



**The Low FODMAP Diet: 30-Recipe Cookbook and  
14-Day Meal Plan For Overcoming IBS For Life  
(Managing Irritable Bowel Syndrome Cookbooks)  
(Volume 1)**

*Grace Goldenbloom*

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# The Low FODMAP Diet: 30-Recipe Cookbook and 14-Day Meal Plan For Overcoming IBS For Life (Managing Irritable Bowel Syndrome Cookbooks) (Volume 1)

Grace Goldenbloom

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## Experience Relief From Irritable Bowel Syndrome Now!

When you suffer from IBS, every meal you eat can feel like a gamble; keeping you on-edge as you anticipate the suffering and discomfort that has become a painful part of your every day life. All you want is to figure out what's causing your suffering and to finally feel better—for good—but no one seems to be able to offer you the help you so desperately need. Fortunately, an answer has finally arrived. The Low-FODMAP Diet is a proven method to relieve the symptoms of irritable bowel syndrome by cutting out FODMAPS—difficult to digest carbs that can be found in certain fruits, vegetables and nuts, as well as sweeteners, milk, soy and wheat. By cutting out these specific carbohydrates, you'll finally be able to experience the relief that you've been waiting for. Inside, you'll receive: **An explanation of what FODMAPS are and why they're important to those with IBS** **A list of high and low FODMAP foods** **A fantastic collection of 30 low-FODMAP recipes** **A sample 14-day low-FODMAP meal plan to get you started on your journey toward IBS relief** Enjoy tasty, healthy recipes such as: **Cinnamon Pumpkin Pancakes** **Cranberry Almond Smoothie** **Creamy Spinach Soup** **Old-Fashioned Meatloaf**, **Baked Chicken Enchiladas** **Dark Chocolate Brownies** *Plus more!* Download The Low FODMAP Diet today and finally experience the relief that you've been waiting for!

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**Adrian Kao:**

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