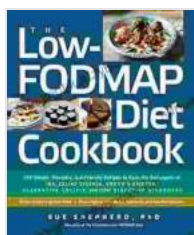


# 150 Simple Flavorful Gut Friendly Recipes To Ease The Symptoms Of Ibs Celiac

Do you suffer from the uncomfortable and embarrassing symptoms of IBS or celiac disease? If so, you know that finding relief can be a challenge. But what if there was a way to enjoy delicious, satisfying meals without triggering your symptoms? With the new cookbook **150 Simple Flavorful Gut Friendly Recipes To Ease The Symptoms Of Ibs Celiac**, you can!



**The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders** by Sue Shepherd

★★★★☆ 4.2 out of 5

Language : English  
File size : 21816 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 458 pages  
Lending : Enabled  
Screen Reader : Supported



This book is a collection of 150 delicious and easy-to-follow recipes that are gut-friendly and can help to ease the symptoms of IBS and celiac disease. The recipes are all low in FODMAPs, which are fermentable carbohydrates that can cause digestive problems in people with IBS. They are also free of

gluten, which is a protein that can damage the small intestine in people with celiac disease.

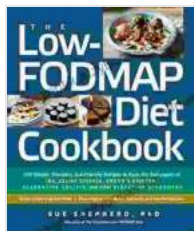
With recipes for every meal of the day, plus snacks and desserts, this cookbook has something for everyone. You'll find recipes for:

- **Breakfasts:** Start your day with a delicious and gut-friendly breakfast, such as our oatmeal with berries and nuts, or our gluten-free pancakes.
- **Lunches:** Pack a healthy and satisfying lunch for work or school, such as our quinoa salad with roasted vegetables, or our gluten-free sandwiches.
- **Dinners:** Enjoy a delicious and gut-friendly dinner with your family and friends, such as our grilled salmon with roasted vegetables, or our gluten-free pasta with marinara sauce.
- **Snacks:** Keep your hunger at bay between meals with a gut-friendly snack, such as our apple slices with peanut butter, or our gluten-free crackers.
- **Desserts:** Satisfy your sweet tooth with a gut-friendly dessert, such as our gluten-free chocolate chip cookies, or our fruit salad.

The recipes in this book are not only delicious and gut-friendly, but they are also easy to follow. Even if you're a beginner in the kitchen, you'll be able to create these recipes with ease. And with helpful tips and advice throughout the book, you'll learn how to cook gut-friendly meals that will help you feel your best.

If you're ready to take control of your IBS or celiac disease symptoms and enjoy delicious, satisfying meals again, then Free Download your copy of **150 Simple Flavorful Gut Friendly Recipes To Ease The Symptoms Of Ibs Celiac** today!

Free Download your copy now!

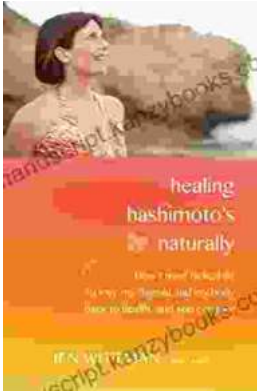


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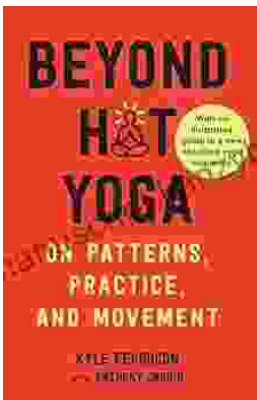
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