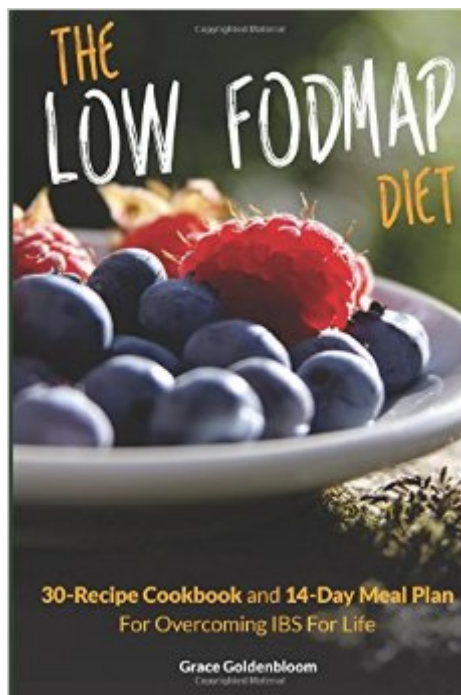


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# The Low FODMAP Diet: 30-Recipe Cookbook And 14-Day Meal Plan For Overcoming IBS For Life (Managing Irritable Bowel Syndrome Cookbooks) (Volume 1)



## Synopsis

Experience Relief From Irritable Bowel Syndrome Now! When you suffer from IBS, every meal you eat can feel like a gamble; keeping you on-edge as you anticipate the suffering and discomfort that has become a painful part of your every day life. All you want is to figure out whatâ€™s causing your suffering and to finally feel betterâ€”for goodâ€”but no one seems to be able to offer you the help you so desperately need. Fortunately, an answer has finally arrived. The Low-FODMAP Diet is a proven method to relieve the symptoms of irritable bowel syndrome by cutting out FODMAPSâ€”difficult to digest carbs that can be found in certain fruits, vegetables and nuts, as well as sweeteners, milk, soy and wheat. By cutting out these specific carbohydrates, youâ€™ll finally be able to experience the relief that youâ€™ve been waiting for. Inside, youâ€™ll receive: An explanation of what FODMAPS are and why theyâ€™re important to those with IBS A list of high and low FODMAP foods A fantastic collection of 30 low-FODMAP recipes A sample 14-day low-FODMAP meal plan to get you started on your journey toward IBS relief Enjoy tasty, healthy recipes such as: Cinnamon Pumpkin Pancakes Cranberry Almond Smoothie Creamy Spinach Soup Old-Fashioned Meatloaf, Baked Chicken Enchiladas Dark Chocolate Brownies Plus more! Download The Low FODMAP Diet today and finally experience the relief that youâ€™ve been waiting for!

## Book Information

Series: Managing Irritable Bowel Syndrome Cookbooks

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## Customer Reviews

The FODMAP diet is new to us so we needed a really good book on how to follow it and make tasty

meals. After giving several a good, my son is in love with the Vanilla Coconut Cupcakes and my husband wants me to make more of the Cilantro and Lime Grilled Shrimp. The recipes are clear and easy to follow. Highly recommended for a good diet whether you suffer from IBS or not.

There is a good deal of material in this book, meal plans and recipes, all of which are very easy with obtainable ingredients. I know my life will be much healthier.

Great book for learning more and following a low fodmap diet! I have gastroparesis and sibs and this really helps me find things to eat and learn more about my conditions.

Very helpful And a must in staying on track.

Good

good

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