

iHaveUC

Cooking For Ulcerative Colitis



written by Adam Scheuer

Disclaimer	5
Copyright	5
Affiliate Disclosure Statement	5
Introduction	6
Food Changes.....	6
Getting Started	8
How this Book is Set-UP	9
Additional Resources	10
Breakfast Meals	11
Breakfast Smoothie	12
Eggs with Bacon and Avocado	15
Veggie Scramble (w/ optional bacon).....	16
Morning Quiche	18
Omelette with Fruit	20
4 Egg Sausage Super Scram	22
Lunch and Dinner Meals	24
Book Cover Chicken Salad.....	25
Michaela’s Meatloaf & Veggies Dinner.....	28
Fantastic Fish Salad	30
Wahoozie Fish Dinner	32
Thai Coconut Chicken Curry	35

Croatian Chicken Legs.....	39
Chile Verde.....	43
Super Kale Salad.....	49
Chili Peppered Steak & Shrimp Salad	52
Palestinian Chicken with Mediterranean Salad	54
Steak Salad.....	57
The 20 Minute BOMBER Meal!	58
Trippy Mushroom Burger	61
Burger and Avocado Salad.....	64
Baked Chicken with Saute Veggies	66
Soups	68
Fiddletown Chicken Soup.....	68
Butternut BUTT Squash Soup	71
Seafood Soupy	73
Leftover Beef Steak Soup	76
Carrot Zucchini Soup.....	78
Chili.....	81
Snacks	84
Deviled Eggs (No Devil).....	84
Banana (The Ultimate Snack Food).....	86
Blueberry Cake	87

Coconut Milk:	91
Jalapeno Poppers:.....	94
Fried Zucchini Sticks	95
Honey Walnut Dippers.....	97
Holly Baco Shrimp	98
Blueberry Coconut Ice Cream	100
CoCo PeePee Ice Cream	104

Disclaimer

The materials located in this book are for general informational purposes only and shall not constitute medical or health advice nor shall they constitute any kind of doctor-patient nor health/medical adviser relationship. The information and any products or services offered from or by this book is not created by medical professionals or someone licensed to practice medicine. You should NOT rely upon the medical information or opinions provided in this book, and you should always speak to your personal health care provider(s) before beginning, changing or stopping any medication or any treatment for a health problem. You are solely responsible for any decisions, omissions or actions you take based on choosing to seek or not to seek professional medical care, or choosing or not choosing specific treatments. Any information included within this book is not intended to diagnose, treat, or cure; and neither the author, iHaveUC.com, affiliates, information providers or content providers shall have any liability for your medical/health decisions based upon, or the results obtained from, the information provided within this book.

COPYRIGHT

iHaveUC Cooking for Ulcerative Colitis First Addition is a collection of the meals that Adam Scheuer eats.

Copyright © 2012 by Adam Scheuer, All rights reserved.

“SCD” and “Specific Carbohydrate Diet” are registered trademarks of Kirkton Press, Limited.

AFFILIATE DISCLOSURE STATEMENT

The Federal Trade Commission (FTC) has recently required the disclosure of any relationship that exists between one who endorses and even links to a product or service online. Following are the guidelines that iHaveUC.com stands by regarding affiliates:

- iHaveUC is not paid to endorse any products
- If there are links to a product within this book, a commission may be paid to iHaveUC if you end up purchasing the product.

- Nearly all of the products that are promoted are products that the owner of iHaveUC uses currently, or the products may be very popular to other UC'ers and are worthy of an affiliate link within this book.
- Please assume that all links to products from this book are “affiliate links” For example, if you end up purchasing the exact same ice cream machine that I use because you click the affiliate link where I mention my ice cream machine, I will earn some beer money for your purchase, and I thank you in advance.(actually, I don't drink beer, but you get the point right)

The Federal Trade Commission wants to make sure that all readers of all iHaveUC products understand the relationships that exist between product links and iHaveUC. Thank you for your understanding, and if you do choose to purchase products through links on this website, iHaveUC may receive compensation for your actions. If that is the case, thank you very much.

Introduction

My name's Adam. I have ulcerative colitis. I was diagnosed in October of 2008. Leading up to my diagnosis, I was dealing with symptoms probably much like either you or someone you love. Had any of the medications that I tried worked well longterm, the chance of me writing a book about food for UC would be just about zero. But, I did not respond well to medications, and my options were leaning more and more to surgery. Before that decision was made, I had a major breakthrough. I met a girl who had been using diet to treat her ulcerative colitis symptoms successfully. Within a few days of altering what I ate, I started seeing improvement. I follow a diet protocol which is based on rules of the Specific Carb Diet (SCD). Elaine Gottschall is an amazing scientist who many people credit with starting the SCD Diet. This diet was invented quite a while ago, and has been successful in healing symptoms for many people with Crohn's Disease and Ulcerative Colitis. I follow the diet rules most of the time, but there are occasional meals or ingredients where I do fall out of line with the true Specific Carb Diet rules. It is a great idea for anybody who is even remotely thinking about starting the SCD diet to read the book that Elaine wrote called "[Breaking the Vicious Cycle](#)" which you can find in bookstores or online.

In the end, what works for me may or may not work for you. I'm not a doctor, just another person living with ulcerative colitis, and overall I'm really happy to have been off medications the majority of my post diagnosis life.

FOOD CHANGES

I used to have a no-limits diet. That meant I ate anything and everything. My diet is different now. I don't get pizza delivered and devour it on the couch in 1 hour like I used to.

Also, I'm not out at bars draining my bank account from buying beers for myself and others. The chocolate chip cookies don't need to worry about being in my tummy on the drive home from the grocery store either. Some things have changed. But not everything, I'm still Adam.

The goal that I was hoping for when I decided to treat my ulcerative colitis with diet was simple. I wanted to start feeling better and acting more like a normal person. Especially in terms of my bathroom use. As I moved forward with this diet, and as I learned more about the science behind what I was doing to my body, some specific goals became clear. **With diet, I was going to try and change the gut bacteria within my colon.** Specifically, the goal was to create an environment so my gut bacteria would not affect my immune system so violently. Early on, I was definitely not a believer that diet had anything to do with my disease (in case you haven't realized yet...I changed my mind BIGTIME!). With some excellent results that I noticed within just a few weeks of altering my diet, I started to feel that something positive was taking place. I now believe this positive change was due to a re-organization of my gut bacteria.

For anyone who has the opportunity to meet with a microbiologist who specializes in researching gut bacteria, GO AND TAKE THE CHANCE to meet someone who knows this stuff inside and out! I was lucky enough to meet with one of the world's leading gut biologists from Stanford University shortly after I began treating my ulcerative colitis with diet. (*if you'd like to watch some of the meeting I had with this gut biologist, feel free to watch the video clips here: <http://www.ihaveuc.com/gut-bacteria-part-1/>*) Although much of the science is very complicated, some of the principles are very simple and easy to understand. I learned that every person on this planet has a unique microbial community inside of our bodies. That means that much like a unique fingerprint, everybody has a unique set of gut bacteria. I also learned that our gut bacteria is in a constant state of change. If you can imagine the oceans, and in particular a reef, it's almost the same type of idea. Underwater on a reef there are all sorts of different fish and shells, and other types of living creatures. And then you have the ocean tides which are constantly going in and out. Gut bacteria and the ocean's reefs are definitely two separate things, but the idea of constant change they have in common. One of the major factors affecting our own gut bacteria communities is directly related to the food we eat.

When we eat food, there are thousands and maybe millions or even billions of chemical reactions and small tiny processes taking place in our digestive systems. It's beautiful to think each one of us has so many moving parts happening all the time NONSTOP. I'm not going to bore you with all the details of everything, but you can probably imagine much of this food digestion process on your own. Food makes its way to the stomach, and then through the small intestines and eventually to the colon and then out it goes. All along the way, the food we eat is getting broken down and some of the food is being absorbed into our bodies. **But what about food that we eat which is NOT absorbed or broken down?**

Because everyone's body is unique, there is a chance that some food might not be digested properly or completely. This undigested food/by-products I believe is at the heart of so many of my ulcerative colitis problems. And it's not just me thinking this. There are people all over the world with ulcerative colitis who believe in these same or very similar concepts too. If you can

imagine the colon which is filled with different types or “strains” of bacteria there is a constant battle for survival taking place. To survive, the bacteria need food, much like humans. And to make the equation a bit more complex, different bacteria strains like to eat different types of food. But what is most interesting is that some bacteria are either “good” bacteria or “bad” bacteria. When bacteria strains are provided with ideal living conditions (lots of specific food or undigested food/by-products), they can grow their populations very quickly. Other times, when a food source is absent, bacteria populations can decrease in size.

Although science is still trying to prove some of these complicated theories, I follow a group of other patients, and scientists who believe that gut bacteria is both the reason for my success as a UC patient in remission AND the reason that my colitis became so severe just a few short years ago.

WHEN I’ve been in remission, my gut bacteria has been controlled because I’ve limited the types of food my body receives. Certain foods that I cannot properly digest are no longer making their way into my body, and eventually turning into foods for “bad bacteria” to grow from.

When I was sick with UC symptoms, my gut bacteria was out of control, and it was triggering my immune system to react. This was taking place both before my diagnosis and for almost one year after my diagnosis until I started controlling my diet.

If you are ever wondering why it is that I eat the foods that I do, the reasoning above should answer why. I like having control of my gut bacteria, and that has helped me to live a normal life. There is a give and take with a restricted diet, but for me, it has been well worth it. Oh yeah, I have to tell you that I have NOT woken up with a hangover for several years now, a little side bonus for cutting out the alcohol filled evenings.

GETTING STARTED

Beginning a diet is not easy. It’s a big challenge, and most people would say that it can be tougher mentally than it is physically. For some people, that is the case. A radical diet change or even a simple diet change is a big deal, and when you have completed it, it’s something to be proud of. Changing the foods that I eat is most certainly one of the biggest accomplishments I’ve made so far in my life. Not just because I found a way to heal my colon and eliminate my UC symptoms. That’s just part of it. Since I’ve changed my diet around, I’ve reduced all kinds of unhealthy foods that I otherwise would still be eating everyday.

Without anymore delays, let’s jump into getting started. The first few meals of this diet are absolutely critical, and they are the foundation for the future. As you remember from earlier, this

diet has a fundamental goal of changing the gut bacteria within our bodies and to do that we need to begin fueling our digestive systems with friendly foods.

First Meal Foods:

(I continue eating these foods for several days until my bleeding and symptoms go away)

- broiled hamburger meat (with salt and a tiny tiny bit of pepper)
- hard boiled eggs (**read note below about eggs)
- broiled chicken breasts (with salt and a tiny tiny bit of pepper)
- WATER (that's all I drank for several days straight)
- sauteed carrots and zucchini (with a tiny bit of salt and pepper and olive oil)

****EGGS-** many people no matter if you have UC or not have a hard time digesting eggs. That may be you too, or maybe not. Either way, if you suspect that is you, don't try to muscle it out and eat eggs. If I could not tolerate eggs, I would simply substitute something from the list above.

Most definitely, this is not the most exciting off foods, but I also did not have to eat this plainly forever. What is interesting to notice is that there are virtually no carbohydrates such as breads, potatoes or rice listed above. This was actually the opposite of what my initial GI doctors were telling me to eat after my colonoscopy and diagnosis of UC.

Before you read too much further, it's a great idea to consistently remind yourself that the goal of this diet is to make huge changes to the gut bacteria inside of your colon. Although the bacteria are infinitely small in size, the overall change to this microbial gut community hopefully will bring colitis symptoms to an end and result in a happy lifestyle in the near future.

I myself do not move forward with other meals until I have noticed hard or at least consistent semi-formed stools from the foods mentioned above. When I say consistent, I mean at least two days in a row of consistent positive improvements and semi/formed stools. There is a very high likelihood that after starting a major diet change like I've described above that you might begin to feel even more sick, tired, or even exhausted. That sometimes occurs for different people, and unfortunately, it is part of the process. But again, there is a huge goal of remission, and as long as that is remembered, smaller roadblocks are less of a hurdle.

HOW THIS BOOK IS SET-UP

- All of the different foods are broken down into categories (breakfast, lunch/dinner, snacks, soups etc...)
- **“When”** section (this explains when I enjoy the meal/recipe with relation to my ulcerative colitis symptoms. For example, I might enjoy a particular soup no matter what my ulcerative colitis symptoms are doing. Or, I may only enjoy a particular meal when I am having absolutely no symptoms at all.)
- **“Serves”** section: every meal has a listing for how many people can be served with the ingredients and quantities listed. If you would like to make some of the recipes for more people, or less people, you can use the quantities to make your adjustments. Just so you know, I’m an average sized guy, about 5 foot 10 inches and about 160 pounds, my wife is about the same(actually a little bit taller than me) and I’d say we eat average amounts.
- **“Ingredients”** section: this is just what you would expect, a list of the ingredients. I am not a very specific “down to the last grain of salt type of person”, and you will definitely realize that right away. For this reason, please accept my apology if you are wondering what I mean by “a tiny bit of salt or pepper”. But, I trust that you will be able to experiment with approximating the amounts of certain things. For the next version of this cooking book, I’ll try to make some much more exact numbers if we can find out where to buy a teaspoon....
- **“Cooking Instructions”** section: this is where I explain in detail how to put everything together from the ingredients list. As you’ll notice, I use the term “medium heat” all the time. That simply means putting things on “medium” whether it be the dial for your stove, or for your BBQ. I would recommend that you monitor how everything is cooking quite often because “medium” for you might be different for me.
- **“Side Notes”** sections- sometimes you might find some side notes within the recipes. These are just ways for me to write a bit more about a certain aspect of one of the meals.

