



BE COMPLEAT

IBS - LOW-FODMAP

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Lead nutritionist

Maria Hadasik

DAY 1 - 20.04.2020, Monday

00:00 Snack - fruit/juice daytime snack

name	kcal	amt	
Banana	107	120g	1 piece

Banana

Eat a banana.

00:30 Post-workout shake instead of supper on workout days

name	kcal	amt	
Protein, isolate	76	20g	2 tablespoons
Banana	107	120g	1 piece
Cocoa	11	5g	1 teaspoon
Millet flakes	156	40g	4 tablespoons
Rice milk with calcium (Natumi)	96	200g	200 ml

Protein shake with cocoa

Blend all the ingredients, drink after workout.

09:00 Breakfast

name	kcal	amt	
Buckwheat bread	302	180g	4 slices
Extra virgin olive oil	44	5g	1/2 of a teaspoon
Mature cheddar, cheese	121	30g	
Himalayan salt	0	2g	pinch
Black pepper, spice	5	2g	pinch
Rocket	4	15g	1 handful
Tomato passata	8	30g	2 tablespoons

Toasts with tomato passata and cheddar cheese

Preheat the oven with the grill function to medium power or with the basic top heating function. Toast the bread or put it in the preheated oven on the top shelf for a while. Grate the cheddar cheese roughly. Sprinkle slices of bread with olive oil, spread the passata and lay the cheddar on top. Place in the oven and bake (for about 2 minutes) until the cheese melts and browns a little. Serve decorated with rocket leaves.

13:00 Lunch

name	kcal	amt	
Egg, chicken, whole	86	60g	1 egg
Millet flour	153	40g	4 tablespoons
Extra virgin olive oil	44	5g	1 teaspoon
Stevia	0	20g	2 tablespoons
Strawberries	48	150g	1 glass
Baking powder	2	2g	pinch
Quark, half-fat, lactose-free	79	50g	
Blueberries	29	50g	1 small handful
Stevia	0	5g	1 teaspoon

Strawberry cake with blueberry quark

Beat the egg whites until stiff with stevia. Add the yolks and mix, then add flour, baking powder and dissolved olive oil. Mix everything thoroughly. Pour the prepared dough into a tin, put the strawberries cut into quarters on top. Put it into the oven preheated to 180 degrees and bake for 20-25 min. The proportions given above are 1/2 of the cake. Serve the cake with quark with stevia and blueberries.

16:30 Dinner

name	kcal	amt	
Clarified butter, ghee	90	10g	2 teaspoons
Lemons	9	30g	1/2 of a lemon
Orange	63	100g	1/2 of an orange
Cod, fillet	148	180g	2 fillets
Zucchini	26	150g	1/2 of a piece
Potatoes	240	300g	3 potatoes
Water	0	200g	200 ml
Parsley, leaves	4	10g	2 teaspoons
Anise, seed, spice	7	2g	few seeds

Cod fillets with citrus butter (Thermomix)

Pour water into the mixing bowl, put the basket inside and put the potatoes into it. Place zucchini slices on the lower part of the Varoma container, put the fillets on the buttered upper part. Peel the orange and lemon thinly with a citrus scraper or peel the zest with a potato knife and cut into thin strips. Sprinkle the fillets with 1/4 of the zest, season with salt and pepper. Put on the Varoma container, steam for 25 min/Varoma/rev. Set aside the Varoma and the basket. Empty the mixing bowl. Add the remaining citrus zest, butter and anise seeds to the mixing bowl and heat up for 4 min/60°C/rev. 1. Squeeze the orange and lemon. Add the juice to the mixing bowl, mix 30 s/rev. 3. Place the cod fillets, zucchini and potatoes on plates, pour the cod over with citrus butter and sprinkle with parsley.

