

Grains & Legumes:

- Old-fashioned oats (gluten-free if preferred) – 1 cup
- Quinoa – 1 ½ cups (for various recipes)
- White rice (preferably jasmine or basmati) – 3 cups
- Rolled oats (certified gluten-free if needed) – 2 cups
- Rice noodles – 8 ounces
- White or mild sourdough IC-friendly bread – 2 slices
- Whole-grain wraps (IC-friendly) – 2
- Low-acid whole grain bread (IC-friendly) – 1 slice

Dairy & Non-Dairy:

- Unsweetened almond milk (no additives or carrageenan) – 8 cups
- Plain Greek yogurt (unsweetened and unflavored) – 2 cups
- Cottage cheese or ricotta cheese (optional) – 1 tbsp
- Unsweetened coconut flakes – 1 tablespoon
- Unsweetened coconut milk (13.5 oz can) – 1 can
- Eggs (preferably organic) – 9 large
- Ricotta cheese (optional for added creaminess) – ¼ cup
- Butter (unsalted) or coconut oil – 1 tbsp
- Almond butter (unsweetened) – 1 tablespoon
- Almond butter – 1 tablespoon

Fruits & Vegetables:

- Pears or blueberries (optional) – ½ cup
- Bananas (ripe, for mashing) – 2
- Zucchini – 3 (1 for diced, 1 for julienned, 1 for cooking)
- Sweet potatoes – 4 medium
- Fresh spinach – 1 cup
- Fresh parsley – 1 bunch (for garnish and adding to recipes)
- Fresh thyme (for garnish and flavoring) – 1 small bunch
- Fresh dill (optional) – 1 bunch
- Fresh lemon juice (optional) – 1 small bottle
- Fresh chives (optional) – 1 bunch
- Garlic – 2 cloves
- Celery – ½ cup (finely chopped)
- Carrots – 3 (2 for sticks, 1 for finely chopped)

- Tomatoes – ½ cup (optional for texture and extra flavor)
- Green beans – ½ cup (cut into bite-sized pieces)
- Cucumber – 2 (1 for salad, 1 for garnish)
- Butternut squash (peeled and cubed) – 1 medium
- Bay leaves – 1

Seeds & Nuts:

- Ground flaxseeds or chia seeds – 4 tablespoons
- Sunflower seeds (raw, unsalted) – ¼ cup
- Pumpkin seeds (raw, unsalted) – ¼ cup
- Chia seeds – 2 tablespoons
- Ground flaxseed – 1 teaspoon

Oils & Vinegars:

- Olive oil – 6 tablespoons
- Extra virgin olive oil – 5 tablespoons
- Sesame oil – 1 tablespoon

Sweeteners:

- Maple syrup – 5 tablespoons
- Raw honey – 3 tablespoons
- Pure maple syrup (optional for added sweetness) – 3 tablespoons

Herbs & Spices:

- Ground cinnamon – 2 teaspoons
- Ground ginger – 1 teaspoon
- Dried oregano – 2 teaspoons
- Dried basil – 1 teaspoon
- Dried thyme – 2 teaspoons
- Ground white pepper – 1 teaspoon
- Sea salt – 3 teaspoons
- Ground cumin – ¼ teaspoon
- Ground turmeric – ¼ teaspoon
- Ground flaxseeds – 1 teaspoon
- Ground cinnamon – 1 teaspoon

Canned Goods:

- Canned tuna in water (5 oz) – 1 can
- Vegetable broth (low-sodium) – 4 cups
- Low-sodium chicken broth – 4 cups

Other:

- Gelatin (optional) – 1 teaspoon
- Probiotic capsules (containing Lactobacillus strains) – 2
- Rice cakes (IC-friendly) – 1 package
- Flour tortillas (IC-friendly) – 2

Turmeric Rice:

- ½ teaspoon turmeric powder
- 1 tablespoon olive oil or ghee (for a richer taste)
- ½ teaspoon salt (optional, or adjust to taste)
- 1 bay leaf (optional, for aroma)

Coconut Rice:

- 1 cup jasmine rice (or basmati rice, rinsed well)
- 1 ½ cups unsweetened coconut milk
- ½ cup water
- 1 tablespoon coconut oil
- ¼ teaspoon sea salt

Shrimp and Zucchini Stir Fry:

- 12 ounces shrimp (peeled and deveined)
- 1 medium zucchini (sliced into half-moons)
- 1 tablespoon coconut oil
- 1 teaspoon fresh ginger (grated)
- ½ teaspoon turmeric powder (for anti-inflammatory benefits)
- ¼ teaspoon sea salt
- ¼ teaspoon dried basil (for a mild herbal touch)
- ¼ teaspoon garlic powder (optional for those who tolerate it)
- 2 tablespoons chopped fresh parsley (for garnish)