ADDITIONAL RESOURCES

There are many different sources of information with regards to diet and UC. Because my diet most closely follows the SCD diet, here are a few valuable resources and related links:

- [Breaking The Vicious Cycle Main Website](#) - This website has a wealth of information and it is by far one of the most popular sites for people who are trying to learn more about the SCD diet. There is even a very extensive food list that gives details for many different foods.
- [Pecanbread](#) - This website as well has a ton of different bits and pieces of information about treating GI disorders with diet, and SCD specifically.

Breakfast Meals

For me, breakfast has always been one of my favorite meals. Ever since I can remember, going to breakfast at a local diner was simply the best way to start a morning. Even with my diet changes, I still love breakfast. As part of my diet treatment, I have removed many different things from my previous breakfast routines. Here are a few of the items that I no longer eat: bagels, waffles, pancakes, toast and croissants, pastries and maple syrup. Oh, and how could I forget, cereals like Honey Nut Cherrios. I used to be able to eat three or four bowls of cereal in about ten minutes. Yes, that might sound sickening, and for me it was, but I loved the sugary taste of all of those breakfast cereals(Frosted Flakes was also on my favorite breakfast cereals list, good old Tony the Tiger...). But since it's been two full years without those types of foods, they are distant food memories now, and my body is definitely happy about that.

This section is a collection of breakfast meals that I eat. Like most people, the morning is often a rush rush time of the day. Getting out of the house or apartment on time for work or school is often a busy and quick moving time. I am no different, so most of these meals can be made in just a few minutes, or for the multi-task types, you might be able to do some morning run around while you are cooking these meals. I've definitely put on my clothes a few hundred times while the egg scramble is cooking.

If you do not like eggs, or if you have a known egg sensitivity or intolerance, then you will need to get more creative with breakfast. I do just fine with eggs, and you'll realize that pretty quickly when you start looking at what I eat in the recipes below.

BREAKFAST SMOOTHIE





When:

I enjoy these delicious smoothies when I am symptom free and even during the rare times when mild symptoms are present. Cutting out smoothies when active UC is present is hard(because they taste so good) but it has helped me on several occasions in putting out a flare up. By symptoms, that includes signs of bleeding, cramping, or other active signs of the disease. Reducing sugar intake or eliminating sugar intake is key during flare-ups for me. Don't worry, sugars will always be there. If you find yourself in the middle of a flare up and you have been living off smoothies, rest assured that they will be waiting for you when you get past the flare. I've had several smoothie re-unions and they always taste great.

Serves: 1 Person (unless you eat like a mouse)

Ingredients:

- 10-12 strawberries (preferably frozen)
- 40-50 blueberries (preferably frozen)
- 1 tablespoon(15mL) of peanut butter (optional)
- 1 tablespoon(15mL) of honey (more if you love it like I do)
- 1 very ripe banana (the more black spots the better, no green please)

- 1-2 cups(1 cup = ~240mL) of Orange Juice (must be natural, not from concentrate)

Instructions For Cranking Out Smoothies:

First, take your frozen strawberries and add them to your blender(we use the: [Cuisinart SmartPower Premier 600-Watt Blenders](#)), and then do the same with your blueberries. You want to have an even volume of both, sometimes the strawberries will be huge and the blueberries smaller, depends on the time of year I think. Either way, once you have that figured out, go ahead and peel your banana and add that in. I like to break it up into chunks.

Next, if you are using peanut butter, add in the peanut butter.

Now, it's time to add the Orange Juice. I add enough so that the fruit is almost covered, but not quite. This makes for a very creamy smoothie, if you like it more watered down, add more orange juice or water.

Next, the moment we've all been waiting for. BLENDER TIME. Crank it on low, and watch it all turn into the blue red color you see in the picture above. You might not find it that special, but this is one of my favorite parts of the day, watching that color change. Let it go for about 30 seconds, and then open up the top of your blender, and if you are a risk taker like me, add in your honey while its still blending, and let it go for another 30 seconds.

Once it's been blending for 1 minute total, you are ready to enjoy it. Pour it in your favorite glass and sip away. Heck, take a picture of yourself drinking it and upload it to the Facebook iHaveUC group!

ONE WORD OF CAUTION, if you are in charge of dishes, you best clean the blender quickly. All that leftover stuff can get hard and difficult to clean if you wait on it till tomorrow morning.

TWO WORDS OF CAUTION, when I am in the middle of a flare up, I don't make nearly as many smoothies, and sometimes I quit them completely until I'm out of the flare.

ANOTHER WORD TO THE WISE: If you live in a place that has fresh strawberries in the summertime, make friends with the local strawberry farmer. Same goes for blueberries. With the strawberries, buy a whole bunch. Then, take some time cutting off the green stem part of the strawberries, and freeze them in plastic bags in your freezer. If you can get them for a dollar a basket or less, (then first of all you are my IDOL!) you should get a crap load and freeze the heck out of them. It will save you a bunch of money compared to buying frozen fruit, and it tastes better. Well, that's what I do during the summer time when strawberries are around.

EGGS WITH BACON AND AVOCADO



When:

I make this meal almost anytime except if my colitis symptoms are very active and bleeding and diarrhea is present. If that was the case, I would eat only the eggs instead of with the bacon and avocado. Not everyone can tolerate the eggs while your symptoms are active, so you may need to test that out for yourselves. For me, they work fine even when symptoms are active.

Serves: 1 person

Ingredients:

- 2-3 eggs
- 2-3 pieces of bacon (make sure to use bacon which does not have extra added sugar such as applewood bacon, the least amount of sugar the better)
- 1/2 avocado

Cooking Instructions:

First, take your bacon strips and place them in a frying pan. Next, turn the stove on medium heat. You may need to adjust the heat later, but we are not looking for ultra hot temperatures here, that will burn the bacon. We simply want to slowly cook the bacon in it's own grease at a steady pace.

Once the bacon is beginning to sizzle, make sure to flip it over to let the other side cook as well. You may end up flipping it over multiple times, that's up to you. The goal is to cook the bacon very crispy without burning it, and turning it black. After you've cooked it enough, remove the bacon from the frying pan, and place the dripping bacon on some paper towels to help remove excess grease.

Second step is cooking the eggs. Take the frying pan, with all the bacon grease, and pour out 95% of the bacon grease into a grease container for disposal. But, make sure to keep a tiny bit of grease in the pan.

Grab your eggs, and crack them and have the eggs drop right into the frying pan with the leftover bacon grease. Turn the heat down to about 40% of its maximum level for the eggs. I like to flip the eggs one time until the yolks are just barely cooked through, but feel free to cook them anyway you like. Once you are finished, you can place your eggs on a plate and add the bacon alongside.

Third step is very simple. Find your avocado, which is hopefully quite ripe but not over-ripe, and cut it in half. Remove out the pit/nut inside, and grab a fork and spoon and now you're ready for breakfast.

This is a very simple meal as you can see. You can spice up your eggs with some salt and pepper if you like, but by sticking to this and a simple glass of water, you should be able to manage well into the morning without needing more food to eat.

VEGGIE SCRAMBLE (W/ OPTIONAL BACON)



When:

I make this meal almost anytime except if my colitis symptoms are very active and bleeding and diarrhea is present. If that was the case, I would eat only the eggs instead.

Serves: 1 person

Ingredients:

- 2-3 Eggs
- 1 small zucchini
- 1/5 yellow onion
- pinch salt
- pinch pepper
- 2 pieces bacon (optional)
- 1 clove of garlic (optional)
- 1-2 teaspoons(1 Teaspoon = 5mL) Olive Oil (if not using bacon)

Cooking Instructions:

If you are going to be adding bacon, cook that first in a frying pan. Cook it so it just begins to get crispy. You can do that with medium to low heat so you don't burn your bacon (which is quite easy to do, I've done that many many times).

While the bacon is cooking, chop up all your vegetables. You should be able to do this relatively quickly while tending to your bacon at the same time. I usually slice the zucchini in half lengthwise, and then chop it up into small pieces. It's your decision on how small you want them. There's no need to have hundreds of pieces of zucchini in my opinion. Do the same with the onion and feel free to dice up the garlic if you plan on using garlic(I'm a big garlic person, my wife's not, so if your on her boat, don't worry, we can still be friends).

Once the bacon is done, remove the bacon and empty out most of the grease leaving just a tiny bit to cook with(maybe leave a teaspoon). Chop up the bacon into larger than "diced" pieces, and now, throw everything back into the frying pan(veggies, bacon, all of it). There should be some grease in there from the bacon, but if you're not using bacon, add a tiny bit of olive oil. Maybe 1-2 teaspoons should be great.

Cook the ingredients together with medium heat, this should start to smell really nice. **If there is anyone sleeping in your house, expect them to wake up once they smell this.** After you start to see some color changes while stirring and flipping and flopping the mixture, go and

grab two or three eggs from the fridge. Crack them open and beat them up with a fork inside a glass until they are whipped up.(If you have a proper egg beater, feel free to use that as well, might mean more cleanup though...)

Once the frying pan ingredients are starting to brown and change colors, add in the egg mixture and start moving things around so they don't stick to the pan bottom. After just a couple of minutes, everything should be ready to eat.

You can add salt and pepper to taste, and there you go. Another great meal that I myself eat several times per week.

MORNING QUICHE



Almost looks like a Pizza right?

When:

I eat this meal when I am symptom free, and also when I am feeling darn close to symptom free. For some people, by removing the cheese, or only using a minimal amount, it might make the digestion process easier(cheddar cheese is interesting, some people with UC can digest it without any issues at all, others need to take it in smaller quantities).

Serves: well, this is quite a bit of quiche, probably 7-8 servings

Ingredients:

- 10 eggs
- 1/2 red pepper

- 1 broccoli crown
- 1 zucchini
- 1/2 yellow onion
- 5-10 mushrooms
- 1 garlic clove
- Dash of Salt and Pepper
- Olive Oil 1-2 teaspoons(1 teaspoon = 5mL)
- Cheddar Cheese (just a little on top)

Cooking Instructions:

To make up the Quiche, it's best to do this the night before you are going to be eating it. This takes a bit of time compared to most meals here in this cookbook.

First, start out by chopping up the vegetables. I like to chop everything up into pretty tiny pieces maybe a tad bit larger than "diced" if you know what I mean. Once you have everything chopped, pull out your frying pan, and add some olive oil. With medium heat, heat up the oil and then add the vegetables and begin to fry everything together, mixing it up occasionally.

After about 5 minutes of the initial frying, add a lid to the pan, and this will start to steam cook everything until it is much softer which is what we want. Maybe 7-12 minutes after that, the vegetables should be turning colors a bit. If not, take off the lid and continue to saute it all together until you see some color changes. It's alright if some of the zucchini begins to brown a bit. That brings in some nice color to the Quiche. Once it looks nice, take the veggies off the heat and place them in a bowl. We need to cool them down now.

Go ahead and turn your oven onto about 375 degrees(190 Celsius).

Also, it's time to find your eggs. Take out all ten of them and crack them open, and beat them up. Once they are all beat up, add all the veggies (BUT ONLY IF THE VEGGIES ARE COLD). If the veggies are still hot, wait a few minutes for them to cool down. We don't want them to cook the eggs from their heat alone...

Once you've got everything mixed together (eggs and veggies) go find a pie pan that we'll use to cook everything in. Before adding the egg/veggie mixture to the pie pan though, make sure to drop some olive oil(1-2 teaspoons should do it) in the pan and push it around with your finger so all parts of the pan are coated with olive oil.

Now you can transfer the egg/veggie mixture into the pie pan. And lastly, take your cheddar cheese and grate a little bit all over the top of this egg/veggie mixture. The cheese will keep

some of the moisture inside of the Quiche, and it makes it look really nice. If you don't like cheddar, don't worry, don't use any cheese, it will still taste great.

You can also add a sprinkle of salt and pepper to the top of this as well before you throw it in the oven.

Next...place it in the oven, and let it cook for 30-40 minutes. Don't get worried if you see it expand in size quite a bit. Once you remove it from the oven it will go down again.

Bonus Section:

Feel free to add some other ingredients that you like such as: chopped spinach, steak bits, pre-cooked hamburger pieces, diced jalapeno or other veggies that you think would taste good. This is a real easy meal to be creative with because you can add almost any veggie. Just don't add any cream or milk or breads, that stuff is "stay away food".

OMELETTE WITH FRUIT



This will get your morning started up ripe!

When:

I make this meal almost anytime except if my colitis symptoms are very active and bleeding and diarrhea is present. If active colitis exists, it will probably be easier to remove the fruit from the meal. For quite a few UC'ers, fruit can irritate your colon while active colitis is present.

Serves: 1 person

Ingredients:

- 2-3 eggs
- omelette toppings (onions, spinach, avocado, cheddar cheese, tomato, fresh salsa)
- papaya
- pineapple
- salt and pepper

Cooking Instructions:

Start off with cutting up your pineapple. I like to do this by taking off the top leafy part and then cutting both ends of the pineapple. Next, I shave off the outside part with a nice sharp knife. Be careful when you do this, you don't want to have any accidents. Then I cut around the core, and slice up slices from there.

For the papaya, it's a bit easier. You can cut it in half lengthwise, and then scoop out all the seeds that are in the middle. Next, you can use a knife to slice up the papaya and simply cut out the outside peel part and you're done.

For the eggs, crack and beat up however many eggs you want to use. If you know how to cook an omelette, feel free to start that, otherwise, you can just as easily turn this into a scramble. Whichever way you choose, add all your toppings and cook away. If you like salt and pepper, you can add that as well. I always add a little salt and pepper with my eggs no matter what is inside of them.

