
Dr. Ruscio's Gut Health Approved Recipes

Main Dishes



BREAKFAST HASH

[View the Recipe](#)



CHILLI COCONUT CRUSTED FISH WITH SALAD

[View the Recipe](#)



CLASSIC BEEF BURGER

[View the Recipe](#)



CROCK POT WEST AFRICAN PEANUT STEW

[View the Recipe](#)



LOW FODMAP CHICKEN ALFREDO PASTA BAKE

[View the Recipe](#)



LOW FODMAP CHICKEN PESTO PIZZA

[View the Recipe](#)

Main Dishes (cont.)



MAHI-MAHI WITH SHALLOTS, LIME, AND VEGGIES IN PARCHMENT, STIR-FRIED VEGGIES AND SHRIMP OVER RICE NOODLES, AND CHICKEN PICCATA

[View the Recipe](#)



ONE POT LOW FODMAP CHICKEN AND RICE (KHICHDI INSPIRED)

[View the Recipe](#)



SIBO SHEPARD'S PIE

[View the Recipe](#)

Appetizers, Snacks & Side Dishes



AUBERGINE DIP WITH WHEAT-FREE PITTA

[View the Recipe](#)



CHICKEN QUINOA MEATBALLS WITH SOY SESAME DRIZZLE

[View the Recipe](#)



DARK CHOCOLATE GRANOLA RECIPE (LOW FODMAP, GLUTEN FREE)

[View the Recipe](#)

Appetizers, Snacks & Side Dishes (cont.)



GARLIC HERB CRACKERS

[View the Recipe](#)



KARTOFFELKNÖDEL - POTATO DUMPLINGS

[View the Recipe](#)



SWEET AND SOUR CHICKEN (PALEO & LOW FODMAP)

[View the Recipe](#)



SWEET POTATO BREAD WITH DARK CHOCOLATE CHIPS

[View the Recipe](#)



ZUCCHINI BROCCOLI PANGAKES

[View the Recipe](#)

Soups & Salads



BROCCOLI SALAD WITH YOGHURT DRESSING

[View the Recipe](#)



CHINESE CHICKEN SALAD

[View the Recipe](#)

Soups & Salads (cont.)



FILLING BACON AND LENTIL SOUP

[View the Recipe](#)



CHICKEN & WHITE BEAN STEW

[View the Recipe](#)

Drinks & Desserts



BERRY YOGURT POPS

[View the Recipe](#)



CHOCOLATE PEANUT BUTTER CHIA PUDDING (LOW FODMAP)

[View the Recipe](#)



IMMUNITY BOOSTING FROZEN CRANBERRY ORANGE SMOOTHIE {DAIRY FREE}

[View the Recipe](#)



PINEAPPLE, BANANA, AND ORANGE SMOOTHIE

[View the Recipe](#)

Additional Resources

If you would like more support, like shopping lists, recipes, and sample meal plans, there are many good books available for each of these diets. I recommend first starting with using a basic food list and keeping your meals simple. Then, once you have found the diet you feel best on, find a good cookbook for delicious recipes within that diet.

[Get your copy of *Healthy Gut, Healthy You*](#) for additional resources and a simple food guide for each one of these diets.

Here is a very important concept to understand: you should view each one of these diets as a mini experiment. Each experiment is to identify if you are in the right dietary ballpark. If you're not, you'll move on. At first, keep the diet simple and basic. Once we find a diet you like, we can worry about finding delicious recipes. When you're first running the experiment, don't worry about making each meal super tasty but rather focus on testing the basic aspects of the diet and evaluating how it makes you feel. Once you find the diet you feel best on, you can find a cookbook that will provide ideas for how to put together tasty meals when you're on the diet long-term.

I hope this helps,



Dr. Michael Ruscio