



Living With Crohn s Colitis Cookbook: A Practical Guide to Creating Your Personal Diet Plan to Wellness

By Dede Cummings, Jessica K. Black

Hatherleigh Press,U.S., United States, 2014. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book. 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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