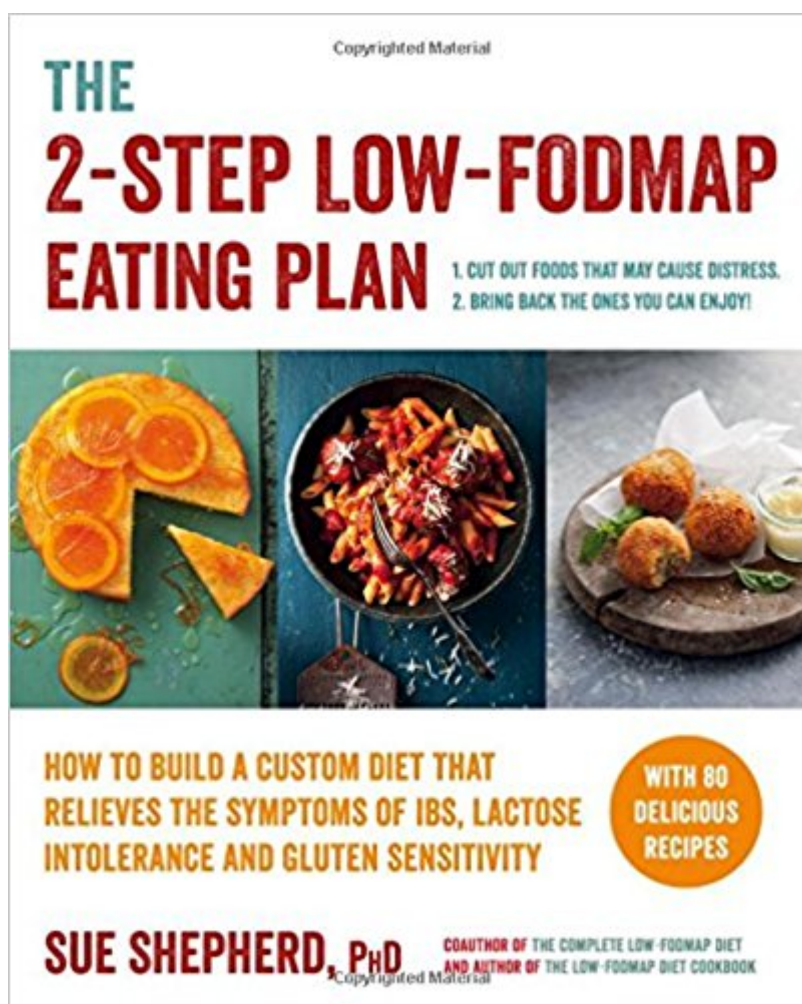


The book was found

# The 2-Step Low-FODMAP Eating Plan: How To Build A Custom Diet That Relieves The Symptoms Of IBS, Lactose Intolerance, And Gluten Sensitivity (Low-Fodmap Diet)





## Synopsis

No more guesswork! Go low-FODMAP for good food every day and lasting relief year-round. If you suffer from a digestive disorder, you're likely familiar with a long list of unknowns: I don't look sick, so what's wrong with me? What can I do to feel better? What foods exactly are causing me discomfort? Now, The 2-Step Low-FODMAP Eating Plan is here to answer those questions, provide delicious food that feels good to eat, and help pinpoint specific intolerances in less than eight weeks. Listen to your gut and go low-FODMAP! Already proven the most effective dietary treatment worldwide for irritable bowel syndrome and other dietary conditions (including gluten, lactose, and fructose intolerances). Dr. Sue Shepherd's all-new 2-step plan presents a reliable approach to identify what foods you can enjoy, and eliminate only those that cause symptoms (and that doesn't necessarily mean gluten!).

