



# **The Gastroparesis Cookbook: 102 Delicious, Nutritious Recipes for Gastroparesis Relief**

*Karen Frazier*

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*“[Karen] understands our issues and has come up with pleasing flavors and textures that are gentle on our tummies.” – Colleen Beener, G-PACT Operations Director and Gastroparesis Advocate*

While diet alone cannot cure Gastroparesis, carefully managing what you eat *can* help control your symptoms. *The Gastroparesis Cookbook* incorporates healthy, whole foods into Gastroparesis-friendly recipes, alongside tips and supportive stories from people managing Gastroparesis.

Managing your meals with Gastroparesis is tasty and easy, with:

- Over 100 easy-to-prepare, nutritious Gastroparesis-friendly recipes, including several family-friendly and slow cooker versions.
- A simple two-week Gastroparesis meal plan for easing symptoms.
- Helpful cooking and shopping tips to cut down on prep time.
- Recipes for managing coexisting conditions like diabetes, GERD, IBS, and more.
- Real-life stories and advice from members of the Gastroparesis Patients Association for Cures and Treatments (G-PACT).

Make the foods you eat count. *The Gastroparesis Cookbook* shows you how to eat smart every day, every meal.

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