20:00 Supper

name	kcal	amt	
Oat groats	233	60g	6 tablespoons
Red pepper	19	60g	1/2 of a piece
Spinach, raw	7	50g	2 handfuls
Tofu	98	80g	1/2 of a package
Dark soy sauce	6	10g	1 tablespoon
Extra virgin olive oil	44	5g	1 teaspoon
Curry, spice	7	2g	pinch
Sweet paprika, spice	6	2g	pinch
Hot paprika, spice	6	2g	pinch
Himalayan salt	0	1g	pinch
Black pepper, spice	3	1g	pinch
Parsley, leaves	4	10g	1 tablespoon

Groats with tofu and vegetables

Heat the olive oil in the frying pan. Add diced pepper and diced tofu. Pour the soya sauce over the whole pan. Pour the groats and after a while pour the broth. Stew over medium heat under a lid for about 7 minutes. Add spinach leaves and stir. Stir thoroughly and stew for about 10 more minutes. Once the groats have absorbed the whole broth, season with salt, pepper, curry and paprika. Serve with a bit of fresh parsley.

DAY 2 - 21.04.2020, Tuesday**00:00 Snack - fruit/juice** daytime snack

name	kcal	amt	
Pineapple	54	120g	1/6 of a piece
Kale	12	25g	1 big handful
Red grapefruit	42	140g	1/2 of a piece

Kale-grapefruit-pineapple juice

Squeeze the juice from the given ingredients.

00:30 Post-workout shake instead of supper on workout days

name	kcal	amt	
Protein, isolate	76	20g	2 tablespoons
Banana	107	120g	1 piece
Cocoa	11	5g	1 teaspoon
Millet flakes	156	40g	4 tablespoons
Rice milk with calcium (Natumi)	96	200g	200 ml

Protein shake with cocoa

Blend all the ingredients, drink after workout.

09:00 Breakfast

name	kcal	amt	
Egg, chicken, whole	172	120g	2 eggs
Buckwheat flour	101	30g	3 tablespoons
Rice flour	55	15g	3 teaspoons
Baking soda	0	2g	pinch
Ground cinnamon, spice	5	2g	pinch
Almond butter, salt-free	61	10g	1 tablespoon
Clarified butter, ghee	45	5g	1 teaspoon
Banana	89	100g	1 piece

Banana omelette with almond butter

Crush the banana with a fork. Blend all ingredients until smooth. Heat the butter in a frying pan. Fry the omelette on the first side under a lid, and when turned over just for a minute without covering. Serve warm, with almond butter and cinnamon.

13:00 Lunch

name	kcal	amt	
Millet	189	50g	5 tablespoons
Coconut milk (19% fat)	148	80g	80 ml
Bourbon vanilla	6	2g	1 teaspoon
Protein, isolate	57	15g	2 tablespoons
Tangerines	69	130g	2 tangerines

Millet jar dessert with tangerine mousse

Rinse the millet thoroughly several times and pour it over with boiling water, so that it is not bitter. Boil the millet in a 1:2 ratio (groats:water) for about 30 minutes under cover. All the water should evaporate during cooking and the millet should be loose. Blend the cooked millet onto cream with coconut milk, vanilla and protein. Put the millet into a jar or a bowl. Peel the tangerines, put them into a blender and blend them onto a mousse. Pour the mousse into the jars.

16:30 Dinner

name	kcal	amt	
Turkey, minced	155	150g	
Egg, chicken, whole	43	30g	1/2 of an egg
Extra virgin olive oil	44	5g	1 teaspoon
Dijon mustard	9	5g	1 teaspoon
Coconut milk (19% fat)	56	30g	30 ml
Dill, fresh	4	10g	2 teaspoons
Lemon juice	2	10g	2 teaspoons
Buckwheat, unroasted	269	80g	8 tablespoons
Pickled cabbage	16	80g	

Turkey meatballs with dill sauce

Mix minced meat with egg, chopped dill and your favourite spices. Form balls. Heat the olive oil in a frying pan and fry the meatballs until brown. Add coconut milk, mustard, lemon juice, spices and stir. Stew for about 10 min, until the sauce thickens. Serve with buckwheat and sauerkraut.

