



The **Low-FODMAP** —Solution—

Put an End to IBS Symptoms
and Abdominal Pain

This indispensable resource is the perfect tool to guide you on your journey toward intestinal well-being via a diet low in FODMAPs, a solution that is both specific and personalized. Discover how simple it is to include the right foods in your diet and exclude the wrong ones. The helpful meal plans and 130 delicious recipes — including many vegan-friendly options and a 1-week vegan menu — make it easy to adopt the diet and fit it into your lifestyle.

A low-FODMAP diet is effective for 75% of those with IBS who try it. Say goodbye to your symptoms!

To make the transition to your new lifestyle even easier, SOScuisine.com provides:

- low-FODMAP meal plans tailored around your intolerances and renewed each week
- shopping lists
- the latest news on the low-FODMAP diet
- a support group moderated by a registered dietitian



CINZIA CUNEO, MSc, is the founder of SOScuisine, a service that provides practical and personalized solutions to specialized meal plans, designed under the supervision of dietitians. Cinzia's mission is to help clients reconcile their busy lifestyles with healthy eating. She lives in Montreal, Quebec.



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Cinzia Cuneo, MSc
and the Nutrition Team
at SOScuisine.com

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Includes free access to an
online IBS support group

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