



The Everything Low-FODMAP Diet Cookbook: Includes Cranberry Almond Granola, Grilled Swordfish with Pineapple Salsa, Latin Quinoa-Stuffed Peppers, Fennel Pomegranate Salad, Pumpkin Spice Cupcakes.and Hundreds More! (Paperback)

By Colleen Francioli

Adams Media Corporation, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Delicious recipes and meal plans to ease symptoms and improve digestion If you are suffering from symptoms of IBS, you know that digestive troubles and pain can disrupt your day-to-day life. Fortunately, scientists have discovered that FODMAPs, a collection of short-chain carbohydrates that are difficult to digest, are often the source of these digestive issues. FODMAPs are found in many common foods, like wheat, milk, beans, and some vegetables, fruits, and sweeteners.The Everything Low-FODMAP Diet Cookbook includes 300 delicious low-FODMAP and gluten-free recipes, including:Cranberry Almond GranolaStrawberry Coconut Almond SmoothieQuinoa, Corn, and Zucchini FrittersCoconut Curry Lemongrass SoupRoasted Parsnips with RosemaryBlueberry-Glazed ChickenCitrus Flank SteakGrilled Swordfish with Pineapple SalsaMexican RisottoSpiced Pumpkin CupcakesWith these recipes and an extensive meal plan, you ll be able to identify your sensitivities, eliminate problem foods, and control symptoms. Create your own personalized and realistic eating plan to improve your health and enjoy your favorite meals again.



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