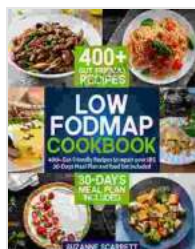


400 Gut-Friendly Recipes To Repair Your IBS: 30-Day Meal Plan and Food List

Take Control of Your IBS Today!

Are you suffering from the debilitating symptoms of IBS? Do you struggle to find relief from bloating, abdominal pain, constipation, or diarrhea? If so, you're not alone. IBS affects millions of people worldwide, and it can significantly impact your quality of life.



Low FODMAP Cookbook: 400+ Gut Friendly Recipes to Repair your IBS | 30-Days Meal Plan and Food List

Included by Suzanne Scarrett

★★★★☆ 4.7 out of 5

Language	: English
File size	: 3911 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 401 pages
Lending	: Enabled



The good news is that there is hope. With the right approach, you can manage your IBS and alleviate your symptoms. One of the most important steps you can take is to follow a gut-friendly diet.

That's where our exclusive cookbook comes in. It features 400 delicious gut-friendly recipes that are designed to help you heal your gut and

manage your IBS symptoms.

Here's What You'll Find Inside:

- 400 gut-friendly recipes, including breakfast, lunch, dinner, snacks, and desserts
- A comprehensive 30-day meal plan that takes the guesswork out of eating for IBS
- An essential food list that highlights the best and worst foods for IBS
- Detailed nutritional information for each recipe
- Tips and tricks for cooking gut-friendly meals
- And much more!

With our cookbook, you'll be able to:

- Reduce bloating and abdominal pain
- Relieve constipation and diarrhea
- Improve your overall digestive health
- Boost your energy levels
- Feel better overall

Don't Wait, Free Download Your Copy Today!

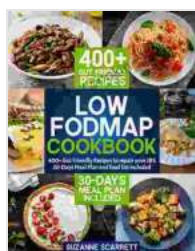
If you're ready to take control of your IBS and improve your gut health, then Free Download your copy of 400 Gut-Friendly Recipes To Repair Your IBS: 30-Day Meal Plan and Food List today.

You deserve to live a life free from IBS symptoms. With our cookbook, you can make it happen.

Free Download Now

Weekly Meal Plan

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Spelt-cul Oats w/ Berries & Pecans	Eggs & Fruit	Spelt-cul Oats w/ Berries & Pecans	Breakfast Sandwich: Ham & Eggs on Toast	Spelt-cul Oats w/ Berries & Pecans	Eggs & Fruit
Snack	Chocolate Mint Shakeology	Chocolate Almond Shakeology w/ 1/2 banana	Chocolate Mint Shakeology	Chocolate Coconut Shakeology w/ banana	Chocolate Mint Shakeology	Chocolate Almond Shakeology w/ 1/2 banana
Lunch	Chef Salad	Chicken Fajita Salad	Leftovers	Rice Cake w/ Turkey & Avocado	Leftovers	Orange & String Cheese
Afternoon Snack	Veggies & Hummus	Orange & String Cheese	Veggies & Hummus	Celery w/ Almond Butter	Veggies & Hummus	Date-Night (Free Meal)
Dinner	Pot Roast & Vegetables	Crockpot Mexican Chicken	Ground Turkey Lettuce Wraps	Loaded Baked Sweet Potato	Chicken Enchilada Soup	Chicken Tostada Bar
Evening Snack	Cottage Cheese & Veggies	Veggies & Hummus	Cottage Cheese & Veggies	Veggies & Hummus	Cottage Cheese & Veggies	Apple w/ Almond Butter



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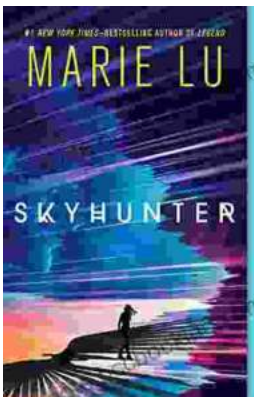
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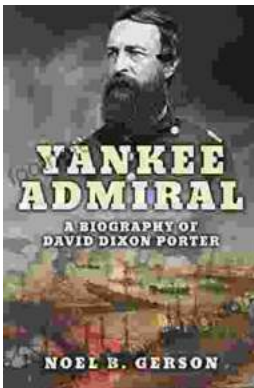
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