Extra Info:

When I was recently down in Mexico, I talked to several locals who told me that papaya is a fruit that the Mexican people have been eating for hundreds of years to help out with digestion problems. I definitely ate more papaya on that trip than usual, and I also felt very good down in Mexico too. Might have been because of the vacation vibe that was going around, it surely wasn't from the tequila since I don't play with that stuff at all anymore. Either way, I hope you enjoy papaya too.

4 EGG SAUSAGE SUPER SCRAM



There it is, a 4 egg scramble, with a Purple Smoothie to the right!



that's everything frying away before the eggs are added, can you see the garlic?

When:

This is a meal that I eat when my symptoms are either mild or in remission.

Serves: 1 really hungry person

Ingredients:

- 4 eggs

- 1/3-1/2 pound(.15-.22 kg) ground fresh sausage (NO ADDED SUGARS, VERY IMPORTANT)
- 1 small zucchini (optional)
- 1/4 yellow onion (optional, just won't be the same without this though)
- 10 small mushrooms(optional too)
- 1/4 of a fresh jalapeno pepper (optional)
- 1 clove garlic (also optional)
- tiny bit of added salt
- just a tiny bit of shredded cheddar (optional)
- 4 pieces fresh pineapple

Cooking Instructions:

First thing I do is turn the stove on medium heat, and then place the frying pan over it. Within the next 30 seconds, I throw down all the sausage meat into the frying pan. I try to break up the sausage that is in a bulky ball into smaller pieces. This way, they will cook better on the frying pan. It's going to take quite a while for the sausage to cook, so get ready for some cutting.

With a sharp knife, cutting board, and the veggies, you are ready to roll! The first thing I slice up is the onion. I cut 1/4 of the onion into pieces that are small, but still quite a bit larger than "diced onions". Once complete, I toss them in with the cooking sausage. Every few minutes, I turn and give the cooking sausage/onion a shake or two, just to make sure nothing is sticking to the bottom of the pan. We use a non-stick frying pan, and I love it.

After onions, I cut up the mushrooms into smaller pieces, but still pretty large as well. The mushrooms will shrink down to a much smaller size once they heat up. Toss them into the same frying pan too, just like the onions.

Zucchini, well, you make the call, cut it up however you like, and throw it in the frying pan too.

Chop a clove of garlic, and toss it in if you like garlic.

Find your jalapeno pepper, and dice this one up small, and toss it in the frying pan.

NOW, you should have pretty much everything in the frying pan that needs to be in there. Lastly, if you would like to add some salt and pepper, of course you can do that now as well. I usually put in just a tiny tiny bit, way less than a 1/4 teaspoon, just to add a little something. And it cooks away. You are looking for everything to start to change colors, the onions might be looking toasty in some spots, not as roasty toasty in others. The zucchini surely could have

browned on its light side by this point. And most importantly, the sausage should be thoroughly cooked all the way through by now. If more cooking needs to happen, let it cook more.

Go and beat up your 4 eggs and get them ready to add to the frying pan, which should still be on medium heat. When the veggies look the way you want them, pour in the eggs, and let sit for about 30 seconds, and then afterwards, start to mix everything around until the eggs are cooked the way you like them. If you are using a nonstick pan, don't use a metal utensil to move these eggs around with. That will mess up your non-stick pan and then my wife Michaela might come and yell at you(I'm not joking, I've seen it happen before).

Take the frying pan off the heat when the eggs are cooked to your liking, and serve on a nice plate. Then grate just a tiny bit of cheddar cheese on your eggs if you like cheese. And finally, add a few pieces of fresh pineapple if you have some available. And you are now ready to eat.

Lunch and Dinner Meals

There are so many meals that I eat sometimes for lunch, and other times for dinner, I decided to group these all together. You can decide when and where you want to eat all this. Many of these meals I'll pack away in a small container and bring to work or on the go. If that fits your schedule, feel free to do the same. If you think you are seeing an incredibly high amount of veggies and meats, no need to pinch yourself, your eyes are not playing tricks on you. Because I am controlling my gut bacteria with diet(along with many others) these types of foods simply work real well. Again, we are not doing rocket science here. We're trying to the gut bacteria under control.

Oh, let me tell you also that I eat tons of salads. Much more than I used to before being diagnosed with ulcerative colitis. Back in the early days prior to UC, salads were NOT nasty and strange to me, BUT surely they didn't find their way into my diet as much as they do now. I remember wondering how on earth someone could walk into a restaurant and order a salad. But now I know all too well how easy that can be.

Limiting the potential for grains and sugars to creep into my foods has been a very important step in my overall healing. I take it all very seriously. And when I find myself slipping up too much and seeing symptoms starting to creep back into my routine, I buckle down even more on my diet.

BOOK COVER CHICKEN SALAD



(that's it!)

When:

I've started making this meal for the first time during my current remission period. With that said, it's NOT something I would chow down on during a flare. At least not exactly how it's explained below. So if for some crazy reason I found myself in a flare up, I'd hold off on this exact recipe until I was feeling much better again. But the chicken part...that is probably an all time type of thing for me, as long as you don't over cook it!! ("Adam, isn't something cooking on the BBQ?"...)

Serves: 2-3 people

Ingredients:

- 2 boneless skinless chicken breasts
- Arugula salad leaves (I like alot of this)
- 1 big juicy lemon
- 2-3 zucchinis
- 1 avocado(you can use a half actually, and throw the rest in breakfast eggs if you like)
- 1/2 red onion

- 1 tomato
- 1-2 green onion stalks
- 1/2 red bell pepper
- 1 clove garlic
- 4 tablespoons(60mL) of olive oil
- A hand full of fresh green herbs (Basil, Oregano, Thyme, Parsley)
- Salt and Pepper

Cooking Instructions:

Ok folks, this was a super meal. And, like all great things, it takes a tiny bit of time and effort too. BUT, if you bust this meal out on just about anyone(even a vegetarian), they WILL BE IMPRESSED. If they are not, then re-read the instructions to see what part of the cooking you messed up.

Alright, go pull out your herbs and a cutting board & knife. We need to begin by making the most important part which is the chicken's marinade. So, with all your fresh herbs, begin to chop/dice/chop the heck out of them. Don't be doing this drunk, because you are gonna need all your fingers for the rest of this. Once they are all cut up, put them in a small bowl, or you can use a plastic bag like I do. With the herbs in the bag, go and find your clove of garlic. Chop it up nice and small, and throw the garlic in the bag too. Same thing with a little salt and pepper, add that to the bag. Your lemon... Cut it in half, and squeeze the juice from 1/2 the lemon into the bag too. Now for your olive oil. Put 4 tablespoons of that in the bag. Close the bag, and mix it all up and let that sit.

Lots of steps, but they should go quick. If that took you less than 4 minutes, then you're faster than me!

OK, with a plastic cutting board, get a fillet knife if you have one and pull out your chicken. You need to fillet the chicken in half. So instead of 2 chicken breasts, it's going to look like you have 4 chicken breasts. Don't cut them length wise unless you really have to.

Put the chicken in with the bag of herbs. Close the bag and shake it all up. Open up your refrigerator and let the chicken rest for several hours. At least 3 hours, five or six is even better. The chicken fillets should look like they have quite bit of green spots all over from the spices. That's a GOOD THING.

When it's time to really get the meal prepared, go and turn on your BBQ/grill. If you don't have a BBQ or grill, that's OK, turn on the oven to 400 degrees F(200 celsius).

With everything heating up, it is time to find the zucchinis. Slice them in half length wise. They should have one flat side, one semi-circle side when you cut them. Go ahead and find the

big salad bowl you plan on using and put 1-2 tablespoons of olive oil in it. Now, add your zucchini slices to the olive oil in your salad bowl. Get all sides of the zucchini covered with olive oil. Remove the zucchini slices onto a cutting board or plate, and sprinkle salt and pepper on top.(Don't put the salad bowl with the olive oil left inside in the sink. You're gonna want it real soon)

If your heating devices are hot, take your chicken and zucchini slices, and lay directly on the grill or in the oven on a baking container. Check back every 2 minutes if your using the grill. YOU DON'T want to burn the chicken. Also, start the zucchinis off on the curved side. Halfway through you will flip the zucchini over with the flesh touching the grill and giving them that nice brown look.

With the chicken and zucchini taking about 10 minutes to cook, its time to get cranking. Go pull out the rest of the ingredients, and start with washing the arugula. Then, put the arugula in the big salad bowl with the remaining olive oil in it.(the bowl you just used for the zucchinis). Next, dice up the tomato and add it to the salad bowl. Next, slice up the red onion and add it to the bowl. The same with the red pepper. Also, cut up the ends of the green onion and add to the salad bowl.

Now, if you can believe it, you're almost done. You've probably been checking on the chicken and zucchini to make sure they're not burning right??? Well, it is time for the avocado. Slice and dice that up, and throw it in the salad bowl. Once everything is in the salad bowl, you can squeeze the second half of the lemon into the salad. Add a touch of salt and a bit of ground pepper and toss that salad up. If your chicken is finished cooking, take a small taste to check and see! (that's what I do every friggin time). Slice the chicken up and add to the salad bowl. Toss one more time getting all the lemon juice and olive oil everywhere.

AND BAM! Call down your girlfriend or boyfriend, Mom or Dad, husband or wife, grandpa or grandma, co-worker or boss, or simply enjoy it yourself. I hope you really enjoy it. Take a picture and post it on the <http://www.facebook.com/ihaveuc> website. Just floss your teeth afterwards. I've been known to get some herbs stuck in my teeth, enough to scare of some kind folks.

(OH, I'm terribly sorry. I forgot about the zucchini...If you haven't eaten all of them, go and add them to your plate like I did in the picture.)

MICHAELA'S MEATLOAF & VEGGIES DINNER



(Here it is in the oven at 385 degrees F)

When:

This is a meal that I eat freely. It has helped me get out of flares, and it's also a great meal for other times when UC is in remission. You may want to eliminate the chili spices if you are concerned with too much spice during a flare up, that has helped me before. (You'll realize that I'm a pretty spicy guy, more than most of my friends...)

Serves: 2 people

Ingredients:

- 1 1/2 pounds (.70 kg) of 85% lean ground beef (OK, use the leaner stuff if you want to, that's fine)
- Salt & Pepper (1/4 teaspoon (1mL) pepper, 1 teaspoon (5mL) or little more of salt)
- Ground Cumin (1/2 teaspoon/ 3mL)
- Marjoram (1/2 teaspoon/ 3mL)
- Fresh parsley or dried parsley (1 tablespoon/15mL or more if you really like it)
- Pinch of chili spices (if you like some spices like we do)
- Minced Garlic (1 clove)

- 1/2 medium onion (shredded since Michaela(my wife) doesn't like the "pieces") she says diced onion will work too though
- The Roasted Veggies (zucchini, red pepper, onion, jalapeno(we threw in 1 of the jalepoppers), carrots, olive oil, salt and pepper-optional
- 2 tablespoons (30mL) water

Cooking Instructions:

Preheat your oven to 385 F/ 195 C degrees.

To get the meatloaf going, start out by putting the ground meat in a bowl. Then, take out your onion, and if you want to do what we do, get out your grater that you use for cheese, and on the fine setting, grate the half onion that you will be using. Next, add the onion mixture to the ground meat. Next, add the spices(salt, pepper, parsley, cumin, marjoram, garlic) and mix it all up together. Michaela says your good old hands are probably going to do the best job of mixing it all up.

Now that you have the meatloaf mixture all squared away, form two torpedoes, you can take a look at the picture above to see how we do it. Then place them in a baking pan, we use [pyrex glassware](#) as it works well in the oven. Then add 2 tablespoons of water to the bottom of the baking tray you're using. Yes, I know that might sound strange, but that's what Michaela does before she puts it in the oven.

Cook these for about 1 hour in the oven.

While the meatloaf is cooking, go ahead and get started with cutting up the vegetables. You can chop them all up into large pieces, and then put them on a roasting tray or cookie sheet. Drizzle some of the olive oil over them, and some salt and pepper if you like, and get ready to put the veggies in the oven too. We usually cook the veggies for 20-25 minutes, if you like them more well done...put them in for a longer amount of time. But if you chop quickly, you should be able to have both the meatloaf and the veggies done at the exact same time.

BONUS SECTION: IF you are like me and enjoy garlic, feel free to add some cloves of garlic to the roasted vegetables. One suggestion is to really drench the garlic in olive oil before you put them in the oven...YUM YUM

FANTASTIC FISH SALAD



(it's super Fishtastic)

When:

When symptoms are in remission or when symptoms are very mild. You can eat just the fish anytime by itself.

Serves: 1 person

Ingredients:

- 6-8 (177-235 g) ounce fillet of your favorite fish (I used Mahi Mahi)
- fresh pineapple slices
- iceberg lettuce
- 1 carrot
- 1 Roma tomato (or whatever tomato you like)
- tiny bit of red onion (optional)
- 1 avocado (for guacamole or fresh avocado slices)
- 1 lime (for lime juice dressing)
- 1-2 tablespoons(15-30mL) of green salsa (or any fresh made salsa you like)

- salt and pepper (optional)
- 1 tablespoon(15mL) olive oil (for cooking the fish)

Cooking Instructions:

This is an incredible meal. And like many other meals, it is super healthy and filled with all sorts of flavors. Also, it doesn't take much in terms of preparation to put it all together.

Start out with getting your fish cooking. You can either pan fry, or grill your fish, that's up to you. If it's possible, I like to grill my fish. So, after firing up the BBQ and cleaning off the fish fillet, I cover the fish with olive oil. This helps to decrease the chances that the fish sticks to the grill. Then, I like to sprinkle the fish fillet with salt and pepper.

