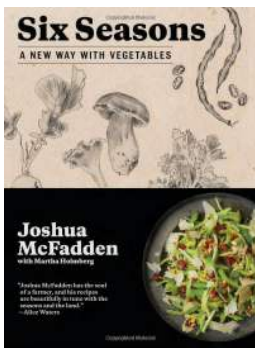


Here are some of our favorite cookbooks. Feel free to take recipes and make them your own. If you are trying to be less restrictive, you can get ideas from the cookbooks and add your own flair. This could look like adding more/less or different proteins, grains, legumes, or vegetables.

Nutrient-Dense Diet



[Six Seasons: A New Way with Vegetables](#)

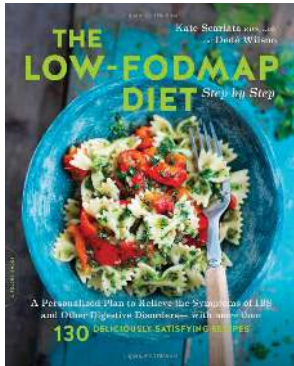


[The Mediterranean Dish: 120 Bold and Healthy Recipes](#)

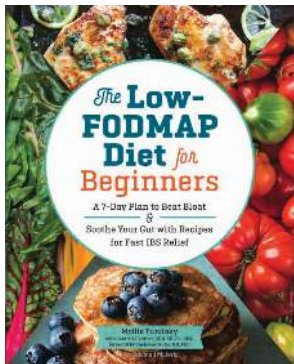


[The Comfortable Kitchen:
105 Laid-Back, Healthy, and Wholesome Recipes](#)

Low FODMAP Diet



**The Low FODMAP Diet Step by Step:
A Personalized Plan to Relieve the Symptoms of IBS**

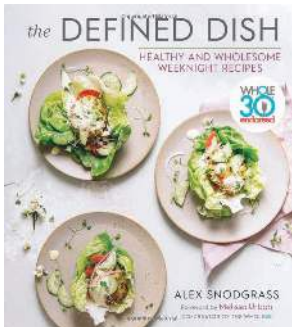


**The Low FODMAP Diet for Beginners:
A 7-Day Plan to Beat Bloat and Soothe your Gut
with Recipes for Fast IBS Relief**

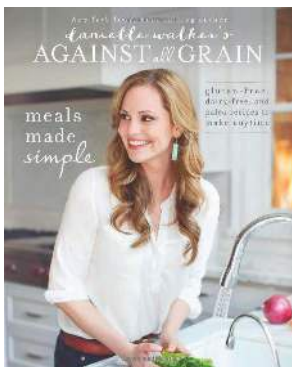


**Low FODMAP Vegetarian Cookbook:
Vegetarian Recipes for Digestive Wellness**

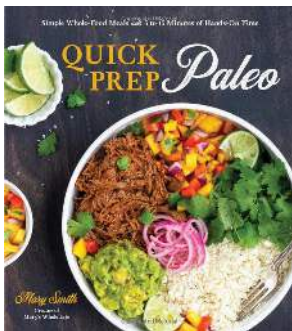
Paleo Diet



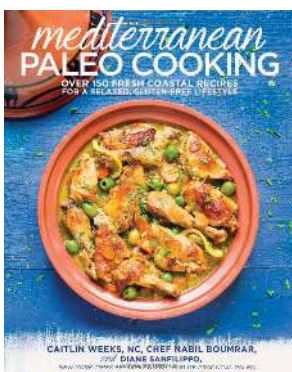
Defined Dish: Healthy & Wholesome Weeknight Recipes



Against all Grain: Meals Made Simple

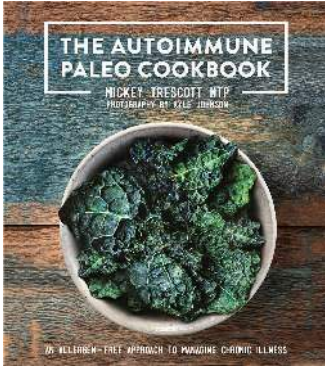


Quick Prep Paleo: Simple Whole-Food Meals with 5 to 15 Minutes of Hands-On Time

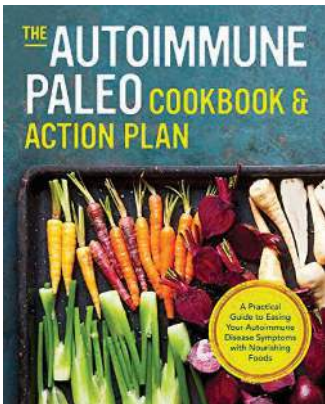


Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle

Autoimmune Paleo Diet



[The Autoimmune Paleo Cookbook](#)



[The Autoimmune Paleo Cookbook & Action Plan: A Practical Guide to Easing Your Autoimmune Disease Symptoms with Nourishing Food](#)