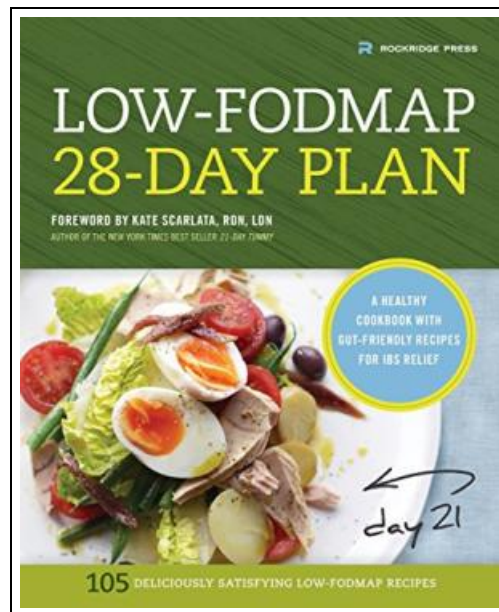


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Rockridge Press, 2014. Paperback. Condition: New. Language: English . Brand New Book. The Low-FODMAP 28-Day Plan Millions of people suffer from flare-ups of IBS (Irritable Bowel Syndrome), which causes both physical and emotional discomfort. The Low-FODMAP 28-Day Plan offers a way to ease your suffering and free yourself from the distress of IBS. With The Low-FODMAP 28-Day Plan, you ll learn how to identify and avoid foods that contain FODMAPs, the simple carbohydrates that trigger digestive unrest. You ll prepare delicious, nutritious meals that satisfy your appetite while also healing your gut. With The Low-FODMAP 28-Day Plan, you will soothe your digestive system and rediscover the joy of eating for pleasure and good health. 105 recipes for delicious, nutritious low-FODMAP dishes including Huevos Rancheros, Maple-Soy Glazed Salmon, Butterscotch Pudding, and Spiced Popcorn An easy-to-follow quick-start guide to help you begin the low-FODMAP diet immediately Comprehensive lists of foods to enjoy or avoid based on their FODMAP content, along with recommended portion sizes A symptom tracker so you can log what you re eating and how it affects your symptoms 10 tips for sticking to the low-FODMAP diet when eating out.



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