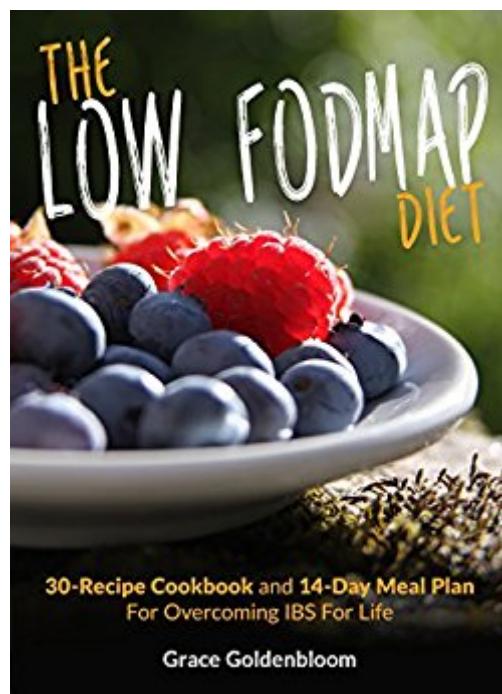


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# The Low FODMAP Diet: 30-Recipe Cookbook And 14-Day Meal Plan For Overcoming IBS For Life



## 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 IBSA list of high and low FODMAP foodsA fantastic collection of 30 low-FODMAP recipesA sample 14-day low-FODMAP meal plan to get you started on your journey toward IBS reliefEnjoy tasty, healthy recipes such as:Cinnamon Pumpkin PancakesCranberry Almond SmoothieCreamy Spinach SoupOld-Fashioned Meatloaf,Baked Chicken EnchiladasDark Chocolate BrowniesPlus more!Download The Low FODMAP Diet today and finally experience the relief that youâ™ve been waiting for.Tags: FODMAP Diet, low FODMAP diet, low FODMAP, Low FODMAP recipes, low FODMAP cookbook, IBS Diet, Irritable Bowel Syndrome, Natural Remedies, Clean Eating, Health and Nutrition, Diet and Fitness

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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.

This book is an enormous help to me in selecting the foods that I can safely eat and what foods I should avoid.

I decided to try the low fodmap diet on the advice of my gastroenterologist. He had given me one list which explained the high and low food choices, but very little other guidance. I spent a lot of time online looking for more information and then decided to see if there were any books on the subject. This book is a great overview of the diet and helps to explain what you should and shouldn't have. More importantly, it offers recipes and meal plans. Low Fodmap is NOT an intuitive diet and it's really hard to know what you can and cannot have except if you memorize the lists. It makes mealtime and snacktime extremely stressful, always wondering what you can eat. This book was a great support to have during the time I was on the elimination phase of the diet. It's also good for people who are interested in trying the diet without a serious need to do so.

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.

Very helpful And a must in staying on track.

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.

Good

good

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