



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.

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Albert Lightner:

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