With the BBQ set to medium high, it only takes 6-8 minutes for me to cook the fish through. I like it cooked on both sides evenly, and that usually means a flip of the fillet after 3 to 4 minutes. Be careful not to overcook the fish. You can always put the fish back on the grill, but you can't go back in time. ALSO, please note that fish comes in varying thickness. This changes the amount of cook time needed. My best bit of advice for cooking the fish is to watch it, and with a fork or knife, you can take a poke at it to see if its cooked through. When the fillet begins to flake apart, its definitely cooked. Also, just a little bit of grill marks is probably all you are looking for on the meat, you don't want to see the fillet looking black or dark brown as that will mean its burnt and not too tasty. Even though the fillet may appear "white" like it does in my picture, it is still very much cooked.

Once you have your fish cooked, you can remove it from the heat, and place it off to the side and let it cool down. If you would rather have the fish hot with the rest of the salad, just simply cook the fish as the final step and move on with the steps below:

Clean your iceberg lettuce, and place however much you want to use on your plate. Next, slice up your tomato and place that on top of the lettuce. Same deal with your carrot, peel and slice it up too. And then do the same with your red onion. I like to dice up the red onion sometimes, and in my opinion, it goes really good with this particular salad. Even if you hate red onion, it gives you lots of good nutritional benefits, and you just might like it with this meal.

Next, it's avocado time. If you like guacamole on your salad, feel free to mash up the avocado and add some lime and salt. Or, you can simply slice up the avocado and put it on your plate.

Next step is with the pineapple. Add some pieces of fresh pineapple, and if you are like me, this might be the first thing that you taste when you start eating. I love pineapple, and in my opinion, it is the best fruit to add to this type of salad.

Now that your plate is starting to look like a full salad, put it all together with your fish fillet. And one of the last steps is to add some fresh salsa to the top of the fish. I used fresh made green

salsa, but you can use another type if you like. Just make sure there are no outside “long-word” ingredients or additives. For salsa, you really only need: jalapeno peppers, diced onion, diced tomato, lime juice, and maybe some salt. My green salsa has a tomatillo base to it which I really like.

Finally, if you have some lime slices left over, go ahead and squeeze the lime juice on top of everything and you are ready to eat your salad.

WAHOOZIE FISH DINNER



(there's 1/2 pound of wahoo on the left!)

When:

I eat this meal freely whether I'm in a flare up or not.

Serves: 1 person

Ingredients:

- 1/2 pound(.25 kg) wahoo (or any other fish that you like)
- A HUGE handful of fresh spinach (you can't grab enough, it shrinks big-time)
- 1 clove fresh garlic

- 2 tablespoons(30mL) olive oil
- salt & pepper
- pinch of cumin
- pinch of paprika
- fried zucchini (has it's own recipe in the "Snacks" section)

Cooking Instructions:

(As you can see above, the "Fried Zucchini" has it's own recipe in the "Snacks" section of this cookbook. For timing sake, and for the sake of not getting too many things going at the same time in the kitchen, I like to make up the zucchini before doing anything else, and then just setting them covered with tin foil on the table until the fish and spinach is cooked. If you want to get everything going at the same time, feel free. To read the cooking instructions for the fried zucchini sticks, just flip to the Snacks section.)

First, let's start off with the fish, go ahead and turn your oven up to 375 F(190 C) degrees. Next, get out a cooking pan or container. I like to use the same thing we cook pies in, a small pyrex glass pie pan. If you have something similar, great!



(there's the fish in the pie pan before going in the oven)

Next, it's time to start seasoning the fish. So, first, take 1 tablespoon of olive oil and drop it into the pie pan. Then, roll the fish in the oil to coat all sides of the fish. Then, take your spices, some cumin and paprika and spread the spices all over the fish. The same goes for the salt and pepper, get that fish all spiced up.

Once the fish is ready, it's time to put it in the oven. Now, depending on how thick your fish is, will determine the time. If you have a 1 inch thick piece of fish (like the one pictured above) we cook that thickness for 20-25 minutes. If your piece of fish is thinner, which it very well may be, try cooking it in half the time or less. Overcooking fish is what we are trying to avoid. Also, it's super easy to pop the fish out, stick your fork into it, and quickly determining if the fish is cooked to your liking. Some people like the fish really flaky, some people like it less cooked, anyways, you'll have to stay on top of this the first few times to make sure you don't overcook.

While the fish is baking, you'll have plenty of time to get the spinach going.

Wash your spinach and dry it out real quickly. Also, chop up 1 garlic clove, you can dice it or just chop it up however you like.

Take out a frying pan, and pour a few drops of olive oil in it(just about half a tablespoon, the second half you can add afterwards to the spinach if you want more). Heat the oil up with the burner set on medium heat, and then drop in the garlic. Keep moving around the garlic for about 2 minutes, and then add in the spinach leaves. You'll notice the spinach will start to shrink, so don't start freaking out if your spinach is overflowing your frying pan at first. It's pretty crazy how small the spinach gets. Just remember to keep on tossing and turning it, some plastic tongs work real well for this. After about 5 minutes, the spinach should be just about done.



(right after adding in the fresh spinach, it gets much smaller)

Once your spinach is ready, the fish just might be finished as well, so it's time then to plate everything up. If you need anymore olive oil on your spinach, feel free to add that at the end, and if you want to add some salt and pepper to it, feel free to do that as well.

THAI COCONUT CHICKEN CURRY



(There it is, an unbelievably awesome meal, you will love it)

When:

A great meal to enjoy when symptoms have gone away or are very very mild.

Serves: 2 People

Ingredients:

- 2 chicken breasts (get larger ones, you will eat it!)
- 1/2 onion
- 1 tablespoon(15mL) olive oil
- 1 large OR 2 small tomatoes
- 1 tablespoon(15mL) thai curry (make sure there's no added starch)
- 1 teaspoon(5mL) yellow curry
- salt and pepper
- 1/2 cup(120 mL) coconut milk (fresh made is best)

- 1/2 cup(120 mL) of water
- pinch of salt and pepper
- 1 buttercup squash (for the squash puree side, “butterCUP”, not butternut)
- 2 carrots, 2 broccoli crowns

Cooking Instructions:

So here’s the deal, this meal at first might sound complicated, but really it’s not. And let me tell you, it tastes really really good. After I tasted it for the first time, I knew we had ourselves a winner. I wish I could take all the credit for the meal, but(just like most meals) my wife Michaela was the creator of most of it.

SQUASH TIME. Yeah, that stuff that kinda looks like baby food on the right of the plate is squash. And it’s really good.

To get started, go ahead and turn on your oven to 350 F(180 C) degrees. You want that oven to be preheated for the roasting of the squash. So, as you might guess, go and take out your squash, and carefully cut it in half, and then cut it in half again. There’s a picture below of how I cut the squash, I start from the top and cut down. If you want to cut it into smaller pieces, feel free. That’ll just make it cook quicker. Once you have all the seeds removed (it’s kinda like taking out the seeds from a pumpkin if you’ve ever done that), go ahead and rub some olive oil on all the exposed flesh of the squash. Then, put them on a baking sheet and place them in the oven. Once it’s been 35 minutes, take them out.

When the squash is cooked and you’ve pulled them out of the oven, take a picture of them and throw them up on the iHaveUC facebook page! (Only if you want to, but I thought they sure looked pretty, <http://www.facebook.com/ihaveuc>).



(buttercup squash cut into 4 pieces on a baking sheet right after coming out of the oven)

While the squash is roasting, dice up your onion, and get out your frying pan. Put 1 tablespoon into the frying pan and turn up to medium heat. Once the oil is hot, add the diced onion and let it saute.



(onions getting their saute on, with the olive oil)

When the onion is cooking up in the frying pan, take your chicken breasts and cut them up into chunks. At this point, I like to turn up the heat a tiny bit to help cook the chicken. Add the chicken into the frying pan with the onions, and begin to brown with the onion. You don't need to burn the chicken, but you want the chicken to go from the pinkish raw chicken color to the tan cooked chicken color. This might take 7-8 minutes, maybe a bit more, maybe a bit less. Just make sure the chicken doesn't have any raw color to it at this point.

Now, you want to also add to the frying pan the thai curry spices as well as the yellow curry spices. Once you have all the spices in the frying pan, turn the heat back down a few notches, and stir everything up, and let it all cook for about another 2 minutes.

In these next two minutes, you want to dice up your tomato, and add it to the frying pan. Cook everything for another minute or two. The frying pan should start to take on a nice color at this point.

Now, add 1/2 cup of water to the frying pan and let everything simmer for 10 minutes on low heat with a lid covering the frying pan.

While the chicken is simmering, take out your broccoli, and carrots and cut them up and steam them however you steam your vegetables. If you don't have a proper steamer, either be creative, or you can microwave the vegetables with some water if you like. Of course, you can boil the carrots and broccoli also if you like.

Now that everything is almost finished, you can add a tiny bit of salt and pepper to the chicken, and also add in the half cup of coconut milk and again stir everything up. If the mixture looks real watery, that's alright. You can cook for another 10 minutes on low heat with the lid off, and much of the chicken sauce will evaporate. Otherwise you can leave the lid on.



(this is the chicken after adding the tomato and coconut milk)

If you haven't already, now would be a great time to put the final preparations on the squash right???

Take out a spoon, and spoon out all of the squash meat, and place into a small bowl and mash them up with a potato masher if you have one. After that, place them into a food processor and add some coconut milk and a little bit of water and process away. This should turn the squash into a nice puree. Don't overdue it with the coconut milk or water, but if you need to add more to make it blend nicely, go ahead. I like it thick, but either way, you can't mess it up.

Finally, take out your plate, and serve up the meal. The combination of the thai chicken with the steamed veggies and the squash puree I think you will all love.

CROATIAN CHICKEN LEGS



When:

I eat this meal anytime except when in the middle of severe colitis symptoms.

Serves: 2 people

Ingredients:

- 4-5 whole chicken legs with skin on
- 2 tablespoons(30 mL) of olive oil
- 1 yellow onion
- 3 carrots
- 6-10 Brussel sprouts
- 1 red pepper
- 2 zucchini
- 1/4 green cabbage
- 10-15 white mushrooms

- Salt and Pepper to taste
- 1 teaspoon(5 mL) Paprika or chili powder (optional)
- water (to fill up your pan with)

Cooking Instructions:

Once you have all your ingredients, you can start off with heating up the olive oil. I like to put the heat on pretty high for this, but make sure not to burn the oil. The heating up process should take no more than 1-2 minutes. If you see smoke, its too hot and you should turn the heat down.



(olive oil heating up in large pan)

Next, you need to get ready to throw in your chicken legs into the hot oil. You want to brown the chicken, and that might take 8-12 minutes. You'll need to flip it over several times, and if you want to contain the mess from the oil flying around, put a lid on top of your pot.



(some of the chicken legs before going into the frying pan)



(chicken legs browning in the olive oil)

The first vegetable I like to add to the browning chicken is the onions. So, while the chicken is browning, that's a perfect time to slice up the onion. I like to cut it in half and then make a few slices on each half afterwards. You can cut it up however you like. Since this is going to cook for quite some time, they will shrink down quite a bit so don't trip out if the original pieces of onion are biggies.

After the chicken is browned on some of its outside layers, then, it's a perfect time to add in the onion. I like to turn down the heat to about medium heat at this point. Keep on stirring everything up every few minutes, and get out your cutting board!

“IT'S ALMOST CUTTING TIME OVER HERE”, sing it loud and proud baby!

But first, after the onion, add in salt and pepper (also paprika if you like). Like every meal here, it's hard to know how much of these spices everyone likes, and often my wife adds in more salt when we are sitting down at the table. But, in this dish, I definitely added a healthy amount of salt and quite a bit of pepper to bring out some flavors. Like anything else, you can always add more later, but you just can't take it out/back.

While the onion and chicken are cooking, you need to start cutting up the rest of your vegetables. All of them.

Once the veggies are cut up, I like to add them to the frying pan all together except for the cabbage which I add later on.



(after adding in some of the vegetables, those green things are the Brussel sprouts)

Once the veggies are all in the frying pan, I like to cook them for a few more minutes before adding in the water. After that quick cook, go and add water to just under the top edge of your frying pan. You DON'T want to fill it up to the top though. If you overfill the pan with water, you're going to have a huge mess on your stove, so leave some free space in there for the bubbles and boiling stuff to happen.

With the water now in your pan, you can set the heat to low, and let it cook away.



(after adding in the water)

After about 20 minutes, I add in the hunks of cabbage into the frying pan.



(after adding in the “hunks of cabbage”)

I like cooking down the water for over an hour **WITHOUT THE LID ON** so the water can evaporate. Be sure though to check everything every once in a while. You don't want all the juices to evaporate because then you will burn everything and it will be dry.

Well, by the time that everything has been cooking for over an hour, much of the water will have evaporated, and it will be getting close to dinner or lunchtime.

Get out some plates and get ready to enjoy your meal.

CHILE VERDE



(Chile Verde with Avocado and Saute Veggies)

When:

This meal has quite a bit of spice to it, I eat it when my symptoms are in remission.

