



# **The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders**

*Sue Shepherd PhD*

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The low-FODMAP diet is changing lives. If you suffer from the pain and discomfort of a digestive condition such as IBS, Crohn's disease, ulcerative colitis, or nonresponsive celiac disease, it just might change yours.

*The Complete Low-FODMAP Diet* (cowritten by Sue Shepherd, the diet's developer and chief advocate) introduced this revolutionary treatment, which is rapidly becoming the first-line recommendation by doctors and dietitians worldwide. *FODMAP* is an acronym that stands for a group of difficult-to-digest carbohydrates found in foods such as wheat, milk, beans, soy, and some fruits, vegetables, nuts, and sweeteners. More than three quarters of adults with IBS who reduce their intake of these foods gain relief.

Now, this follow-up cookbook brings you 150 simple, delicious, and brand-new recipes that are full of flavor but low in FODMAPs. The mix includes:

- breakfasts to start the day off right (Blueberry Pancakes; Banana-Chocolate Chip Muffins)
- starters and sides for every occasion (Spring Rolls; Chicken, Bacon, and Pesto Mini Pizzas; Stuffed Roasted Bell Peppers)
- soups and salads full of flavor (Vietnamese Beef Noodle Salad; Creamy Seafood Soup)
- entrées that make you feel good (Chicken and Vegetable Curry; Speedy Spaghetti Bolognese; Beef Satay Stir-Fry with Peanut Sauce)
- desserts that satisfy (Flourless Chocolate Cake; Almond Cookies; Baked Blueberry Cheesecakes).

The low-FODMAP diet puts an end to suffering in silence, fearing the possible consequences of every meal, or confining yourself to a handful of bland, "safe" foods. The only thing missing from this comprehensive collection is the FODMAPs—and you'd never know it!

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#### **Bernard Walker:**

The feeling that you get from The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders could be the more deep you rooting the information that hide inside the words the more you get serious about reading it. It does not mean that this book is hard to comprehend but The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders giving you buzz feeling of reading. The author conveys their point in a number of way that can be understood simply by anyone who read the item because the author of this publication is well-known enough. That book also makes your own personal vocabulary increase well. Making it easy to understand then can go along with you, both in printed or e-book style are available. We propose you for having this particular The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders instantly.

#### **Julio Rico:**

A lot of people always spent their very own free time to vacation as well as go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or even playing video games all day long. In order to try to find a new activity this is look different you can read a new book. It is really fun for you personally. If you enjoy the book you read you can spent the entire day to reading a reserve. The book The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders it is very good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In the event you did not have enough space to bring this book you can buy the e-book. You can m0ore very easily to read this book from a smart phone. The price is not very costly but this book has high quality.

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Your reading sixth sense will not betray a person, why because this The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders reserve written by well-known writer who really knows well how to make book that could be understand by anyone who all read the book. Written with good manner for you, dripping every ideas and writing skill only for eliminate your own personal hunger then you still doubt The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders as good book but not only by the cover but also by the content. This is one reserve that can break don't ascertain book by its include, so do you still needing an additional sixth sense to pick this specific!?! Oh come on your reading through sixth sense already said so why you have to listening to one more sixth sense.

**David Blunt:**

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