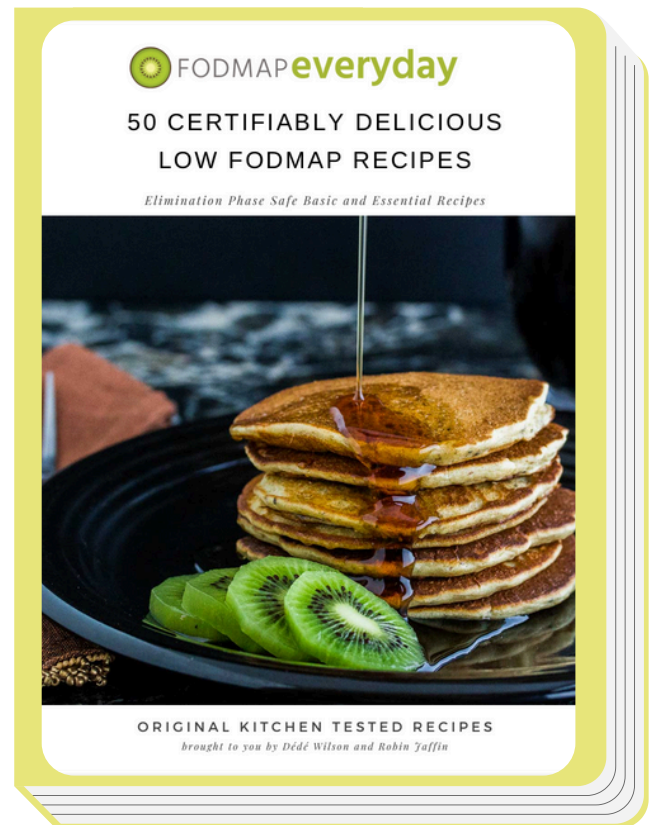
Dédé Wilson and Robin Jaffin are the co-founders of FODMAP Everyday®, one of the most comprehensive online resources for Low FODMAP Diet Recipes and advice. The recipes in this e-book were developed by Dédé, who is a professional recipe developer and cookbook author, as well as a low FODMAP diet expert and educator.

For 1000+ kitchen tested low FODMAP recipes, cooking and baking tips, and techniques to help you THRIVE on the low FODMAP diet, be sure to visit FODMAP Everyday®.

We also provide evidence-based articles on IBS-related health, lifestyle, and wellness topics written by Monash University FODMAP trained expert dietitians.



DÉDÉ WILSON AND ROBIN JAFFIN
Co-Founders, FODMAP Everyday®



FODMAP Everyday® was founded and is run by lifelong friends Robin Jaffin and Dédé Wilson, and their team are Monash University trained and FODMAP expert Registered Dietitians.

**Get your free copy of
"50 Certifiably Delicious
Low FODMAP Recipes"**

DOWNLOAD E-BOOK



Bon Appetit

GUT QUESTIONS?

hello@fodzyme.com