Serves: 2-3 People

Ingredients:

- 1 1/2 - 2 pounds (.68-.90 kg) of Pork Butt or Pork Roast
- 1/2 onion (I prefer white onion, but yellow works fine too)
- 2 jalapeno peppers (optional, my wife thinks 2 peppers is too spice, for me it's just fine)
- 1 1/2 - 2 pounds(.68-.90 kg) of tomatillos
- Salt and Pepper to taste
- Saute Veggies (feel free to make them up however you like)
- 1 Avocado (sliced up and added to the final plate)
- 1 lime

Cooking Instructions:

This is one of those meals that might look complicated, but again, it is not. It's super scrumptious, and if you like Mexican food, it's one that will impress all of your amigos. Also, if you need to cook a big meal for a ton of people, it's a very easy one to increase quantities. With not much extra work, you could be serving this meal to 10 people in no time.

Start off by getting out a big pot, this will be used to boil the tomatillos and jalapenos. Peel all the tomatillos, and cut off the ends of the jalapeno peppers. Drop the tomatillos and jalapenos into the pot, and add water so the water covers what's in there. Now, bring the water to a boil.



(tomatillos and Jalapeno peppers boiling)

After you notice the tomatillos changing color to a more yellowish green, that's pretty much all you need. Drain out most of the water, but make sure to leave a little bit, and place everything in the blender. That's right, the tomatillos that are now cooked and the jalapenos need to go in the blender. There are two things that need to be added before you blend everything up.

The two things are the half of onion, and the lime. Place half the onion in the blender, and also squeeze the lime juice out of a lime into the blender as well. Once it's all in there, it should look like this:



(tomatillos, jalapenos, onion, and lime juice, with some water before)

Give the blender some time to do it's thing, so turn it on for about 30 seconds. It doesn't take long, before it looks like the picture below. Side note: (the stuff in the blender is going to be hot,

so maybe do yourself a favor and place a towel on top of the blender lid and hold it down, you don't want that stuff flying around your kitchen. Here is what it should all look like after you blended it up:



(after blending, looks like green salsa from the Mexican restaurant don't it)

Now that you have the green sauce squared away, go and find your pork. Here is what my pork looked like before I trimmed and cut it up:



(pork butt before cutting and trimming)

For sure some people might not even trim off any fat from the piece of pork, but I like to cut away a little bit of the excess fat. Make that decision yourself, you won't hurt the meal, but I think that even with a little trimming it still tastes perfect, and as some people feel that fats are harder to digest, it may very well be a good idea for the colon too. Here is what the pork looked like after cutting and trimming before I browned it:



(pork all trimmed up and cut into chunks)

The next step is to sear or brown the pork quickly in a frying pan. So, get out your frying pan, and put a tiny bit of olive oil in there. Once the oil is hot, place the pork chunks in there, and let it brown for about 5-6 minutes. This is what it should start to look like:



(it won't be cooked in the middle, but we'll get to that, so don't worry)

Once you have it cooked on the outside, you are ready to really get the meal going. If you haven't placed your green salsa back into your pot that you boiled everything in...pour the green sauce in there. And, as you might have guessed, add the pork pieces into that same pot. And turn it on low heat, and let it cook for about 3 hours. Keep the pot covered. And before you walk away from it, put in some salt and pepper. I put in about 1 teaspoon of salt and just a tiny bit of pepper, and then give it one last stir and let it simmer.(You can give the sauce a taste in an hour and decide if you want to add more salt later on)

Here is a picture of what the whole mixture will look like back in the pot cooking:



(green sauce and pork cooking together)

Now you have Chile Verde cooking, and it should make your house smell like a Mexican Restaurant. If you want to thicken up the sauce, just take the lid off for a while. If you taste it and you want more salt, go ahead and add more salt.

We usually cook the chile verde for 3 hours after adding back in the pork. Sometimes I'll get carried away and turn the heat up to medium for a 10 minute period and then bring it back to low heat. That is all up to you.

For this particular meal, we usually saute veggies along with the chile verde, and if you decide to do the same, feel free to cook whatever vegetables you like. Here is a personal favorite that you can use if you like. It's red peppers, zucchini, mushrooms and brussel sprouts. Sauteed with some olive oil:



(sauteed veggies)

So you're just about done, when the time comes and it's dinner or lunch time, get out a big spoon and spoon out some of the green sauce and pork pieces. They should be flaking apart at this point. Super tender is the goal. And if you want to be just like me, I also like to add some avocado slices to the plate, and that's the Mexican meal.

CAUTION: If you are sensitive to spicy foods, you might want to lower the amount of jalapeno pepper, or simply not use any jalapeno at all. You can add additional onion to the blender if you like.

SUPER KALE SALAD



(this is our Kale pre-salad)

When:

This is a great salad to have several months after a flare up. It is filled with tons of great minerals and vitamins, especially from the Kale. Go and read up how great Kale is for you on the internet or ask any nutritionist and you'll see what I mean. If you are already eating Kale, then big pat on the back to you too, I wish someone told me about Kale when I was born.

Serves: 2 people

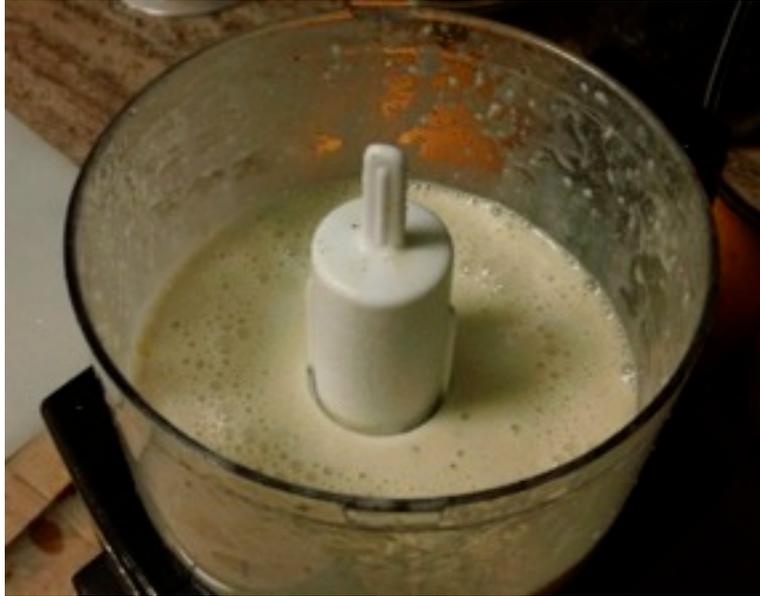
Ingredients:

- fresh kale
- 1 cucumber
- tomatoes (we used about 10 of the small grape tomatoes)
- 2 green onions
- 1 bell pepper (we used a yellow one since it looks so dang good)
- 1 avocado
- 1 handful of fresh walnuts
- 2 tablespoons(30 mL) of Tahini
- 1 lemon (for the juice)
- 1 lime (for the juice)
- 2 tablespoons(30 mL) of olive oil
- 1 teaspoon(5 mL) of salt
- some ground pepper
- 1 clove of garlic (yippie)
- a pinch of water, less than 2 tablespoons(30 mL) (or more if you want more)
- a teaspoon(5 mL) of honey

Cooking Instructions:

Let's start of with cranking out the salad's dressing. It's a Tahini based dressing, and it's super yummy!

To get started with it, you need to get out a food processor (we use a "[Cuisinart food processor](#)") or something similar. Add in the following: your Tahini, the juice from both the lemon and the lime, also add in the garlic, the water, the honey and the salt and pepper and don't forget to add in the olive oil. Next, process it up. It might take you 10-30 seconds, but once it's smooth, then you're done. Give it a taste, and if it needs anything, feel free to add to it, but it should taste pretty darn good.



(the Tahini dressing in the food processor)

As for the salad, we like to chop up the kale into smaller pieces(the leaves are pretty big). We chop up the other vegetables as well, and that's pretty much it.



(the salad before adding the tahini dressing)

The dressing is the most complicated part. Once you have everything in a nice big salad bowl, add your dressing and mix it up and it's eating time!

Give yourself a big pat on the back, since this just might be the healthiest salad you have ever had.

CHILI PEPPERED STEAK & SHRIMP SALAD



It was so so tasty, highly recommend

When:

Great meal to enjoy once symptoms of UC have gone away. I do not eat this meal when I am in an active flare up.

Serves: 2 people

Ingredients:

- 1/2 pound(.23 kg) large shrimp (take shells off if they aren't already)
- 1/2 tri-tip steak (or any other lean steak)
- 1 avocado
- 1 head of iceberg lettuce
- 2 tomatoes
- 1/2 jalapeno pepper (more or less depending on your salsa needs)
- 1 lime
- 1 white onion
- 2 cloves garlic
- 3 tablespoons(45 mL) olive oil

- salt & pepper
- 1 tablespoon(5 mL) chili powder

Cooking Instructions:

Alright, this meal does take a decent amount of time from beginning to end, but not so bad. And it's definitely worth the taste. Let's start off with making up the salsa.

Salsa: take your tomatoes and dice them up nicely. Put them in a bowl, and dice up the white onion too. You might want to start with 1/2 the white onion to see how that goes, you may not need all of it depending on the size of the tomatoes and how "oniony" you like it. Put the onion in the bowl with the tomatoes and dice up half the jalapeno pepper. Add it all together and now go and take your lime and squeeze the lime-juice into the bowl and mix it all around. Next, add some salt and pepper in with the salsa and give it a taste.

Next, go turn on your BBQ and get your steak cooking. I usually just put some salt and pepper on the steak and I slice it up thin into little strips. Grill them until they are well done. I always like the steak to be crispier when I'm putting it on salads, but if you like it more rare, that's fine, cook it how you like. Once the steak is done, you can bring it inside and chop it up, a bit larger than dicing it, but again, however you like, you're going to be eating it.

Next, and finally, time for the shrimp. This is my favorite part. Peel the shrimp if you haven't already. Then put them in a bowl. Take out a few cloves of garlic, dice the garlic up really small. Next, take your olive oil, and pour it into a frying pan. Put the stove on medium heat. Once the oil has been heating for about 1 minute, add the garlic. Get the garlic cooking, but don't let it get very brown. If it just starts to change colors to a dark yellowish, that's GREAT. Drop in the shrimp now. And right away, add the chili spices you have, toss those ground up spices right on top of the shrimp. **Don't be scared!** You should keep the heat on medium, and make sure to shake around the shrimp. They should have some nice colors starting after just about a minute. Here is what they may begin to look like:



this is after I turned them over about 2 times after 4 minutes of cooking

I continued to cook the shrimp for about 8 minutes total, stirring them quite frequently and flipping them over. The garlic will begin to get even browner which is fine.

Once you have the shrimp cooked(8-10 minutes), you are ready to plate it all up and serve away. I would take some iceberg and put it down on the plate, then throw some of the fresh salsa on top. Next, I put down some steak, and of course the shrimp. Don't forget to put some of your avocado slices down as well. The juices from the fresh salsa act like a salad dressing to me, and it's a mighty fine meal. Enjoy!

PALESTINIAN CHICKEN WITH MEDITERRANEAN SALAD



(I think we do it better than the local Palestinian Restaurant)

When:

Great meal to enjoy once colitis symptoms have gone away. I have had this meal once when I was coming out of a flare and it worked fine for me, but to be on the safe side, when symptoms have resolved, this is open game.

Serves: 2 people

Ingredients:

- 3 skinless chicken breasts
- 1-2 teaspoons(5-10 mL) of “organic shawarma seasoning” (contains organic Black Pepper, Garlic, Onion, Cumin, Bay Leaves, Coriander and Turmeric (the stuff we use has been ground into a fine powder and it looks dark yellowish in color)
- salt and pepper (we put in about 3/4 teaspoon of salt and a tiny bit of cracked pepper additionally with the chicken seasoning, and then a tad bit of salt and pepper for the salad)
- 3 tablespoons(45 mL) of olive oil for the chicken, 1 tablespoon for the salad
- two Roma tomatoes
- 1/4 red onion
- 1/3 of a long English Cucumber
- 1/3 of a red bell pepper
- fresh parsley (optional)
- 1 lime

Cooking Instructions:

A big part of getting the most taste out of this meal, is to marinate the chicken for several hours. Just a quick 15 minute marination will do if you forget, but 5-6 hours of marinating is going to make you even happier.

So start of with cutting up the chicken breasts into smaller chunks. And place them in a bowl. Next, add the chicken spices to the bowl of chicken and stir around. Try to get the spices on all of the chicken. Once that’s complete, add in the olive oil to the chicken, and give it

another big stir. Lastly, you can add a tiny bit of salt and some cracked pepper to the chicken. Once that's all set, cover it up and put it inside your refrigerator. Let it sit for several hours. If you leave it in there overnight, that's alright too.

When it's time to get ready for your meal, get ready for some chopping. Pull out all the vegetables, and begin dicing everything up. The tomato, cucumber, red pepper, and red onion. Place them in a bowl, and when you're finished, juice a full lime into the veggies. Also add your salad's olive oil and salt and pepper and put it back in the fridge.



the Mediterranean Salad

Before you close the fridge though, take out your marinated chicken. Go on outside and fire up your BBQ grill to medium heat and get ready to put the chicken on skewers. As long as the grill is clean and hot, the chicken should not stick. (If you are worried about that, you can take a half of an onion and bowl with some olive oil to clean the grill and get it ready. Just get the flat side of the onion half soaked in olive oil, and rub it along the grill. This will clean the grill, and should assure you of no chicken sticking.)



the chicken on the skewers before grilling begins

When you're ready, put the chicken on the grill and after about 4 minutes, you can flip it over to the other side. Keep an eye on your grill though, you don't want to burn the chicken. But a

nice set of brown lines from the grill, and a darker yellowish/light brown color is perfect. When you've cooked both sides, get ready to serve up your first plate of Palestinian food. Along with the salad, this is definitely one of my top 5 favorite meals to crank out for impressing friends. The chicken is awesome.

