



Femke enjoys having free time to go to the open market to select bio/organic products for cooking her special meals. She enjoys cooking delicious, healthy, and fresh meals. She also likes to discover new flavours, so she always tries new recipes that adhere to her special diet.

She is very aware of the ingredients and colours of her food. She somehow likes to play with that and create masterpieces when cooking her Low-FODMAP dishes.

As Femke spends a lot of time cooking, she eats late sometimes. But she does not mind it as she enjoys dinner time a lot because she can have some alone time and focus entirely on her food. She feels that she can truly enjoy the flavours and colours of her meals. Moreover, she enjoys eating in a quiet, relaxing environment. Femke likes to imagine she is eating in a forest or sometimes she plays relaxing music while dining.

Femke sometimes misses the company of friends or family. For example, she likes to cook with others who share the same diet. Moreover, she loves to have some chit-chat about her daily experiences. But she often prefers just to have a drink with friends since eating with others who do not share her diet can be stressful and uncomfortable.