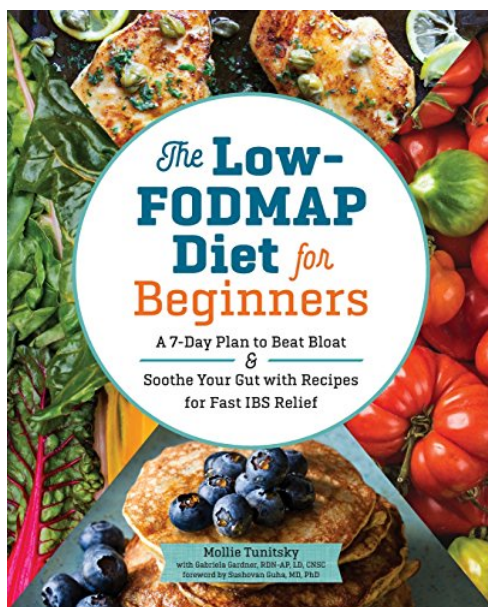


[Download] The Low-FODMAP Diet for Beginners: A 7-Day Plan to Beat Bloat and Soothe Your Gut with Recipes for Fast IBS Relief



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"From shopping lists to meal plans to reintroduction phase guidance, Mollie created the user-friendly roadmap that the FODMAP community has been missing." —Brittany A. Link, MSW, RD, LD, Registered Dietitian, Certified Wellness Coach

When you have IBS, planning your day around the whims of your stomach can be frustrating and even embarrassing. Just ask Mollie Tunitsky, whose own struggles with IBS led her to follow and find success with a low-FODMAP diet. Determined to share this achievement with others, Mollie lays out an easy to follow meal plan for fast relief from pain and bloating in *The Low-FODMAP Diet for Beginners*. Designed for anyone new to the low-FODMAP diet, *The Low-FODMAP Diet for Beginners* equips you with everything you need to settle your stomach in just seven days. *The Low-FODMAP Diet for Beginners* includes: A 7-Day Low-FODMAP Meal Plan containing shopping lists, a symptom tracker, and helpful tips; Over 75 Low-FODMAP Friendly Recipes indicating dairy-free, one pot, quick prep, 30 minutes or less, vegetarian, or vegan dishes; A Low-FODMAP Introduction covering basic information about the FODMAP diet and how it affects your body; The Low-

FODMAP Diet for Beginners includes recipes such as: Banana Pancakes, Vegetable Frittata, Grilled Bok Choy, Creamy Pumpkin Pasta, Vegetable Fried Rice, Baked Coconut Shrimp, Chicken Piccata, Classic Turkey Burgers, Flourless Chocolate Cake with Berry Sauce, and much more! Make plans and follow through with The Low-FODMAP Diet for Beginners meal plan.

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