Ground Turkey Rice Skillet:

- 1 pound ground turkey
- 1 cup white rice (uncooked)
- 2 cups low-sodium chicken broth (or water)
- 1 small zucchini, diced (optional, for added texture)

- 1 small carrot, finely shredded
- ½ cup unsweetened coconut milk (for a creamy touch, optional)
- 1 teaspoon dried oregano (mild and soothing)
- ½ teaspoon dried basil
- ½ teaspoon sea salt (or to taste)
- ¼ teaspoon white pepper (optional and gentle for some)
- 1 tablespoon olive oil
- ½ cup shredded mozzarella cheese (optional, if tolerated)

Sweet Potato Mash:

- 3 large sweet potatoes, peeled and cubed
- 1/2 cup unsweetened almond milk (or another bladder-friendly milk alternative)
- 2 tablespoons olive oil or unsalted butter
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground nutmeg (optional, adds a warm depth of flavor)

Ground Turkey Veggie Stir Fry:

- 1 pound ground turkey (preferably organic, lean)
- 1 tablespoon olive oil
- 1 small zucchini, finely chopped
- 1 small carrot, finely chopped
- 1/2 cup frozen peas (optional, check tolerance)
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper (optional, based on sensitivity)
- 1/2 cup low-sodium chicken broth
- 1 tablespoon cornstarch or arrowroot powder (for thickening, mixed with 2 tablespoons water)

Rice Pasta with Herb Sauce:

- 8 ounces rice pasta (fusilli or penne work well)
- 6 cups water
- ½ teaspoon sea salt (optional)
- 2 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ¼ teaspoon sea salt

- ¼ teaspoon garlic powder

Chickpea Hummus:

- 2 tablespoons olive oil
- 2 cloves garlic, minced (if well tolerated)
- ½ teaspoon dried basil or ¼ cup fresh basil leaves, chopped
- ¼ teaspoon sea salt
- ¼ teaspoon ground white pepper (optional)
- ¼ cup reserved pasta water
- ¼ cup grated Parmesan cheese (optional)

Coconut Yogurt Parfait:

- 2 cups cooked chickpeas (or one 15-ounce can, drained and rinsed)
- 3 tablespoons extra virgin olive oil
- 2 tablespoons tahini (sesame paste)
- 1 teaspoon apple cider vinegar (for a mild tang without acidity irritation)
- 1 small garlic clove, minced (optional, if tolerated)
- ½ teaspoon sea salt (adjust to taste)
- ½ teaspoon ground cumin (adds depth without overwhelming spice)
- ¼ teaspoon smoked paprika (optional, for subtle smokiness)
- ¼ cup water (adjust as needed for consistency)

Overnight Oats:

- 1 cup unsweetened coconut yogurt
- 2 tablespoons raw honey (or maple syrup if sensitive to honey)
- ½ cup rolled oats (gluten-free if needed)
- 1 tablespoon chia seeds (optional, for extra fiber and omega-3s)
- ½ teaspoon cinnamon (optional, for a warm, subtle spice)
- ¼ cup shredded unsweetened coconut
- ¼ cup blueberries or pear slices (both bladder-friendly fruits)

Roasted Sweet Potatoes:

- 2 large sweet potatoes
- 2 tablespoons extra virgin olive oil
- ½ teaspoon sea salt
- ½ teaspoon ground cinnamon (optional, for natural sweetness)

- ½ teaspoon dried rosemary (optional, for a savory touch)
- ¼ teaspoon black pepper (omit if sensitive)

Avocado Mash:

- 2 ripe avocados
- 1 tablespoon extra virgin olive oil
- 1 tablespoon finely chopped fresh parsley (or cilantro, if tolerated)
- 1 teaspoon finely chopped chives (optional, for mild onion flavor)
- ¼ teaspoon sea salt
- ¼ teaspoon ground white pepper (optional, as black pepper can be irritating)
- 1 small clove garlic, finely minced (optional, use sparingly for sensitivity)
- 1 tablespoon water (for a smoother texture)

Almond Rosemary Snack:

- 1 cup raw almonds
- 1 tablespoon olive oil (or avocado oil for a milder taste)
- 1 teaspoon dried rosemary (or 1 tablespoon fresh, finely chopped)
- ¼ teaspoon sea salt (optional)
- ¼ teaspoon ground cinnamon (optional, for a subtle warmth)

Rice Cakes with Almond Butter:

- 2 plain rice cakes (unsalted and free from additives)
- 2 tablespoons unsweetened almond butter (ensure it's free from added sugar and preservatives)
- 1 teaspoon honey (optional, for natural sweetness)
- A pinch of cinnamon (optional, for added warmth and depth of flavor)

