



# Low-Fodmap 28-Day Plan: A Healthy Cookbook with Gut-Friendly Recipes for IBS Relief

From Rockridge Press

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## Low-Fodmap 28-Day Plan: A Healthy Cookbook with Gut-Friendly Recipes for IBS Relief

From Rockridge Press

Relieve your painful IBS symptoms permanently with *The Low FODMAP 28-Day Plan*.

Millions of people suffer from IBS, which can cause painful and embarrassing symptoms. Now you can relieve your worst IBS symptoms by adopting a low FODMAP diet. FODMAPs are simple carbohydrates that can be the hidden culprits behind digestive disorders. *The Low FODMAP 28-Day Plan*, from New York Times and Amazon best-selling publisher Rockridge Press, is a straightforward 4-week plan for removing FODMAPs from your diet and banishing digestive pain forever. With easy guidelines and simple recipes, you'll learn how to identify and avoid FODMAP foods, and make healthy and delicious FODMAP free meals in your own kitchen.

With *The Low FODMAP 28-Day Plan* you will soothe your digestive system and make it easy to enjoy meals again, with:

- 105 recipes for delicious, nutritious low FODMAP dishes including Huevos Rancheros, Maple-Soy Glazed Salmon, Butterscotch Pudding, and Spiced Popcorn
- A "symptom tracker" so you can log what you're eating and how it affects your symptoms
- An easy-to-follow quickstart guide to help you begin a low FODMAP diet
- Comprehensive lists of foods to enjoy or avoid based on their FODMAP content,
- 10 tips for sticking to a low FODMAP diet when dining out



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### Editorial Review

#### Review

#### From the foreword:

"Get ready to say good-bye to your digestive troubles and hello to delicious, comforting foods that truly nourish you. You will find this book to be a wonderful guide in learning how to incorporate the low-FODMAP diet into your life, how to identify your personal trigger foods, and how to prepare delicious meals that feed your body without hurting your belly. I am confident that you will find relief with the low-FODMAP eating plan.

Here's to a calmer belly and getting your life back."

**-Kate Scarlata, RDN, LDN**

Author, *The Complete Idiot's Guide to Eating Well with IBS*

### Users Review

#### From reader reviews:

##### **Joyce Loza:**

The book Low-Fodmap 28-Day Plan: A Healthy Cookbook with Gut-Friendly Recipes for IBS Relief can give more knowledge and also the precise product information about everything you want. Why must we leave the best thing like a book Low-Fodmap 28-Day Plan: A Healthy Cookbook with Gut-Friendly Recipes for IBS Relief? Some of you have a different opinion about publication. But one aim which book can give many data for us. It is absolutely suitable. Right now, try to closer with the book. Knowledge or details that you take for that, you can give for each other; you can share all of these. Book Low-Fodmap 28-Day Plan: A Healthy Cookbook with Gut-Friendly Recipes for IBS Relief has simple shape but you know: it has great and large function for you. You can search the enormous world by wide open and read a publication. So it is very wonderful.

##### **Gregorio Leslie:**

This Low-Fodmap 28-Day Plan: A Healthy Cookbook with Gut-Friendly Recipes for IBS Relief usually are reliable for you who want to be described as a successful person, why. The main reason of this Low-Fodmap 28-Day Plan: A Healthy Cookbook with Gut-Friendly Recipes for IBS Relief can be one of many great books you must have is usually giving you more than just simple looking at food but feed an individual with information that maybe will shock your previous knowledge. This book is definitely handy, you can bring it just about everywhere and whenever your conditions both in e-book and printed people. Beside that this Low-Fodmap 28-Day Plan: A Healthy Cookbook with Gut-Friendly Recipes for IBS Relief forcing you to have an enormous of experience including rich vocabulary, giving you trial of critical thinking that we all know it useful in your day action. So , let's have it appreciate reading.

**Thomas Taylor:**

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**Samantha Smith:**

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