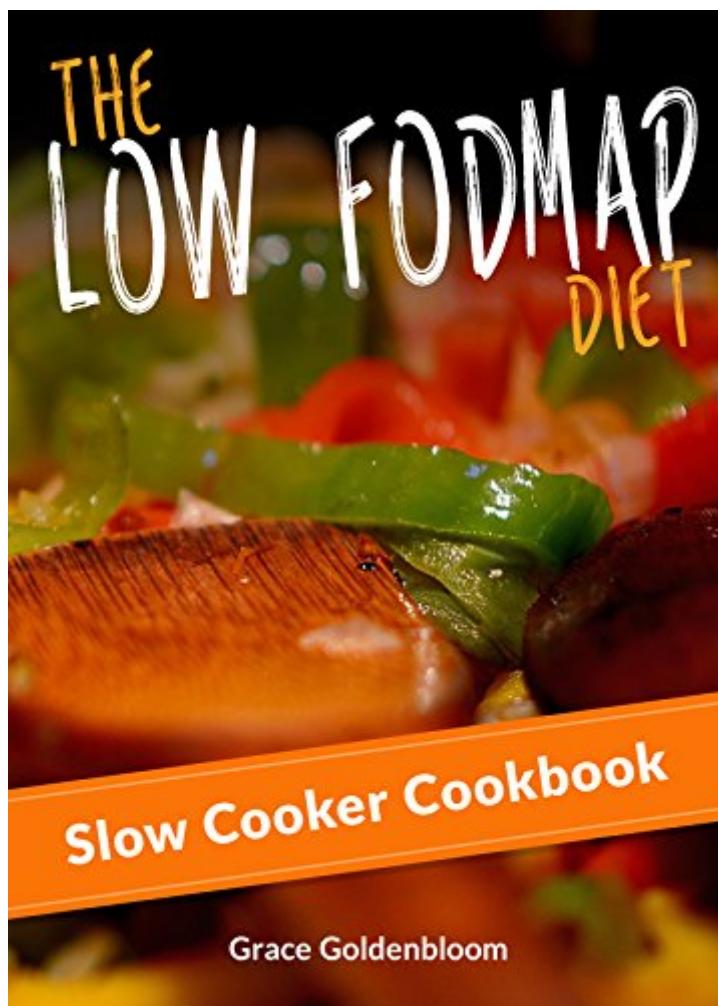


The book was found

Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2)





Synopsis

Experience Relief From IBS Easily and Conveniently With Your Slow Cooker!When you suffer from IBS, every meal you eat can feel like a gamble, keeping you on-edge as you anticipate the suffering and discomfort that has become a painful part of your every day life.All you want is to figure out what's causing your suffering and to finally feel better•for good•but no one seems to be able to offer you the help you so desperately need.Fortunately, an answer has finally arrived.The Low-FODMAP Diet is a proven method to relieve the symptoms of irritable bowel syndrome by cutting out FODMAPS•difficult to digest carbs that can be found in certain fruits, vegetables and nuts, as well as sweeteners, milk, soy and wheat. By cutting out these specific carbohydrates, you'll finally be able to experience the relief that you've been waiting for. And you'll be able to do it easily using the most convenient and time-saving appliance in your kitchen•your slow cooker!Enjoy tasty, healthy recipes such as:Bacon and Veggie Breakfast CasseroleCinnamon Breakfast QuinoaSlow Cooker Pumpkin SoupSweet Potato GratinChicken Tikka MasalaEasy Chicken CacciatorePineapple Bananas FosterStrawberry Oatmeal CrispPlus more!For detailed information about the Low FODMAP Diet, including IBS information, food lists and a 14-day meal plan to help you get started, I recommend picking up a copy of The Low FODMAP Diet: 30-Recipe Cookbook and 14-Day Meal Plan for Overcoming IBS for Good.Download The Low FODMAP Diet Slow Cooker Cookbook today and finally experience the relief that you've been waiting for!

Book Information

File Size: 4527 KB

Print Length: 67 pages

Simultaneous Device Usage: Unlimited

Publisher: Merry Elephant Publishing (September 20, 2015)

Publication Date: September 20, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B015MHW6TI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #461,251 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #20
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Customer Reviews

Good if you like beef and old fashioned recipes.

Small, but awesome. Purchased as a gift for my mom who has to follow these food restrictions. Love the crockpot options for easier meals.

There are very few recipes in here, I wouldn't exactly call it a book. It's also got pretty unoriginal ideas in here. Don't waste your money.

It is organized and informative. I wish I had it sooner

Just got it but it's very informative.

Be aware, this is NOT a book, at best this a paperback booklet. Only 61 pages, about 30 recipes. Decent recipes calling for a substitute milks (almond, coconut) and broths. Had not seen almond flour used as a thickener before, good idea.

good

Very interesting. I haven't tried the recipes yet, but plan on it in my new slow cooker.

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