SIDE NOTE:

You can always put the chicken back on the grill if it is not cooked enough for you. But you can't un-cook it when its burned. From many years of experience, you might want to check your chicken by tasting it if you feel you may burn it. No shame in tasting before everyone else does.

STEAK SALAD



there it is, some nice sliced tri-tip on top

When:

Great meal when symptoms have gone away.

Serves: 1 person

Ingredients:

- BBQ Tri-Tip Steak (just a few thin slices maybe 4-5)
- Greens of your choosing (I use a mixed field greens most times)
- Carrot Slices (peeled or not, that's up to you)
- Red Onion (this for me makes the whole salad)
- Cucumber slices (you can peel, or partially peel this if you like)
- Tomato (if you like)
- Bleu Cheese crumbles (you can put a LITTLE bit of this in if you like)
- Lemon Juice & Olive Oil (for the salad dressing)
- Salt and Pepper to taste

Preparation:

This is pretty self explanatory. Look at the picture, then look at the ingredients, and use your imagination.

The one part that is not so clear is the steak. I usually add Tri-Tip steak to my salads. And I like cooking the steak either the day or two before, and serving the steak cold on top, or right before it's salad time and having warm/hot steak. Both ways taste great to me. I like to season the steak prior to cooking with both salt and pepper, that gives it a great flavor and along with the rest of the salad it's enough to get you thinking you're a lucky man/woman.

THE 20 MINUTE BOMBER MEAL!



(and the spiffy Staropramen Smoothie Coaster to top it off)

When:

I eat this meal all the time. If I was in the middle of a flare up, I would modify it by just not having the pepper.

Serves: 1 person

Ingredients:

- 1/2-3/4 pound (.22-.33 kg) of ground beef
- 1 zucchini
- 1 jalapeno pepper (optional)
- 1 tablespoon (15 mL) olive oil
- salt and pepper
- (Go read the smoothie recipe for the tasty Purple Drink)

Cooking Instructions:

So here's the deal, this should take you a total of 20 minutes to make. Maybe a few minutes less if you have all sorts of coordination skills. Start off by turning on your BBQ grill, or if you don't have a BBQ, hang on a few minutes, and get ready to bust out a frying pan. No shame in using the frying pan if you want to, that works pretty well too.

So, while the grill is heating up, take out your jalapeno if you are going to use one, and just pop it on the grill. You want the jalapeno to be receiving medium, to medium low heat, cause its gonna cook for a while.

With the jalapeno cooking, go and prepare your beef patty. Just press it into a ball, and then press down the burger meat until it looks like a burger. I like to leave mine pretty thick, and I suggest you do the same. If it's too thin, it's going to mess up the cook times, but it's obviously your call. Next, with the burger patty, shake some salt and pepper on both sides and let it sit.

Now, go and get out your zucchini. Cut off the ends, and slice it down the middle lengthwise. I like to get rid of a bit more of the outside dark green peel part too. I think it makes the dish look nicer... I use a potato peeler to skin off some more peel. Feel free to do the same.

Then, take your olive oil, and over a plate, get the olive oil all over the zucchini pieces. Go ahead, **USE YOUR FINGERS** to rub the olive oil all around. Once you have that, shake some salt and pepper on the zucchini pieces on all sides.

Now go out to the grill with the burger and zucchini and place them down there to start cooking. I sometimes put the flat side of the zucchini on the grill first, then I flip them once to their rounded backsides.



(nice flip on the zucchini already right...)

After about 5 minutes, you can go ahead and flip the burger and the zucchini. If it's your first time, you might want to check after a few minutes how the zucchini looks. If it's getting too burned for you, then either change down the heat, or flip them and move them somewhere else on your grill.

After about another 5 minutes, you should be getting pretty close if not done with the cooking. I like the jalapeno pepper nearly burnt all the way around, actually more like well done.

And that's it, take your food off, and serve on a plate, if you have some mad skills like me, you might even be able to bust out a smoothie while the meals cooking, and have the exact meal that's pictured up top.

ENJOY, and if you don't like jalapeno's, that's cool, I still like you!

TRIPPY MUSHROOM BURGER



(a nice big portabella mushroom between the lettuce and the meat)

When:

This meal has some more advanced foods and that's why I eat it when my symptoms are in remission. The burger and guacamole I can tolerate real well just about anytime on their own.

Serves: 1 person

Ingredients:

- 1 portabella mushroom cap
- 1/2 pound(.22 kg) burger meat (I like the 85% still some fat burger, but use whatever you like)
- salt and pepper seasoning for burger
- 1 slice tomato
- red onion for burger toppings
- avocado dip (an optional burger toping, do it if you can!)
- romaine lettuce
- (on the side are saute veggies, feel free to make whatever you like)
- 1 teaspoon(5 mL) olive oil

Cooking Instructions:

So after a while of eating burgers without any type of bun, I met someone who asked me if I'd ever tried portabella mushrooms. And that's where this twist on the burger comes from.

Start off with the big portabella mushroom. Once you have that, get your olive oil, and spread the olive oil all around the outside of the mushroom. You might notice that the mushroom absorbs the olive oil pretty well, and that's fine. If you need a bit more than a teaspoon of olive oil, feel free to use some more. Once you have the mushroom brushed up with the olive oil, go and set it aside.

Next, you need to decide if you are going to make an avocado dip to put on the top of your burger. If you are, and I highly suggest you do, make up some guacamole style avocado dip. We usually use 1 avocado, some salt, a squeeze of lime, and then mash it all up. It's not very hard to do, and you can't mess it up. If you make the dip, afterwards, just cover it and put it in the refrigerator.

Now, go outside and turn on your BBQ grill. If you are using charcoal, you might want to get that going before you started with the mushroom, up to you.

Moving right along, go ahead and make up your burger patty. Since we'll be using the portabella mushroom for part of the bun, you might want to size your burger accordingly. Just remember that most burgers shrink in size when you start cooking them, so if you make a big skinny one that's much larger than the mushroom's diameter, it very well could shrink to the perfect size when it's finished cooking. Lastly, I like to add some salt and pepper to the burger meat before grilling it. That's up to you of course.

So, now, go ahead and put both the mushroom and the burger on the BBQ. I like to use medium heat for the grilling. After a few minutes, make sure to go and check out how the grill looks. If the mushroom is cooking along nicely, that's great. If the mushroom looks like it just might get caught up in a forest fire, I suggest you move it somewhere else or turn the heat down. **You don't want the prized mushroom getting totally burnt.**

The mushroom and the burger might just cook for about the same amount of time. It all depends on how thick your mushroom and burger are. It's hard to say exactly how long to cook the mushroom because they come in various widths as well. A good 7-10 minute cook on medium heat is usually pretty good. You don't want the mushroom to shrivel up into nothing at all. But you also want some decent cooking to take place. But either way, it's gonna taste good!

So, now you're almost through, go ahead and remove both the burger and the mushroom, and get ready to make your portabella burger.



(that's the burger all loaded up!)

If you haven't already, you can slice up some red onion and a tomato slice, and along with a romaine lettuce leaf or two you are in business. Oh yeah, don't forget about adding on your avocado dip to the top if you are adding that.

I like to eat this with a fork and knife, but feel free to dig in with your hands in true burger fashion if you want.

I really hope you enjoy this as much as I did. It's a great way to change up the burger, and for all the people who want to impress a group of guests with a "healthy burger", this is the one to do it with!

BURGER AND AVOCADO SALAD



(I use the BBQ, but you can use the oven if you like)

When:

Great meal once symptoms have resolved. If I was in a flare, I would just eat the burger part.

Serves: 1 person

Ingredients for the Burger:

- 1/2 pound (.22 kg) hamburger meat (I use 80% lean from the butcher, make it as big as you like)
- salt and pepper for seasoning

Ingredients for the Salad:

- field greens (I also add cilantro and arugula)
- 1/2 ripe avocado
- 2 thin slices of Red Onion

- 1 small ripe tomato
- S squirt of Lemon Juice
- 1 Teaspoon(5 mL) of Olive Oil(for the dressing)
- Salt and Cracked Pepper
- (you can add a tiny bit of bleu cheese crumbles if you like)

Cooking Instructions

No real mysteries here. I cook the burger for about 10 minutes on the BBQ. If you like your burger well done or rare, that's up to you, I like mine medium well. Many people have an easier time digesting meats when they are more lean, so you might want to consider that as well. I sprinkle on some salt and pepper before putting the burger on the grill, and I think that is all it needs. No more sugary BBQ sauces or other strange sauces needed on burgers for me anymore. That stuff does not fit the diet anyways.

As for the salad, you should be able to figure this one out too. Just cut up the onion slices, and get half of the avocado out and slice it up. If you're new to avocados, I find that by cutting it in half lengthwise, and then simply scooping out the remaining half with a spoon works best for me. Then I can easily cut the half into slices and place it on the salad.

One other part of finishing off the salad, I like to squeeze some lemon juice all over it once it is on the plate. And then I drizzle some olive oil on top too. Lastly, I crack pepper and shake some salt, and that's all folks.

A quick easy meal, that you can make either large or small, both the salad and burger are flexible.

BAKED CHICKEN WITH SAUTE VEGGIES



This chicken has bacon wrapped around it (yum yum)

When:

This meal is actually something that has helped me get out of a flare. Eating it without the bacon is probably a better bet when symptoms are active, but my inner cravings sometimes don't let me do that.

Serves: 1 person

Ingredients:

- 1 chicken breast (boneless skinless, or boneless with skin on)
- 1 piece bacon (optional but pretty tasty)
- 1 carrot
- 1/2 yellow onion
- 1-2 small zucchini
- 1 clove garlic (optional)
- Tiny bit of Salt and Pepper

Cooking Instructions (The Chicken):

First, start off with turning your oven on to 400 degrees F (200 C).

Next, find a pie pan or a small rectangular dish that is safe to cook with in the oven. I use a pyrex pie pan that is about 8-10 inches in diameter. It works well for me.

Take your chicken breast, and put some salt and pepper on both sides. If you are using the piece of bacon, wrap the bacon around the chicken breast.

Next, lay the chicken breast down in the pie pan (or whatever cooking container you are going to cook with in the oven.) If your chicken is skinless and you are not using bacon, drop a tiny bit(maybe a tablespoon) of olive oil in the cooking container.

Once your chicken is ready, time to go in the oven. Cook for 45 minutes - 1 hour. Depending on how thick the chicken breast is, you might want more or less time. I generally cook for just under an hour if its a large breast, and about 45 minutes if its a thinner chicken breast. Feel free to baste the chicken if you have some nice juices collecting at the bottom of your cooking container. That makes everything much tastier and moist.

Once the chicken has cooked, be careful taking the container out of the oven, and use some type of tongs to place the chicken onto your dinner plate, and of course add the vegetables below and you're in business.

Cooking Instructions (The Vegetables)

To get your veggies all squared away, cut up the carrots in small round pieces maybe a 1/4 inch thick. Do the same with the zucchini, but they can be even thicker if you like. For the onion, I like to cut the onion so it's still of considerable size, you can get a feel from the picture above. Once you have all the veggies cut, time for the frying pan to come out. Oh, if you're using garlic feel free o slice it up pretty small.

So take your frying pan, and place some olive oil in it. About 1 table spoon should do, maybe a little bit more. And turn the stove burner on medium heat. Let the olive oil heat up for a few moments, and when its getting hot, place all the veggies in the oil. You can let them all cook for a little while and stir them occasionally. I like adding a little of salt and pepper, so you can do the same too!

After a few minutes, place the lid on the frying pan, and let them cook and steam for a few more minutes.

Once that is all set, you should be able to see that the veggies are cooked pretty good. Give them a taste real quick to check them out, and if they need more cooking go for it, otherwise, you can turn the heat off and let them sit with the lid on until the chicken is done. It's that simple.

Soups

If you have ulcerative colitis, I sure hope you like soups. If you don't currently eat much soup, I'm hoping you find some tasty looking and tasting things here that get you excited. For me and my wife, making soups is tons of fun. Not only is it super easy to make all of them, but the cleanup is simple, you can easily store soup for the next few days, and you can put all sorts of things into your soups. And, soups can be very easy for your body to absorb since much of the food breakdown has already taken place.

FIDDLETOWN CHICKEN SOUP



(Fiddletown is a Gold Rush Town in California)

When:

This meal is one which can be made anytime. I have made it multiple times while in a flare up and it has for sure helped me get back to normal.

Serves: 2-3 People

Ingredients:

- 2 full chicken legs
- 2 carrots
- 1 avocado
- 1 zucchini
- 1/2 yellow onion
- salt & pepper (a little bit of each to taste)
- oregano
- 1 cup(240 mL) of red kidney beans (optional)
- 1 clove garlic (if you like garlic)
- water (variable amount)

Cooking Instructions:

Take out your soup pot, and place the chicken parts inside. Next, fill the pot up with water until the chicken parts are covered and then add 1 more cup of water additionally. Heat up the water and chicken and bring it all to a boil and then let it cook on medium heat (doesn't have to be a rapid boil anymore) and let it cook for an hour.

After it's been an hour, drain out the liquid with some sort of strainer. **YOU WANT TO SAVE THIS LIQUID**, it's going to be used for the main soup.

But the real fun part is picking away the chicken meat from the bones. Spend some time picking at the meat and put it aside into its own small bowl. This is the meat you will add back to the soup later on.

So let's start putting the soup back together again. First, get your main pot out, and dump all the saved liquid back into it. Then add back the chicken meat that you picked off the chicken bones. Dice up all your vegetables, and add them to the soup pot too. Your carrots, zucchini and yellow onion that is. And go ahead and add the kidney beans if you are going to be using them. Also, you can dice up the garlic and add that if you are feeling garliceee.

