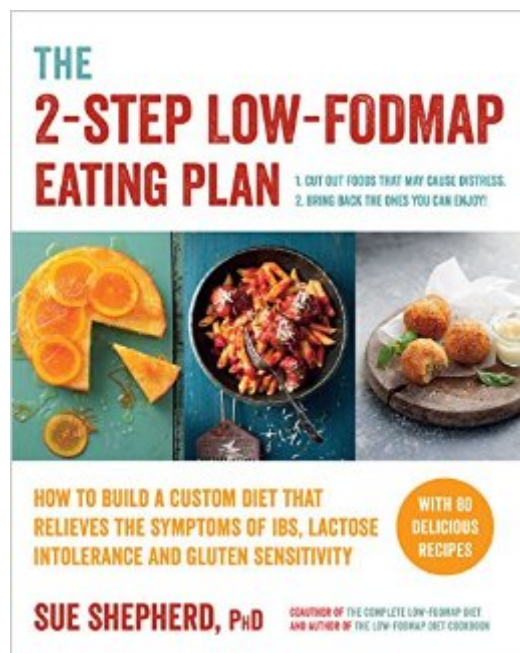


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# The 2-Step Low-FODMAP Eating Plan: How To Build A Custom Diet That Relieves The Symptoms Of IBS, Lactose Intolerance, And Gluten Sensitivity (Low-FODMAP Diet)



## 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

## Book Information

Series: Low-FODMAP Diet

Paperback: 288 pages

Publisher: The Experiment; 1 edition (July 12, 2016)

Language: English

ISBN-10: 1615193154

ISBN-13: 978-1615193158

Product Dimensions: 8.2 x 0.8 x 10.1 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

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Syndrome: Menus for those on a low FODMAP diet Easy Breadmaking for Special Diets :

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