Green Beans with Lemon and Olive Oil:

- 1 pound fresh green beans, ends trimmed
- 2 tablespoons extra virgin olive oil
- ¼ teaspoon sea salt (or to taste)
- ¼ teaspoon freshly ground white pepper (optional, as black pepper can be irritating)
- 1 teaspoon fresh lemon juice (optional, only if well-tolerated)

Zucchini Fries:

- 2 medium zucchinis, washed and dried
- 1 tablespoon olive oil
- ½ teaspoon sea salt (adjust to taste)
- ¼ teaspoon ground white pepper (optional, as black pepper may irritate sensitive bladders)
- ¼ teaspoon garlic powder (optional, for a mild flavor boost)

Coconut Energy Bites:

- 1 cup Medjool dates (pitted and softened)
- ½ cup shredded unsweetened coconut (plus extra for rolling)
- ¼ cup almond butter (unsweetened and natural)
- ½ teaspoon pure vanilla extract (alcohol-free)
- 1 tablespoon coconut oil (melted)
- ⅛ teaspoon sea salt

Banana Bread Muffins:

- 3 large ripe bananas (the riper, the better!)
- 3 large eggs
- ¼ cup coconut oil (melted and slightly cooled)
- 1 teaspoon pure vanilla extract
- ½ cup coconut flour
- ½ teaspoon baking soda
- ½ teaspoon baking powder (aluminum-free)
- ½ teaspoon ground cinnamon (optional but adds warmth)
- ¼ teaspoon sea salt
- 1-2 tablespoons honey or maple syrup (optional, for extra sweetness)

Apple Cinnamon Crumble:

- 4 large sweet apples (such as Gala, Fuji, or Honeycrisp), peeled, cored, and sliced
- 2 tablespoons maple syrup (for natural sweetness)
- ½ teaspoon pure vanilla extract (alcohol-free if sensitive)
- ½ teaspoon ground cinnamon (mild and bladder-friendly)
- 1 tablespoon arrowroot starch or cornstarch (for thickening)

Coconut Milk Chia Pudding:

- ¾ cup rolled oats (gluten-free if needed)
- ¼ cup almond flour (adds a nutty flavor and enhances crispness)
- 2 tablespoons unsalted butter or coconut oil, melted
- 2 tablespoons maple syrup
- ½ teaspoon ground cinnamon

Coconut Milk Rice Pudding:

- 1 ½ cups canned coconut milk (full-fat for creaminess)
- ¼ cup chia seeds
- 2 tablespoons maple syrup (or honey if tolerated)
- 1 teaspoon pure vanilla extract
- A pinch of sea salt
- Optional toppings: fresh blueberries, sliced banana, unsweetened coconut flakes

Vanilla Almond Milk Rice Pudding:

- 1 cup cooked white rice (preferably warm or freshly cooked)
- 2 cups unsweetened almond milk (or another IC-friendly milk alternative)
- 3 tablespoons maple syrup (or honey if tolerated)
- 1 teaspoon pure vanilla extract
- ¼ teaspoon salt
- ½ teaspoon cinnamon (optional, if tolerated)

Almond Butter Oat Bites:

- 1 ½ cups rolled oats (gluten-free if needed)
- ½ cup smooth almond butter (unsweetened and free from additives)
- ¼ cup honey (pure, raw honey is best)
- ½ teaspoon pure vanilla extract (alcohol-free, if sensitive)
- ¼ teaspoon sea salt
- ½ cup finely shredded unsweetened coconut (optional, for texture)

Blueberry Chia Jam:

- 3 cups fresh or frozen blueberries
- 2 tablespoons maple syrup (a gentle sweetener option)
- 1 teaspoon vanilla extract (ensure it's alcohol-free)

- 1 tablespoon chia seeds (for thickening and adding fiber)

Baked Apple Slices:

- 4 medium apples (such as Gala or Fuji), peeled, cored, and sliced into wedges
- 1 tablespoon maple syrup (optional)
- ½ teaspoon ground cinnamon (bladder-friendly and warming)
- 2 tablespoons coconut oil (melted, for richness)

Egg Salad:

- **6 large eggs**
- ½ cup **plain Greek yogurt** (unsweetened, free of additives)
- **1 teaspoon olive oil**
- **1 teaspoon Dijon mustard** (vinegar-free if sensitive)
- ½ **teaspoon turmeric** (anti-inflammatory)
- ¼ **teaspoon sea salt** (adjust to taste)
- ¼ **teaspoon ground white pepper** (optional, adjust if sensitive)
- **2 tablespoons finely chopped celery** (for crunch)
- **2 tablespoons finely chopped fresh parsley**
- **1 tablespoon finely chopped chives** (optional, for mild onion flavor)
- **1 teaspoon lemon juice** (optional, depending on tolerance)
- **Butter lettuce leaves** (optional, for serving)
- **Whole grain or sourdough bread** (optional, for serving)