This is also a great time to add in the salt and pepper. I like to add 1-2 teaspoons, but this is a personal thing. So salt to taste on this again. Same goes with the pepper. As for the oregano, I usually just add a pinch like they do in Fiddletown, CA.

So crank on some medium low heat, and let the pot get nice and hot. After about 30 minutes, you should be ready for soup time. But first, go ahead and cut up the avocado and dice it up. I like putting the avocado on last after the soup is in the bowls. Some final cracked pepper on top might be a good touch for you as well. OK it's soup time. Enjoy!

Quick Little Side Show on the Soup:

This soup is pretty darn tasty, and as many people come to discover, its a great meal to enjoy when you are in the middle of colitis symptoms. If you are like me though, I would recommend to strip back some of the added items while you are dealing with active colitis, consider removing the kidney beans, and maybe take away as well the zucchini, as that might be a bit harder to digest. You could even go as far as to strain away some of the fat layer in the soup broth since that is often more difficult to absorb and digest when you have ulcerations within your colon lining as we all have had at some point or another with UC. Just some thoughts that I think about... Take Care!

BUTTERNUT BUTT SQUASH SOUP



*(that's Michaela chowing on the butternut squash soup, she doesn't have colitis,
but she enjoys the food quite a bit too)*

When:

This meal has been great to enjoy when symptoms are resolved. It's super sweet and for that reason, I stay away from it while my symptoms are active.

Serves: 4-5 servings

Ingredients:

- 5 pound (2.26 kg) butternut squash (smaller or larger is fine)
- 1-2 carrots
- 1 medium sized yellow onion
- 1 tablespoon (15 mL) diced fresh ginger
- Salt and Pepper to taste
- 2 tablespoons (30 mL) olive oil

Cooking Instructions:

Cutting, and more cutting. Chop up the butternut squash first. Be careful, but cut it in half. Take out the seeds and that guppy stuff that's like the insides of a pumpkin and throw those parts in the trash. Next, make large slices, and cut away the outside skin. Once you've got all the skin off, cut the remaining squash into large chunks about the size of an ice cube. Next, cut up the onion, you can dice it up if you like. Peel and chop up the carrot as well.

NEXT, place the olive oil and the onion in a large pot. This will be the pot you cook everything in, so make sure it's pretty large. Saute the onion in this pot for about 5 minutes, and then add the carrots and butternut squash chunks. Also, add in the diced ginger too. Go and get out your salt and pepper and add maybe a teaspoon of salt and a pinch of pepper. You can always add more of each later on when you're at the table if you like. Cook the veggies on medium heat for about 10-15 minutes, trying to just warm it all up and maybe even brown a tiny bit if possible. After 15 minutes, add water (you can have this water already hot from a tea pot if you want to save time) and make sure the water reaches to the top of the veggies in the pot. Once you have enough water, heat it all up, and let it cook for about 15 more minutes. At this point, the squash should be very soft. Next, you need to put everything into the blender for a quick 5-10 seconds of blending. After it is all blended, you can transfer it all back to the pot, and put it on warm heat until you are ready to serve it.

If you have not had butternut squash before, its an excellent meal, and I can assure you that my body was really happy about it, and it went through very well. Enjoy!

SEAFOOD SOUPY



(all kinds of good stuff in there)

When:

For me, this is a bit of a more advanced soup, and that means I eat this when my symptoms are either gone completely or very close to gone. If you ease up on the spices a bit, you can have this to finally get out of very mild symptoms. It's just not the best soup for getting out of a full blown flare. But don't worry, when you are ready, its super tasty, and will impress your audience.

Serves: 2-4 people

Ingredients:



(some of the ingredients)

- a handful of fresh green herbs (oregano, thyme, parsley)
- 3 cloves garlic
- 1 yellow onion
- 5 ripe tomatoes
- 1 red bell pepper
- 1/4 jalapeno pepper
- salt and pepper
- 1 zucchini
- 1 carrot
- 1 tablespoon(15 mL) of paprika (you can use less if you want it less spicy)
- 1/2 teaspoon(3 mL) of fresh ground Mexican chili peppers(or some ground chili peppers, but need to be organic. Also, if you want it less spice, use less.)
- 3 tablespoons (45 mL)olive oil
- 4-7 cups(950-1650 mL) of water (depending on how liquidy you want it)
- 10 shrimp(peeled and de-veined)
- 3-4 Sea Scallops (you can use bay scallops as well, just do quite a bit more)
- 2-3 crab legs/claws, or 1/5 pound/ .1 kg) crab meat if no crab legs available
- 4-5 mussels (optional of course)
- 1-2 fillets of a white fish (we use snapper or cod, but whitefish works well)

Cooking Instructions:



(OK, get ready for some Soupy!)

The first thing is find a big soup pot that you can cook everything up in. It's going to be alot harder if you try to use a frying pan like I'm holding in this picture...(Actually, the pot that I used is the same one as with the chili) OK, here's the news... we got some chopping to do. But it doesn't take long.

Before the chopping though, go and heat up a teapot full of water, and get it to a boil. We're going to add 4-6 cups of it to the soup later, but we need it hot, so get that cranking.(**PUT THE WATER IN A TEAPOT, NOT THE BIG SOUP POT YOU WILL USE. THEY NEED TO BE IN DIFFERENT CONTAINERS.**)

While your water is boiling, find your onion and carrot, and dice them up. Place both of the onion and carrots bits in the pot. Add in the olive oil and turn on medium heat. While stirring occasionally, keep on chopping. Next, chop up the red pepper into decent sized pieces and add them to the pot. Do the same with the tomatoes as well. Dice them all up and add them to the pot. At this point, it just might start smelling nice in your house or apartment or big fat mansion. Cut up the jalapeno and garlic, and add that to the pot also. Last is the zucchini. Slice it up, and add it to the pot.

Keep on stirring the beginning of your soup, and keep an eye on that water. Is it boiling yet? If so, that's fine, just take it off the heat and let it sit there. We'll get to the water, trust me.

Once you have all of your vegetables in the soup, go and add some salt and pepper. Just like always with these two spices, put in as much as you usually would, not more than a teaspoon of salt though and way less of the pepper. If everything in the pot is looking pretty tasty you can add in the last things before the seafood enters. Add in the paprika and chili spices if you are using them. And stir really quickly for about 30 seconds.(Maybe it has been 10-15 minutes now since you added the onions to start.) You don't want to dry this out, so if the mixture is looking super dry, it's time to move forward. You're almost ready.

When you are ready, add in all of your seafood. Let it cook in the mixture for about one or two minutes. Then stir it around one last time, and then bring on the water.

Pour in your hot water, but make sure to look at the soup and how "watery" it is getting. If you like your soup real thick, that's fine. Just don't add very much water. You make the call with how much water. You can't really mess anything up. Once you have everything in the pot except the herbs, turn down to medium low and let sit for 10-20 minutes. Occasional stirring and smelling. It should smell incredible by this point. When you are ready to eat, turn it off. And add in the herbs. Let the soup sit for 3-4 minutes with the herbs and give it a taste. If it needs some more salt or pepper, feel free to add more. Otherwise you are good to go.

LEFTOVER BEEF STEAK SOUP



(super tasty, and super simple to make)

When:

I eat this meal freely. One modification that I make while in a flare up would be to remove the jalapeno to reduce the spiciness.

Serves: 2-3 people

Ingredients:

- 4 cups(946 mL) vegetable broth
- 8-12 ounces(235-355 mL) leftover cooked beef (leftover steak pieces work just fine)
- 1/2 yellow onion
- 1 zucchini
- 2 carrots
- 1/2 jalapeno (optional)
- 15-20 small white mushrooms
- 1 tablespoon(15mL) olive oil
- salt and pepper to taste

- diced chives (optional topping if you like)

Cooking Instructions:

First things first, please realize that this is one of the meals that I rely on if I am starting to see any colitis symptoms coming back into play. Also, if there is leftover steak that is sitting in the fridge, the light usually goes off that I need to crank out some soup. And of course, it is very easy to make.

Start off with getting out your soup pot, and dropping in a tablespoon of olive oil into it. Next, turn the heat on medium, and get that olive oil heating up.

Without wasting anytime, go and chop up your half onion, and add it to the pot. You'll begin to saute the onions first. As for the onion size, that's up to you, I chop them up about twice as big as "diced onions".

Next, get out your mushrooms, and carrots. Peel with the potato peeler the two carrots and slice nice circular slices about 1/4 inch thick. Add the carrots to the pot. With the mushrooms, I like to simply slice them in half from the top to the bottom. Add the mushrooms to the pot as well.



(the soup saute with onions, carrots, and mushrooms)

If you are going to be adding the diced jalapeno pepper to your soup, now would be the time to do this. You might start to see some browning with the saute, and that is just fine. If everything is totally brown, turn your heat down.

Next, take out your leftover steak pieces and dice them up. And as you guessed, add them to the pot.

After the steak, slice up your zucchini and add it to the saute as well. And at about this time, you should start having some really nice smells going on in your kitchen.

So, the next big step is to add the soup broth. Take all 4 cups and add it to your pot. One of the last steps before everything cooks together is to add some salt and pepper. As everyone is different with salt and pepper, feel free to add a little bit now, maybe 1/2 teaspoon of salt and a tiny tiny bit of pepper. You can always add more of both later on.

With the pot on medium-low heat, it will be about 35 minutes and your will be ready. Make sure to cover the pot with a lid, and also make sure to give it a few stirs every once in a while.

When 35 minutes has passed, the soup should be ready to eat. Take out a big spoon and give it a taste to see how it is going. If you feel more salt needs to be added, feel free to do that.

SIDENOTE: This meal is real simple, and if you want to add anything to this soup feel free to do so. I find this soup very easy for me to digest, and I consider it one of my ultra safe meals. If I ever feel symptoms returning, this is one of the first meals I crank out.

CARROT ZUCCHINI SOUP

(Add steak bits optional, and a darn good option!)



(above, Carrot Zucchini Soup with fried garlic)



(Carrot Zucchini Soup with Steak Bits Garlic Bits...YUMMY)

When:

I eat this meal freely. I know it might sound crazy, but I think there is something special in the garlic that has given me an extra boost in feeling better when symptoms are either active or looking like they are getting ready to increase. The one modification I'd make if I was in a flare up would be to probably leave out the Curry Powder.

Serves 2-3 People

Ingredients:

- 1 Yellow Onion (medium sized)
- 1 Pound(.45 kg) Zucchini (small green zukes)
- 1 Pound(.45) Peeled Carrots
- 1 Tablespoon(15mL) butter or Olive Oil
- 2 Teaspoons(10 mL) of Yellow Curry
- 1/4 Cup Chopped Fresh Parsley
- Dash of Salt and Pepper
- Water (cover everything with water once in the pot...)

- 2 cloves garlic (optional)
- 1/2 pound BBQ Steak (optional)

Cooking Instructions:

First, fill a teapot with water and start to boil the water.(This will be the hot water we add to the soup pot later on.) Next, dice the onion. Also, chop the zucchini and peeled carrots. Large cubes is fine for the carrots and zucchini. Also, chop up the parsley into nice small bits.

Second, get out a pot, depending on how large of a recipe, it doesn't need to be your BIGGEST pot. Anyways, turn the stove on to medium heat and add the butter(or olive oil) to the pot. After the butter is melted, add the diced onion. Let the onions cook for 2-3 minutes, they don't need to brown, so if you see that happening, take them off the heat.

Next, add in the curry powder, and mix all around. After a minute more of that, add in the zucchini and carrots and mix all around again. Mix this mixture for about two more minutes and then you can add in the water.

Take your teapot of boiling water(hopefully its boiling now) and add in enough water to the pot so that everything is just about under-water. No carrots or zucchini sticking out.

Then, keep the heat on medium or maybe a bit more and boil the mixture for about 15-20 minutes until the veggies are all real soft.

Once complete, it is time to add in the parsley you chopped up earlier. And once the parsley is in there, dump everything into your blender or food processor and mix it up. It won't take long until it is all mixed nicely.

Now, its time to relocate everything back into your soup pot. (You can keep the pot warm on low heat if you like or jump into eating mode, up to you!)

Bonus Time:

If you are like me, and love garlic, but you have a spouse or partner who doesn't, don't worry. What I do, is I take two cloves of garlic and dice it up and then add the garlic to hot olive oil in a frying pan until it turns to light brown. I then place the garlic bits on a paper towel and serve them over the soup.

Double Bonus Time:

If you are really like me, you like steak. For this soup, pre-cooked steak such as a Tri-Tip that you cooked earlier on the BBQ or in the OVEN is super extra tasty to add to your soup. What I do, is I simply chop up a few pieces of steak, and drop them on top of the soup once its in my bowl. Along with the garlic bits of course.

CHILI



(Doesn't it look great with that zucchini in there!)

When:

I eat this chili when I'm in remission or even if there are VERY MILD symptoms. If you are not able to tolerate spices very well, then you should stay away from this meal, or reduce or remove the spices from it.

