



Living with Crohn's & Colitis Cookbook: Nutritional Guidance, Meal Plans, and Over 100 Recipes for Improved Health and Wellness

Dede Cummings

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For the millions of people afflicted with irritable bowel disease (IBD), including Crohn's and colitis, it can be a daily struggle to find nutritious meals that won't aggravate symptoms or cause a flare-up. ***The Living with Crohn's & Colitis Cookbook*** is your essential nutrition guide with over 100 recipes and meal plans expertly designed to improve daily functioning and help relieve symptoms of Crohn's and colitis.

The Living with Crohn's & Colitis Cookbook contains everything you need to plan your meals, balance your diet, and manage your symptoms, including:

- A guide to keeping a food journal
 - Sample meal plans
 - Tips for shopping for an IBD diet
 - Gentle and nutritious recipes to help soothe flare-ups
- ...and much more!

The Living with Crohn's & Colitis Cookbook features over 100 recipes, including Zucchini Buckwheat Banana Bread, Homemade Almond Milk, Dr. Lang's Healing Soup, Garlic-Herbed Scallops, Coconut Curry Chicken over Brown Rice, Mushroom Risotto with Cashews and Parmesan, Crabapple Walnut Cake, and many more. The book also features Paleo recipes.

From the Trade Paperback edition.

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Gwendolyn Smith:

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