



FODMAPPA



JOURNAL



SHOPPING



SLEEP



STOOL



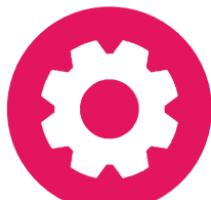
STRESS



PROFILE



LOOKUP



SETTINGS



STEPHANIE

AGE: 21 BMI: 18

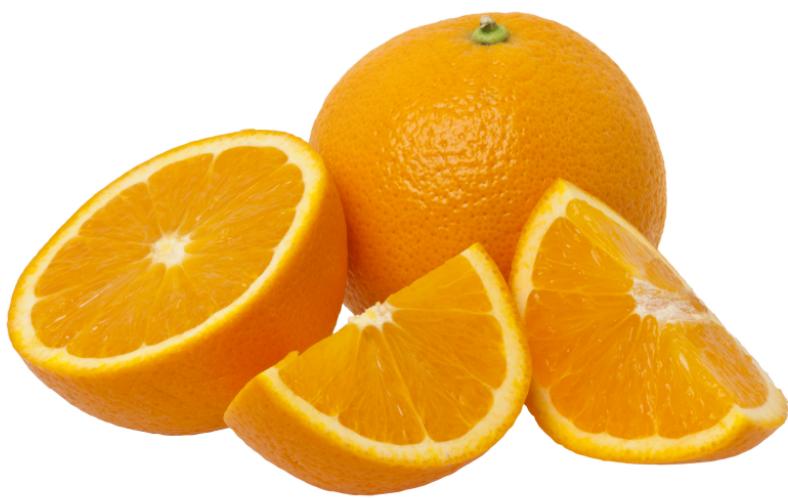
INTOLERANCES:



IBS SYMPTOMS:

Abdominal Pain, Bloating, Constipation

I now have a better understanding of what triggers digestive issues for me.



ORANGE



Oranges are a good low-FODMAP fruit choice, low in all FODMAP irritants, including fructose. However, be aware that most orange juice products contain comparatively high amounts of fructose.

ADD TO SHOPPING LIST

ADD CUSTOM NOTE



4/10/2019





SHOPPING LIST

FRUITS

- ORANGES
- PINEAPPLE
- STRAWBERRIES



[%]

VEGETABLES

- EGGPLANT
- TOMATO
- ZUCCHINI



[%]

DAIRY

- CHEDDAR
- CREAM
- PARMESEAN



[%]

CARBS

- BROWN RICE
- QUINOA
- OATMEAL



[%]

MEAT

- CHICKEN
- GROUND BEEF
- SALMON





COUPONS



MANGO

3 FOR \$5.00



ORANGE

\$3/LB



EGGS

\$1 PER DOZEN



CHEESE

50% OFF





COUPONS



MANGO

3 FOR \$5.00