**First: Restrict FODMAPs** (certain poorly absorbed carbs) to discover a new baseline of health. **Next: Slowly reintroduce them, step-by-step**, to learn which FODMAPs are tolerable, and in what amounts. **The Result: A custom-made eating plan** with delicious food that will make you happy and healthier! With menu plans for adults, kids, vegetarians and vegans, anyone can do it. Dr. Shepherd also delivers a guide to shopping and how to approach food labels, travel information and tips for eating out, and over 80 crave-worthy recipes. Stop guessing what foods cause distress and start living symptom-free today! With 80 gut-friendly recipes full of flavor and low in FODMAPs!

**Breakfast:** Pecan and Cinnamon Carrot Muffins  
**Light Meals:** Roasted Squash and Ginger Soup  
**Main Meals:** Moroccan Lamb with Lemon Spinach  
**Vegetarian:** Four-Cheese Risotto  
**For Kids:** Chicken Drumsticks; Lasagne  
**Desserts:** Chili Chocolate Cheesecake

## Book Information

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## Customer Reviews

“This superlative guide, as deeply informative and accessible as it is hunger-inducing and eye catching, will benefit not only those with IBS, celiac and lactose-intolerance, but health-cognizant gourmands as well.”  
•Publishers Weekly  
“With menu plans for adults, kids, vegetarians, and vegans, and more than 80 family-friendly recipes made with easy-to-find ingredients, Shepherd’s book will give readers suffering from FODMAP-related discomfort a reason to celebrate this holiday season.”  
•Taste for Life

Sue Shepherd, PhD, is coauthor of The Complete Low-FODMAP Diet and author of The Low-FODMAP Diet Cookbook. She is the director of Shepherd Works, Australia’s premier private dietetic practice specializing in dietary conditions. A dietitian and senior lecturer at La Trobe University (Melbourne), Dr. Shepherd is an invited speaker at national and international medical conferences and has authored over 20 medical journal papers. She is also the consultant dietitian for the Medical Advisory Committee to Coeliac Australia and is a Fellow of the Rome Foundation. She herself has celiac disease.

This book and its recommendations really helped my wife and I. She was diagnosed with an intestinal problem that left her running to the bathroom a lot. By changing our diet based on what we learned in the book we are now back to living a normal life. We make our meals differently as we think differently and they all taste great! The book has a lot of great information as well as recipes. I would recommend this book to anyone.

wonderful book for anyone with IBS-D!!!Very Informative as well

The book has a lot of advice. There are so many books out on FODMAP Diet, it is difficult to find a book that covers everything. Since the price is right on most of these books. I have been purchasing a few different. The FODMAP diet can be a difficult diet, especially when introducing foods back into

your diet. So it is always a good idea to have as much information as you can before you start.

Mom loves it - easy to follow, simplifies the information.

Fantastic system for those of us with IBS. Dr. Shepherd has provided us with a wonderful tool.

Recipes are very good!!!

Excellent service, THE book on the FODMAP diet.

Helpful but a little complicated. Gave me a good idea what foods to look at and then I could see if my body reacted to them.

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The 2-Step Low-FODMAP Eating Plan: How To Build a Custom Diet that Relieves the Symptoms of IBS, Lactose Intolerance, and Gluten Sensitivity (Low-Fodmap Diet) Irritable Bowel Syndrome: The Ultimate Guide to Eliminating IBS and Living a Healthier Life (The Ultimate IBS Diet Guide, Managing IBS for Real People, Take Control of IBS, Eating for IBS) Dairy Free and Lactose Free, Milk Alternatives, Avoid Lactose Intolerance Problems on a No Dairy Diet Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) IBS and ESSENTIAL OILS.: How to Treat IBS with Essential Oils, Fodmap, and Proven Simple Steps to Follow with List of 50 IBS Diet Recipes for Breakfast, Lunch and Dinner. Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) IBS Slow Cooker Cookbook: 50 Low FODMAP Slow Cooker Recipes To Manage Your IBS Symptoms Low-FODMAP Diet Recipes: Easy and Healthy Low FODMAP Recipes For IBS Relief (Irritable Bowel Syndrome) Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) IBS--Free at Last!: A Revolutionary, New Step-by-Step Method for Those Who

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