

C6 Nature's Best

Menu Item	FODMAP Ingredients to be Aware of
3 Cheese Pasta	Bechamel Pesto Garlic
Aloo Gobi	Onions Green peas Cauliflower
Ancho Bean Chili	Multi beans Onions Celery
Antijito	Tortilla wraps Cream cheese Tex Mex seasoning Chopped green onion
Artichoke Frittata	Quartered artichoke hearts Sundried tomatoes Green onions
Asparagus & Mushroom Frittata	Mushrooms Onions Green onions Asparagus
Asparagus & Goat Cheese Frittata	Asparagus Onion
Baked Meatball Pasta	Penne Button mushrooms Bechamel sauce Garlic
Bean Stew	Multi beans Garlic Onion Celery

Bean Vegetable Stew	Multi beans Garlic Onion Celery
Baked Ravioli	Frozen cheese ravioli Marinara sauce
Broccoli & Cheese Crepes	Onions Broccoli Frozen crepes Bread crumbs Ricotta Tomato sauce White sauce
Butter Paneer	Onions Cauliflower Peas Cream Ginger garlic paste
Butternut & Mushroom Cutlets	Butternut squash Mushrooms Bread crumbs Flour Onions Garlic
Cajun Vegetable Gumbo	Red kidney beans Onions Celery
Calzone	Onions Frozen puff pastry Celery Mushrooms Tomato sauce
Cauliflower & Roaster Pepper	Cauliflower White sauce Bread crumbs

Chana Masala
Curry gravy paste
Chickpeas

Chickpea Tagine
Chickpeas
Celery
Dates
Onions

Chipotle Bean Chili Flatbread
Flatbread
Onions
Celery
Multi beans

Eggplant & Vegetable Curry
Garlic
Onions
Celery

Eggplant Parm
Flour
Tomato sauce

Eggplant Siciliana
Onions
Celery
Garlic

Enchilada Casserole
Mushrooms
Garlic
Corn nibblets
Black beans
Enchilada sauce
Onion

Enchilada Casserole
Flour

Epazote Black Bean Chili
Black beans
Kidney Beans
Celery
Onions

Fajitas
Garlic
Chickpeas

Broccoli
Cauliflower
Mushrooms
Onions
Tortilla wraps
Celery

Fajitas

Falafel
Pitas
Onions
Hummus
Tzatziki

Fajital & Lemon

Falafel

Garden Potato

Cauliflower
Onions
Celery
Mushrooms
Peas
Butternut squash
Tomato sauce

Garden Veg Casserole

Cauliflower
Onions
Celery
Mushrooms
Peas
Butternut squash
Bechamel sauce

Ginger Veg Stew

Baby corn
Onions
Celery
Sweet potato
Butternut squash
Cauliflower

Gnocchi

Gnocchi
Garlic
Tomato sauce
Bechamel sauce

Grilled Chicken Pasta Rotini
Bechamel sauce
Tomato sauce

Grilled Veg Sandwich Pita
Artichoke hearts quarters
Tomato sauce
Hummus

Jalapeno Pesto Baked Pasta Rotini
Bechamel sauce
Pesto
Garlic

Lasagna Lasagna
Meat sauce

Lentil Stew Dry lentils
Onions
Celery
Garlic

Mac & Cheese Elbow macaroni
Milk
Flour

Manicotti Manicotti
Tomato sauce
Bechamel sauce

Massaman Curry w/ Tofu Onions
Celery
Sweet potatoes

Mixed Bean Burger Kidney beans
Black beans
Onion
Breadcrumbs

Moroccan Vegetables w/ Cous Cous Broccoli
Onion

Celery
Butternut squash

Moussaka

Onion
Celery
Bechamel sauce

Nasi Goreng

Onion
Celery
Cauliflower
Peas
Mushrooms
Butternut squash
Garlic
Broccoli

Onion Mushroom Quiche

Onion
Mushrooms
Frozen pie shell
Whipping cream

Paella

Peas
Butternut squash
Mushrooms
Garlic
Broccoli
Artichoke hearts
Onions
Celery
Cauliflower

Pasta Florentine

Penne
Tomato sauce
Bechamel sauce

Perogies

Onions
Perogies
Sour cream

Potato & Eggplant Masala

Garlic
Onions
Celery

Curry paste

Potato & Parmesan Frittata Onions

Potato Rosti Onions
Flour

Quesadillas Mushrooms
Cauliflower
Broccoli
Garlic
Onions
Tortilla wraps
Celery

Ratatouille Tomato sauce
Garlic
Onions

Rice & Bean Burrito Mushrooms
Black beans
Salsa
Corn kernals
Kidney beans
Garlic
Sour cream
Onions
Tortilla wraps

Roasted Pepper Frittata Onions

Sausage & Peppers Fusilli
Bechamel sauce
Tomato sauce
Sausage
Garlic

Spicy Mango w/ Lentil Onions
Celery
Garlic

Stir Fry w/ Rice Noodles Cauliflower

Onions
Celery
Mushrooms
Butternut squash
Garlic
Broccoli

Stir Fry over Rice

Mushrooms
Cauliflower
Broccoli
Teriyaki sauce
Baby corn

Sundried Tomato Pasta

Rotini
Bechamel sauce
Tomato sauce
Sundried tomatoes
Garlic

Sweet Potato Bean Stew

Multi beans
Garlic
Sweet potato
Onion
Celery

Sweet Potato Chickpea

Garlic
Sweet potato
Onion
Celery

Tawa Vegetables

Cauliflower
Onion
Garlic

Thai Butternut Squash

Celery
Sweet potatoes
Thai red curry paste
Butternut squash
Onions
Celery

Thai Butternut Squash

Celery

Sweet potatoes
Thai red curry paste
Butternut squash
Onions
Celery

Three Bean Chili Multi beans
Onions
Celery

Tomato Bacon Pasta Rotini pasta
Bechamel
Garlic

Tomato Chickpea Curry Chickpeas
Garlic
Onions
Celery

Tortellini Tortellini
Marinara sauce
Garlic

Veg Bean Burrito Mushrooms
Black beans
Salsa
Corn kernals
Kidney beans
Garlic

Veg Chili Celery
Corn kernals
Onions
Red kidney beans

Vegan Shepard's Pie Celery
Soy milk
Peas
Corn kernals
Onions

Veg A La King Cauliflower

Onions
Celery
Mushrooms
Butternut squash
Cream

Veg Biryani

Onions
Cauliflower
Peas
Butternut squash

Veg Caponata

Mushrooms
Butternut squash
Garlic
Onion
Balsamic vinegar
Cauliflower
Celery

Veg Casserole

Mushrooms
Peas
Butternut squash
Flour
Milk
Cauliflower
Onions
Celery

Veg Jambalaya

Mushrooms
Garlic
Butternut squash
Broccoli
Onions
Celery
Cauliflower
Leeks
Peas

Veg Pakora

Garlic
Cauliflower
Onions
Chickpea flour

Veg Stew

Broccoli
Onions
Celery
Butternut squash
Cauliflower

Veg Chili & Corn

Multi beans
Onions
Celery
Corn

Zucchini Mushroom Pasta

Fusilli
Mushroom
Tomato sauce
Bechamel sauce
Garlic