20:00 Supper

name	kcal	amt	
Buckwheat, unroasted	134	40g	4 tablespoons
Smoked mackerel	177	80g	
Feta, cheese	53	20g	1 slice
Extra virgin olive oil	44	5g	1 teaspoon
Beets, cooked	35	80g	1 beet
Rocket	5	20g	1 handful
Lemon juice	2	10g	2 tablespoons
Sarepta mustard	5	5g	1/2 of a teaspoon

Salad with smoked mackerel and beetroot

Cook the buckwheat. Peel the mackerel from the skin and the bones, divide it into smaller pieces. Cut the beetroot into thin half-slices. Cut the feta cheese into small cubes. Put all the ingredients into a wide bowl, pour over with mustard sauce (lemon juice + mustard) and olive oil.

DAY 3 - 22.04.2020, Wednesday**00:00 Snack - fruit/juice** daytime snack

name	kcal	amt	
Raspberries	104	200g	3 handfuls

Raspberries

Eat the raspberries.

00:30 Post-workout shake instead of supper on workout days

name	kcal	amt	
Protein, isolate	76	20g	2 tablespoons
Banana	107	120g	1 piece
Cocoa	11	5g	1 teaspoon
Millet flakes	156	40g	4 tablespoons
Rice milk with calcium (Natumi)	96	200g	200 ml

Protein shake with cocoa

Blend all the ingredients, drink after workout.

09:00 Breakfast

name	kcal	amt	
Buckwheat bread	202	120g	3 slices
Butter, whipped	36	5g	1 teaspoon
Zucchini	17	100g	1/2 of a piece
Extra virgin olive oil	44	5g	1 teaspoon
Dried thyme, spice	3	1g	pinch
Rocket	3	10g	1 handful
Salmon, hot smoked	156	80g	
Lemon juice	1	5g	1 teaspoon
Himalayan salt	0	1g	pinch
Black pepper, spice	3	1g	pinch
Chives	2	5g	1 tablespoon

Sandwiches with grilled zucchini and smoked salmon

Warm up the grill pan (about 5 minutes). Cut the washed zucchini into 7 mm slices (diagonally). Spread the oil on the heated up pan with a brush. Place the zucchini in the pan and fry for a few minutes over high heat without stirring, until the characteristic dark stripes appear. Sprinkle the top with thyme, salt and pepper, then turn and fry on the other side (shorter, to avoid burning the thyme). Put it on a plate. Butter each slice. Spread the rocket and pieces of salmon. Sprinkle with lemon juice. Put slices of zucchini on top. Sprinkle with chives. Season with salt and freshly ground pepper.

13:00 Lunch

name	kcal	amt	
Amy's Kitchen Organic Chunky Tomato Soup	204	400g	1 package
Greek yogurt, lactose-free	73	75g	1/2 of a package
Buckwheat bread	168	100g	2 slices

Amy's Kitchen Organic Chunky Tomato Soup

Heat the soup up and eat it with Greek yogurt and bread.

16:30 Dinner

name	kcal	amt	
Millet	189	50g	5 tablespoons
Rice milk	24	50g	50 ml
Egg, chicken, whole	143	100g	2 small eggs
Oats	73	20g	2 tablespoons
Dill, fresh	2	5g	1 teaspoon
Chives	2	5g	1 tablespoon
Clarified butter, ghee	45	5g	1 teaspoon
Lettuce mix	3	20g	1 handful
Cucumber, fresh	9	60g	1 piece
Tomato	18	100g	1 piece
Radish	6	40g	3 radishes
Extra virgin olive oil	44	5g	1 teaspoon

Millet burgers with salad

Pour the millet with water, strain and boil with milk. Cook for 15 minutes under cover. Hard boil 1 egg, leave 1 egg raw. Put boiled millet and egg in a bowl and crush them until smooth. Add the raw egg, salt, dill, chives and a spoonful of ground oats. Mix thoroughly and form burgers. Heat the butter up in a frying pan, coat the burgers in oats and fry slowly for about 2-3 minutes on each side. Serve with a salad made of fresh vegetables sprinkled with olive oil.

