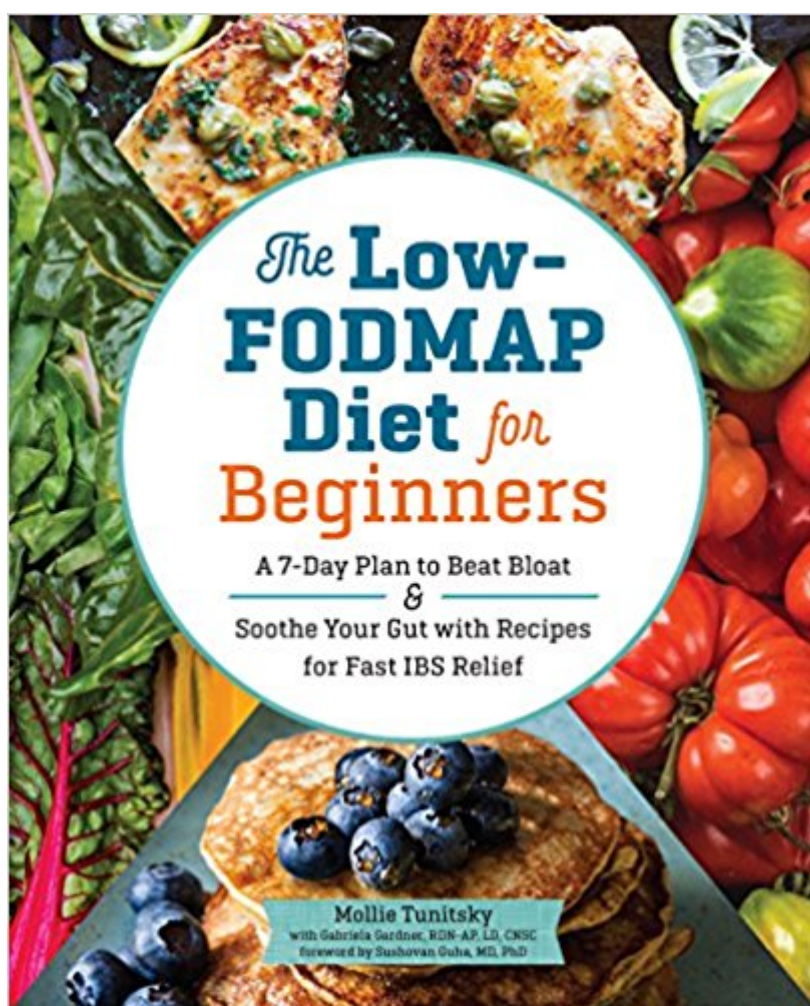


The book was found

The Low-FODMAP Diet For Beginners: A 7-Day Plan To Beat Bloat And Soothe Your Gut With Recipes For Fast IBS Relief



Synopsis

"From shopping lists to meal plans to reintroduction phase guidance, Mollie Tunitsky 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, Spinach Salad with Feta and Pumpkin Seeds, Creamy Pumpkin Pasta, Vegetable Fried Rice, Baked Coconut Shrimp, Pan-Fried Cod, Chicken Piccata, Classic Turkey Burgers, Banana-Bread Muffins, Flourless Chocolate Cake with Berry Sauce, and much more! Make plans and follow through with *The Low-FODMAP Diet for Beginners* meal plan.

Book Information

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Customer Reviews

"This book is an excellent resource for anyone starting the low-FODMAP diet. It is full of useful information, tips, and easy-to-follow recipes. I wholeheartedly recommend it."-Onyx Adegbola, MD, PhD, Founder & CEO, Casa de Sante Low-FODMAP Foods

"Mollie transforms potentially overwhelming dietary restrictions into a fun (and delicious) lifestyle!"-I've loved watching her journey with the low-FODMAP diet and am proud she's now sharing her knowledge with the world."-Dr. Aimee Ginsburg Chesnick, Clinical Pharmacist, McKesson Specialty Health

"Following a low-FODMAP diet can be confusing. While I see many clients give up before they really get started, Mollie breaks this diet down to the basics, making it easy for anyone to follow. From shopping lists to meal plans to reintroduction phase guidance, Mollie's created the user-friendly roadmap that the FODMAP community has been missing. Not only does this book offer a wealth of information, it is filled with amazing recipes that will make you forget you are following any kind of special diet. Now when I have clients who need to follow a FODMAP-restricted diet, I know I can set them up for success by directing them to this comprehensive book."-Brittany A. Link, MSW, RD, LD, Registered Dietitian, Certified Wellness Coach

This book was inspired by my journey on the FODMAP diet starting 3 years ago when I was first introduced to it by my doctor. Working alongside my kick butt dietitian Gabriela Gardner, I noticed a huge change in my tummy issues. My life changed forever when I started the FODMAP diet and so I decided to write this book to help others in their journey to finding IBS relief in just 7 days! I wish I had a book like this when I first started the diet and I know it will be a lot of help for you in your quest to find relief from IBS and tummy issues!

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