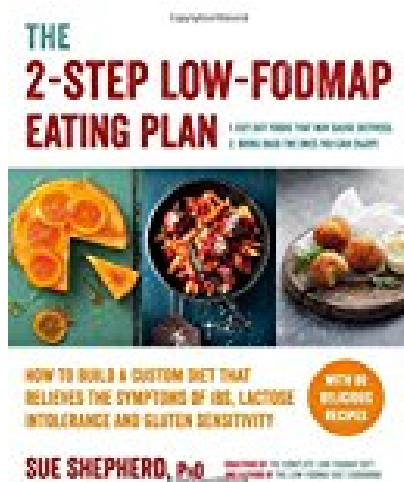


The 2-Step Low-FODMAP Eating Plan How To Build a Custom Diet that Relieves the Symptoms of IBS Lactose Intolerance and Gluten Sensitivity Low-Fodmap Diet



BOOK DETAILS

- Author : Sue Shepherd PhD
- Pages : 288 Pages
- Publisher : The Experiment
- Language : English
- ISBN : 1615193154

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BOOK SYNOPSIS

No more guesswork—go low-FODMAP for good food every day and lasting relief year-round. If you suffer from a digestive disorder, you're likely familiar with a long list of unknowns: I don't look sick, so what's wrong with me? What can I do to feel better? What foods exactly are causing me discomfort? Now, *The 2-Step Low-FODMAP Eating Plan* is here to answer those questions, provide delicious food that feels good to eat, and help pinpoint specific intolerances in less than eight weeks. Listen to your gut and go low-FODMAP—already proven the most effective dietary treatment worldwide for irritable bowel syndrome and other dietary conditions (including gluten, lactose, and fructose intolerances). Dr. Sue Shepherd's all-new 2-step plan presents a reliable approach to identify what foods you can enjoy, and eliminate only those that cause symptoms (and that doesn't necessarily mean gluten!): First: Restrict FODMAPs (certain poorly absorbed carbs) to discover a new baseline of health. Next: Slowly reintroduce them, step-by-step, to learn which FODMAPs are tolerable, and in what amounts. The Result: A custom-made eating plan with delicious food that will make you happy and healthier! With menu plans for adults, kids, vegetarians and vegans, anyone can do it. Dr. Shepherd also delivers a guide to shopping and how to approach food labels, travel information and tips for eating out, and over 80 crave-worthy recipes. Stop guessing what foods cause distress and start living symptom-free today! With 80 gut-friendly recipes full of flavor and low in FODMAPs! Breakfast: Pecan and Cinnamon Carrot Muffins Light Meals: Roasted Squash and Ginger Soup Main Meals: Moroccan Lamb with Lemon Spinach Vegetarian: Four-Cheese Risotto For Kids: Chicken Drumsticks; Lasagne Desserts: Chili Chocolate Cheesecake

THE 2-STEP LOW-FODMAP EATING PLAN HOW TO BUILD A CUSTOM DIET THAT RELIEVES THE SYMPTOMS OF IBS LACTOSE INTOLERANCE AND GLUTEN SENSITIVITY LOW-FODMAP DIET

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