



All About Low-FODMAP Diet & IBS: A Very Quick Guide

Michelle Anderson

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Your game plan in the battle against digestive distress.

Take the first steps toward regaining control of your health, your well-being, and your life. In *All About Low-FODMAP Diet & IBS*, *New York Times* bestselling author Michelle Anderson shares the ins and outs of the low-FODMAP diet. This very quick guide will help you enjoy eating again, with:

- A 7-day meal plan to get you started
- Tips for managing IBS and other digestive disorders
- 21 gut-friendly recipes
- Foods to enjoy and avoid

Little Books on Big Ideas offers expert advice designed to help you learn key lessons in minutes, not days.



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