20:00 Supper

name	kcal	amt	
Tuna, canned in water	70	60g	1/2 of a can
Egg, chicken, whole	86	60g	1 egg
Lettuce mix	3	20g	1 handful
Cherry tomatoes	15	100g	5 pieces
Extra virgin olive oil	88	10g	1 tablespoon
Lemon juice	2	10g	2 tablespoons
Himalayan salt	0	1g	pinch
Black pepper, spice	3	1g	pinch
Sunflower, seeds	30	5g	1 teaspoon
Buckwheat bread	168	100g	2 slices

Salad with tuna and poached egg

Salad: Put the lettuce in the bowls. Add tuna, tomatoes cut in half and sunflower seeds browned in a dry frying pan. Sprinkle with vinaigrette and season with salt and pepper, do not stir. Place the poached eggs (recipe below) on the top, serve with the bread. Poached eggs: Pour water into a pot at a height of about 10 cm, boil. Reduce the heat to a minimum. Break the eggs and pour them into small bowls. Tilt the bowl and carefully dip it partly in boiling water and then gently pour the egg into the boiling water. Cook over a minimum heat for about 4 minutes. Remove the eggs with a strainer spoon and dry them with a paper towel.

20.04 - 22.04

DAIRY AND EGG PRODUCTS

- Egg, chicken, whole 370g
- Greek yogurt, lactose-free 75g
- Mature cheddar, cheese 30g
- Feta, cheese 20g
- Quark, half-fat, lactose-free 50g

SPICES AND HERBS

- Curry, spice 2g
- Ground cinnamon, spice 2g
- Dill, fresh 15g
- Dijon mustard 5g
- Sarepta mustard 5g
- Anise, seed, spice 2g
- Hot paprika, spice 2g
- Sweet paprika, spice 2g
- Black pepper, spice 5g
- Baking powder 2g
- Baking soda 2g
- Himalayan salt 5g
- Dried thyme, spice 1g
- Bourbon vanilla 2g

FATS AND OILS

- Clarified butter, ghee 20g
- Butter, whipped 5g
- Coconut milk (19% fat) 110g
- Extra virgin olive oil 45g

POULTRY PRODUCTS

- Turkey, minced 150g

SOUPS, SAUCES, AND GRAVIES

- Tomato passata 30g
- Dark soy sauce 10g

FRUITS AND FRUIT JUICES

- Pineapple 120g
- Banana 580g
- Blueberries 50g
- Lemons 30g
- Red grapefruit 140g
- Raspberries 200g
- Tangerines 130g

- Orange 100g
- Lemon juice 35g
- Strawberries 150g

VEGETABLES AND VEGETABLE PRODUCTS

- Beets, cooked 80g
- Zucchini 250g
- Kale 25g
- Pickled cabbage 80g
- Lettuce mix 40g
- Cucumber, fresh 60g
- Red pepper 60g
- Parsley, leaves 20g
- Tomato 100g
- Cherry tomatoes 100g
- Rocket 45g
- Radish 40g
- Chives 10g
- Spinach, raw 50g
- Potatoes 300g

NUT AND SEED PRODUCTS

- Almond butter, salt-free 10g
- Sunflower, seeds 5g

BEVERAGES

- Rice milk 50g
- Rice milk with calcium (Natumi) 600g
- Water 200g

FINFISH AND SHELLFISH PRODUCTS

- Cod, fillet 180g
- Smoked mackerel 80g
- Tuna, canned in water 60g
- Salmon, hot smoked 80g

LEGUMES AND LEGUME PRODUCTS

- Tofu 80g

SWEETS

- Cocoa 15g
- Protein, isolate 75g
- Stevia 25g

CEREAL GRAINS AND PASTA

- Buckwheat bread 500g

- Buckwheat, unroasted 120g
- Millet 100g
- Oat groats 60g
- Buckwheat flour 30g
- Millet flour 40g
- Rice flour 15g
- Millet flakes 120g
- Oats 20g
- Amy's Kitchen Organic Chunky Tomato Soup 400g

