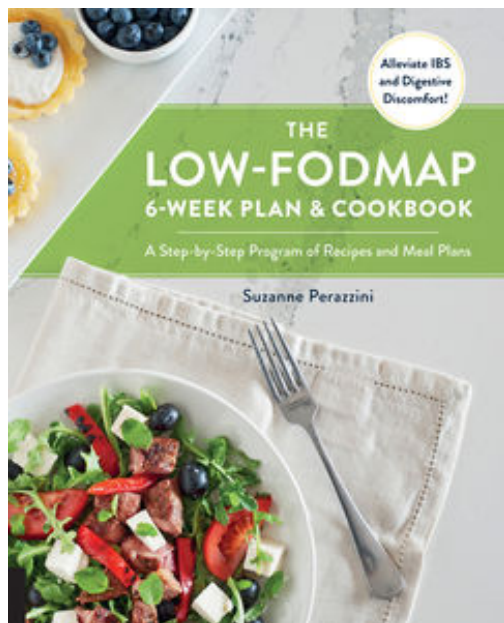


The Low-FODMAP 6-Week Plan And Cookbook - Suzanne Perazzini Read Ebooks [EN] PDF, EPub, Mobi



The Low-FODMAP 6-Week Plan and Cookbook Suzanne Perazzini Read ebooks [EN] PDF, ePub, Mobi, In addition to delicious recipes, *The Low FODMAP 6-Week Plan & Cookbook* provides a great introduction to the Low-FODMAP diet, as well as key lifestyle tips to help manage IBS symptoms.

--Kate Scarlata, R.D.N., author of *The Complete Idiot's Guide to Eating Well With IBS*

Irritable Bowel Syndrome (IBS) is at epidemic levels. Moreover, it is a debilitating condition that leaves its sufferers unable to enjoy many of the normal activities of life. However, the Low-FODMAP diet is promising real relief to those who suffer from IBS and other related digestive disorders. In-depth research studies have proven that the diet dramatically decreases the symptoms in 75% of IBS sufferers. The *Low-*

FODMAP 6-Week Plan & Cookbook gives readers a step-by-step plan for integrating the Low-FODMAP diet as well as lifestyle changes which will support maintaining the diet successfully over the long-term. Each week will include worksheets, meal plans and associated recipes and diary pages to track symptoms and successfully identify trigger foods. You may just find that you are eating more deliciously than ever with recipes such as: **Banana Pancakes with Cinnamon Ricotta and Kiwi, Tomato, Leek, and Turkey Bruschetta, Chocolate and Orange Polenta Cake, Chicken and Walnut Coleslaw, Steak and Mashed Potato with Chimichurri Sauce, Lemon and Parsley-Crusted Salmon, Chicken Cacciatore, Lamb Stir-Fry, Pizza Muffins and Three-Cheese Spanish Tortillas.**

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