



**The Everything Low-FODMAP Diet Cookbook:  
Includes Cranberry Almond Granola, Grilled  
Swordfish with Pineapple Salsa, Latin Quinoa-  
Stuffed Peppers, Fennel ... Cupcakes...and  
Hundreds More! (Everything®)**

*Colleen Francioli*

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*Colleen Francioli*

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Delicious recipes and meal plans to ease symptoms and improve digestion

If you are suffering from symptoms of IBS, you know that digestive troubles and pain can disrupt your day-to-day life. Fortunately, scientists have discovered that FODMAPs, a collection of short-chain carbohydrates that are difficult to digest, are often the source of these digestive issues. FODMAPs are found in many common foods, like wheat, milk, beans, and some vegetables, fruits, and sweeteners.

*The Everything Low-FODMAP Diet Cookbook* includes 300 delicious low-FODMAP and gluten-free recipes, including:

- Cranberry Almond Granola
- Strawberry Coconut Almond Smoothie
- Quinoa, Corn, and Zucchini Fritters
- Coconut Curry Lemongrass Soup
- Roasted Parsnips with Rosemary
- Blueberry-Glazed Chicken
- Citrus Flank Steak
- Grilled Swordfish with Pineapple Salsa
- Mexican Risotto
- Spiced Pumpkin Cupcakes

With these recipes and an extensive meal plan, you'll be able to identify your sensitivities, eliminate problem foods, and control symptoms. Create your own personalized and realistic eating plan to improve your health and enjoy your favorite meals again.

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