Seasoning and Garnishing:

- **1 teaspoon ground turmeric** (anti-inflammatory)
- ½ **teaspoon ground cumin** (optional, for mild warmth)

- ½ **teaspoon dried oregano** (gentle and adds depth)
- **1 teaspoon lemon zest** (for brightness, without acidity)
- **Fresh parsley or cilantro** (for garnish)
- **1 tablespoon olive oil** (bladder-friendly)
- **1 small onion, finely chopped** (optional, substitute zucchini if sensitive)
- **2 cloves garlic, minced** (optional)
- **1 medium carrot, diced**
- **1 celery stalk, diced**
- ½ **cup brown or white rice** (well-rinsed)
- ½ **cup red or yellow lentils** (rinsed and drained)
- **6 cups low-sodium vegetable broth** (or water for milder taste)

Chicken Preparation:

- **2 boneless, skinless chicken breasts**
- **1 teaspoon olive oil** (or avocado oil)
- ½ **teaspoon sea salt**
- ½ **teaspoon dried thyme** (optional)
- ¼ **teaspoon garlic powder** (optional, if tolerated)
- ½ **cup low-sodium chicken broth** (or filtered water)

Rice:

- **1 cup white rice** (such as basmati or jasmine)
- **2 cups water or low-sodium chicken broth**
- ½ **teaspoon salt**

Carrots:

- **2 large carrots, peeled and cut into thin rounds**
- ½ **teaspoon olive oil**
- ¼ **teaspoon salt**

Brussels Sprouts:

- 1 pound fresh Brussels sprouts
- 2 tablespoons extra virgin olive oil
- ½ teaspoon sea salt
- ¼ teaspoon ground white pepper (black pepper may irritate IC)
- ½ teaspoon dried thyme (optional)
- 1 teaspoon maple syrup (optional, for mild sweetness)

Zucchini and Squash:

- 2 medium zucchinis (fresh and firm)
- 1 small yellow squash (optional)
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried oregano (mild and soothing)
- 1 teaspoon dried basil (for herby aroma)
- ½ teaspoon sea salt (optional)
- ½ teaspoon garlic powder (optional)
- ¼ teaspoon white pepper (gentler than black pepper)
- 1 tablespoon fresh parsley, finely chopped (for garnish)

Skewers and Sweet Potatoes:

- 8 wooden or metal skewers
- 2 medium sweet potatoes, peeled and cubed
- ½ cup quinoa (rinsed)
- ¼ cup finely chopped carrots
- ¼ cup finely chopped zucchini
- ¼ cup fresh parsley, chopped
- ¼ cup green onion, chopped (green tops only)
- ¼ teaspoon ground turmeric
- ¼ teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- 1 tablespoon olive oil (plus extra for frying)
- 1 large egg (or flax egg for vegan option)
- ¼ cup almond meal or oat flour (for binding)
- Salt to taste (optional, depending on IC tolerance)
- Pepper to taste (optional, depending on IC tolerance)
- 1 tablespoon chia seeds (optional for added nutrition)

Energy Bites:

- 1 cup almond butter (unsweetened and smooth)
- ½ cup rolled oats (ensure gluten-free if sensitive)
- ¼ cup chia seeds
- ¼ cup unsweetened shredded coconut
- 2 tablespoons honey or maple syrup (natural sweeteners)
- 1 teaspoon vanilla extract
- A pinch of salt (optional)
- ¼ cup water (to bind the mixture)
- Optional: ¼ cup unsweetened sunflower seeds or pumpkin seeds (for crunch)

Butternut Squash Soup:

- 1 medium butternut squash, peeled and cubed
- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 garlic cloves, minced (optional)
- 1 teaspoon fresh ginger, grated
- 1 can (14 oz) full-fat coconut milk (unsweetened)
- 4 cups low-sodium vegetable broth (or chicken broth)
- ½ teaspoon ground turmeric
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- Salt and pepper to taste (use salt sparingly)
- Fresh cilantro or parsley (for garnish, optional)

Apple Compote:

- 6 medium apples (non-acidic varieties like Fuji, Gala, or Golden Delicious)
- ¼ cup water
- 1-2 tablespoons honey or maple syrup (optional for extra sweetness)
- ½ teaspoon ground cinnamon (optional)
- A pinch of salt (optional)