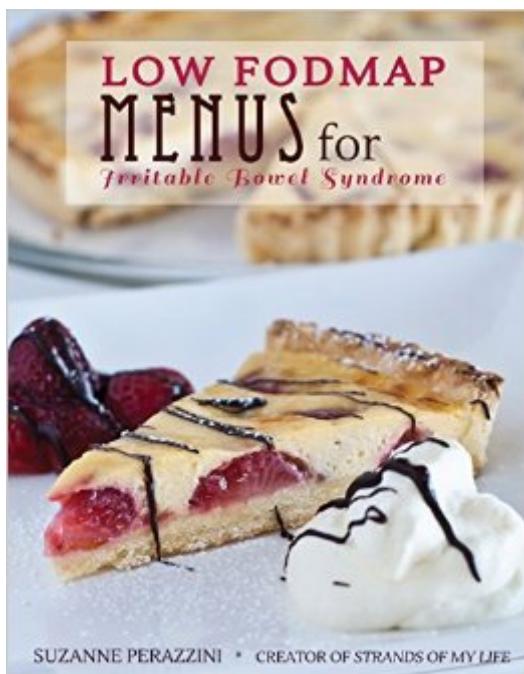


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# Low FODMAP Menus For Irritable Bowel Syndrome: Menus For Those On A Low FODMAP Diet



## **Synopsis**

Low FODMAP Menus for Irritable Bowel Syndrome is a cookbook for all of you who have irritable bowel syndrome and want to eat a low FODMAP, gluten-free diet. This diet helps 75% of people with irritable bowel syndrome. The book contains 124 pages, 40 recipes, 10 menus and over 90 photos. You will never again have to worry about what to cook for any occasion. I have menus for every kind of meal. Only 25% of those with a Fodmap intolerance are lactose intolerant so I use dairy in my recipes but, on page 19, I have listed dairy alternatives for those of you who need to substitute lactose-free products.

## **Book Information**

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Average Customer Review: 4.0 out of 5 starsÂ  See all reviewsÂ  (20 customer reviews)

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## **Customer Reviews**

I am on a true low FODMAP diet, and I certainly can't eat cream cheese, avocado, and many other things she uses freely in several of these recipes. Don't waste your money if you are on a REAL low FODMAP DIET.

This cookbook is just OK. I was just put on the Low FODMAP diet and was looking for some good recipes. I didn't really like these because so many of them are too complicated for a casual cook like me. I will probably try a couple of the desserts but that's about all I will get from this cookbook and I really wanted some everyday recipes and these are really more effort than I would make for everyday.

I have been a fan of Suzanne's blog, *Strands of My Life*, for some time. Her food photography skills are amazing and make me want to cook every one of her recipes! Her book does not disappoint, and is full of delicious, creative, and varied dishes to suit any occasion. I just LOVE that the book is organized by events -- Ladie's Lunch, Beach Picnic, Formal Dinner Party, Midnight Feast, etc. Each event comes with its own menu of about 4-6 items, including appetizers, main dishes, sides, and desserts. The menus are organized in a thoughtful way, and her lovely photography and illustrative language really set the mood for the reader --- I could just see myself wrapping up a slice of the salmon quiche and heading to the beach for a picnic :) By default, low FODMAP eating is gluten-free, so even if that's your only current dietary restriction, you will LOVE this cookbook! I highly recommend this book and Suzanne's blog.

A lot of the menus use milk, cream and cream cheese, along with other high fodmap foods.

The most difficult task in living with food sensitivities is being able to indulge without suffering in some fashion. Food is universally something we use for celebration, for enjoyment, and for pleasure, not only for nourishment. So when having to eliminate multiple foods, even healthy ones, in order to accommodate health issues, it can often be a daunting task and also emotionally upsetting. In "Low FODMAP Menus for Irritable Bowel Syndrome," • Suzanne Perazzini not only creates foods delicious enough to feed the masses, she also produces beautiful edible masterpieces. Suzanne offers meals and treats for all occasions, which successfully accommodate those needing low FODMAP diets, and also those who indulge in the pleasure of delectable foods, without limitations. Her photographs beautifully illustrate that excluding inflammatory foods need not leave you without a plentiful array of delicious options.

This book offers 39 recipes grouped around ten different menus. There are attractive pictures of each individual menu item and the number of people served is given at the bottom of each menu. The recipe text is in a large easy to read font. Page numbers can seem almost hidden when the book is new. They're located on the inside lower corner. Ingredient weights and baking temperatures are for the most part given in both metric and imperial measures. Ingredient volumes are sometimes given as both metric and imperial. The occasional recipe requires cooks to have a scale to weigh flours, and this is something North Americans will want to consider before purchasing the book. Recipe directions are clearly written and do not require advanced cooking skills although a few of the desserts can be lengthy to prepare. I'm happy to have this cookbook in my kitchen. We are

indeed lucky that the list of low FODMAP cookbooks is growing.

Suzanne has created an amazing book packed with delicious recipes for those on the Low FODMAP diet. In addition to dietary guidelines, there are some fun recipes (Hello Strawberry Potato Cake) and gorgeous photography.

Wow when I first looked at the cover I was amazed that that sort of delicious food could be possible on such a restricted diet. It's great Suzanne is quite clear that since she has completed the elimination diet, hydrogen test etc these are the foods she is able to eat and IBS Sufferers can too if they are not Lactose intolerant. I have used and are still using this book both with milk alternatives and now with Lactose foods and they work equally as well the smoothies are frothier with ordinary milk but hey it's great that it's all so yummy and produces no symptoms.

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