Serves: 2-3 people

Ingredients:

- 1 - 1 1/2 pounds ground beef (I use 85% lean from the butcher)
- 4-5 Medium sized ripe tomatoes
- 1 small to medium sized zucchini
- 1/2 yellow onion
- 1 tablespoon(15 mL) of paprika

- 1-2 tablespoons(15-30 mL) of chili powder (fresh chili powder that has no other added ingredients other than chilis. **very important, if there is any starch added, Don't use it. Instead just use paprika
- 1/2 jalapeno pepper (this is optional, but if you like it spicy and you don't have any chili powder, it might be what you are missing
- 1 small can of kidney beans (you want the beans that have only water in them, no sugars or anything else)
- Cheddar cheese (just enough to grate some over your bowl before serving)
- 1 avocado (for chopping up and putting on top of the bowl of chili)
- Cilantro (Optional, my wife hates cilantro, I love it, up to you, I add it to the top)
- little bit of salt and pepper

Cooking Instructions:

Ok, let's get this chili going. But first, I want to start off by saying that if you are feeling any symptoms at all, you should either hold off on making this meal until you are feeling better, or remove the kidney beans as they are a more advanced food reserved for people who don't have any active colitis symptoms.

So here's the deal, I always start making this meal by getting out our chili pot(or whatever pot you want to cook your chili in) and I start cooking up the meat. Simply put the stove on medium (no reason to crank it up too much as we've got some cutting to do while the meat is browning). Anyways, get all the ground meat in the pot and feel free to stir it around and break it up a bit every few minutes. It might start making some noise, and that's fine. When the meat has pretty much cooked through and you have some grease collecting at the bottom of the pan, you are done with it for now. Remove the pot from the heat, and drain out the grease into a grease container.(I use a tin can to drain all the beef grease and bacon grease, and I keep it under the sink...) You can turn the stove down to real low, and keep the meat on it for now, don't worry, we'll be adding things to it in just a moment so the meat won't actually burn.

OK, let's recap, at this point, the meat should be cooked, drained, and sitting on the low low heat on the stove.

So let's start chopping up the tomatoes. I cut them in half, then half again, then half again. After taking out the part where the stem meets the tomato, I dump everything into the pot with the meat. Do this for all the tomatoes and then move onto the Zucchini. Chop up the zucchini into small pieces a bit larger than diced, and place them in the chili pot too. Same goes for the onion. I like to dice up the onion and put it in the chili.(ONE thing I must add, if you want to be a rebel, feel free to add the diced onion at the beginning when you are browning the meat,

sometimes I do that instead, either way it will taste fine.) If you are using the jalapeno pepper which is optional, feel free to dice it really really small and add it to the chili right now too.

Now, you should have almost everything in the pot except for the spices. So go and fetch your spices and start adding them to the chili. I would recommend to add half the spices listed above to start. Mix everything around and let it all sit and cook for a few minutes. Give it a taste, and if you want it to be more spicy, then add the rest of the spices or however much you want. Spices are always up to you and your personal taste. I tend to think I like meals spicier than others, but that's just me.

Once everything including the spices are mixed in, put the lid on the pot and let it cook on very low heat for at least 15 minutes. You can actually let it cook for an hour or more if you want, it won't harm the chili. Just as long as heat from the stove is on really low.

Before eating everything up, still some more cutting to do. If you are using cilantro and avocado, go find them and chop up the cilantro to tiny pieces, and get the avocado diced up too. Lastly, the cheddar cheese needs to be grated if it isn't already.

Once you have all the fixings like cheddar and avocado and cilantro taken care of, you should be ready to serve your chili. I like to put the cheddar on top, and then cilantro and then avocado, but do it however you like. My only suggestion would be not to get too carried away with the cheese, and to only use a small amount unless you are very comfortable with it and how your body reacts to it.

For sure this was a lengthy bit of instructions, but if you didn't realize, I LOVE CHILI. Great for camping too.

Things to Watch Out For with Chili:

- Don't buy the canned tomatoes (too many chances for sugar to be added)
- Make sure your spices don't have starch added
- Don't over spice, taste before you start adding all the spices (no need to blow yourself out of the water)
- Don't overdo the cheese
- If you haven't made chili in a long time, maybe enjoy just one cup first and see how that makes you feel before chowing down on multiple cups in one night

Snacks

What would this world be without snacks? Pretty tough, and not just for people with ulcerative colitis like us. But, if you think that diet has something to do with your symptoms, and obviously I am a big believer in that, snacks are something that we have to consider. And quite frankly, snacks can either be a great thing or a horrendous problem if I'm not careful with watching what goes into my mouth. I've found over the past few years that most of the snacks that are easily available in grocery stores and "To-Go" stands around town, are not good snacks for me to be eating. I'm talking about the sugary pastries over at the bakery (or "pekarna" if you're in the Czech Republic) I'm talking about the corn dogs that they might sell in the fried foods section of your grocery store. Yeah that's right, the quick waffle from Waffle House if you live down in the Southern States. That stuff is all super tasty, that is for sure, but it has gotten me absolutely nowhere in terms of helping my ulcerative colitis treatment. In-fact, I am pretty sure there is absolutely nothing inside of a bakery that I would be willing to eat. That type of food violates the basic principles of the diet that I follow. Grains, and cane sugar...that's a big no no.

So, we have to be creative with snacks that taste good, and fix our need for some quick food.

DEVILED EGGS (NO DEVIL)



When:

I eat these freely, all the time, whenever I want to. As some people have no issues with eggs, others should not push it if you have egg allergies.

Servings: 3-4

Ingredients:

- 4-5 eggs
- Salt and Pepper

Cooking Instructions:

This one couldn't be easier. Simply take your fresh eggs, and place them in a pot that is filled with water. Well, just make sure the water is at or above the height of the eggs. Then start boiling the water, and let the eggs cook for about 13 minutes. Once that is done, remove the pot with your eggs, and cool them down with cold water, and then let them sit until they are cold. This might take a little while unless you are like me and pour gallons of cold water on them.

Once complete, you can crack open an egg or two, and if you like, spice it up with some salt and pepper.

Yes, I realize this is a very basic deviled egg snack, but its one that has helped me through the years. I love eggs, whether they are over easy, scrambled or hard boiled, and they seem to like me and my colon too. I don't think I'm the only one.

BANANA (THE ULTIMATE SNACK FOOD)



(If I was in an active and very bloody flare up, I would reduce the quantity of ripe bananas to probably one every few days instead of my normal multiple bananas per day usual deal.)

I don't think there is too much explaining needed here. But since I eat bananas almost everyday, I thought for sure they should make it into this snack list. One thing that everyone should realize though is about BR(banana ripeness). The "official rules" of the diet I follow makes a very big point to only eat ripe bananas like this one here. It has to do with the positive digestion that takes place with a ripe banana compared to a green or "not spotted/ripe" one. So, if you are finding yourself digging into a banana that is more green than black and yellow, I think you should think twice.

A helpful tip might be for your to buy a whole bunch of bananas(my wife and I buy about 20 each time we go to the grocery store) and have them sit around your house all week until they are really ripe. They will actually hold for quite sometime, so don't worry too much about that. You can even dip the ends of your banana in some honey for an extra bonus snack treat too.

BLUEBERRY CAKE



Tell me this doesn't look awesome!

(Can you read what it says?)

When:

I eat this rarely because I'm not the best baker, but this is a treat to enjoy when your symptoms are in remission. Too many people push it with the nut flour baking way too early while getting out of a flare and it often leads to a setback or full on disaster. Tread lightly with this tasty meal, and don't overdue it at the beginning. I REPEAT, DON'T overdue it with almond flour when you are starting to eat like me. It often leads to disaster if you go too hardcore on that stuff. OK, say it out loud: "I WILL NOT GO OVERBOARD WITH ALMOND FLOUR, I WILL EAT VERY LITTLE AND OVER MANY MONTHS OR MAYBE YEARS INCREASE MY ALMOND FLOUR (and all other nut flour) INTAKE SLOOOOOOWLY." For example, if you eat more than one half a slice the first time, that's too much in my opinion. If you ever eat more than two slices, that's too much too. Almond flour does not heal the colon, and if you get carried away with it before you know for sure if you can tolerate it, you will undoubtedly pay the price, and be VERY discouraged. Don't let that happen to you, you'll be back to square one, and that's no fun.

Serves: 5-10 slices (depending on who's cutting)

Ingredients:

- 3 cups(700 mL Almond Flour (you can substitute 1/2 cup(120 C) almond flour with 1/2 cup (120 mL)(shredded coconut)
- 2-3 mashed Bananas
- 3 eggs
- 1/2 teaspoon(3 mL) baking soda
- 1/2 teaspoon (3 mL) vanilla (Optional)
- 1/4 teaspoon (1 mL) salt
- 1/2 cup(120 mL) of honey (you can do more if you like it really sweet
- 1/2 to 1 Cup(120-240 mL) of blueberries(depends how much you like them)

Cooking Instructions:

Preheat the oven to 350 degrees (176 C)

First, mix dry ingredients (almond flour, coconut, salt, baking soda in one bowl.

Second, mash the bananas in a different bowl

Next, add the eggs, honey and vanilla to the banana mix, and mix it all together



(One bowl has the almond flour, the other the mashed bananas)

Now mix the wet mixture (egg mixture) and pour it slowly while mixing it into the dry mixture. Mix it all around.

At the very end, you can mix in the blueberries, no need to crush the blueberries, just mix them together.

Baking Instructions:

Take a loaf pan(for cooking bread or whatever cooking pan you have) and coat the inside with a butter stick, this will help to avoid the cake from sticking once you remove it later on.

Next, pour the cake ingredients from above into your cooking container.

Now, time to place it in the oven.

Cook for 50-60 minutes. You should do the old toothpick test with the cake. If you stick the toothpick in the cake and it comes out clean, it should be ready, if it comes out sticky or dirty with cake mix on it, needs some more time.



Bonus Section:

I like to drizzle even a tiny tiny bit more fresh honey on my cake slices when I'm eating them. Who knows, you might too.

Caution:

This type of food can be highly addicting. Definitely don't try to eat a whole cake within hours of making it. Yes that is possible, but you should take things very slow with almond flour. I myself only eat almond flour foods when I have NO BLEEDING at all. My system doesn't really do well with the almond flour when I have active colitis symptoms.

COCONUT MILK:



(the final product, fresh coconut milk)

When:

I use this when I am in remission, or when symptoms are very minimal.

Ingredients:

- Coconut flakes or coconut flour (make sure there is nothing added at all)
- water
- cheesecloth (you won't be eating this, but you'll need it to make the coconut milk)

Cooking Instructions:

This is pretty simple. And if you are at all like me, you'll start using coconut milk in all types of cooking. Geez, I even put it in with decaf coffees when I'm drinking those.

So here's what you need to do, get some water boiling and get out your blender. While the water is boiling, take some of your coconut flour or coconut flakes, and fill up the blender about 1/3 full.

If you are wondering what the coconut flakes or coconut flour look like, well here they are:



Next, just pour in some hot water, maybe fill the blender up until it's 1/2 full. Get a towel and place it over the blender lid (you don't want the lid flying off and the hot water getting out, so hold the towel there on top of the lid while you turn on the blender.)

This is how it might look:



(before hitting "blend")

You can decide for yourself how thick you want the coconut milk to be. I usually use about 1 1/2 parts water to coconut flakes/flour. But again, you might like the coconut milk to be really thick, or you might like it not as thick. It's up to you, you can't mess it up. Once you've blended it up for about a minute or so, let it sit in the blender for about 20 minutes. This will let it cool down which will be useful later on.

Now, get out your cheesecloth, and place it over a strainer, which should also be placed over a bowl. This is where you are going to pour in the mixture that is in the blender. And then of course you will strain it out with the cheesecloth. Here is what it will look like:



(mixture draining out in cheesecloth which is over a strainer, and over a white bowl)

Once you have all the draining you can get, you need to start to ring out the rest of the milk that is hiding in the coconut pieces. I like to pull up the sides of the cheesecloth, and then grab the cheesecloth on top with one hand, and spin the whole ball around in circles. This gets almost all of the coconut milk drained. Good luck no matter how you drain it, but you're almost done.

The final step is to take a taste and then to find a final container that you want to store your new milk in. I like to use a water bottle type of canister. Just a word to the wise, the coconut milk is filled with fat which can become hard. To avoid any issues with the milk hardening up and not flowing out of the container, I like to make sure I can heat up the container at a later date if needed. So, my stainless steel coconut milk container works great.

EXTRA BONUS: For those of you who are wondering about ways to gain weight with your UC (like I have wondered about from time to time) this coconut milk is a potential big boost. It's packed with calories, and it tastes great. I add it to my smoothies, and we are starting to cook with it more and more. For example in sauces that you cook chicken with...it works well. Let's say you want to put some milk in your tea...again, use the coconut milk instead.

JALAPENO POPPERS:



(check out them poppers and how the kabob sticks keep them together!)

When:

I eat these poppers when I'm in remission only.

Servings: 1-2 poppers per sitting is probably all you can handle

Ingredients:

- Jalapeno Peppers
- Cheddar Cheese

Cooking Instructions:

Cut off the stems of the Jalapenos

Next, remove all the seeds and the white rib parts of the peppers

Next, fill, them up with cheddar cheese

Finally, take kabob sticks, or anything else that keeps them up-right, and thread them through like you see from the picture.

Next, turn on your BBQ, or place them in your oven again on medium to medium high heat

Monitor your peppers regularly. Make sure that they don't fall over, and that they don't catch on fire.

Once they have started to darken or maybe even blacken, then its time to take them off and let them cool.

Caution: Some of the peppers might be hotter than others (in terms of spiciness. You may have one and think "Oh, this isn't so hot" and then the next is like eating a fireball. I suggest that you take very small bites to taste them. If you can't handle spicy foods, then skip this snack altogether!

FRIED ZUCCHINI STICKS



(um...yes, they are pretty tasty)

When:

I eat these while in remission and also if my symptoms are very very mild. They are addicting, but they have worked for me and have allowed me to feel normal even while my poops might not be totally hard. If there is bleeding present, I stay away from this meal until that stops.

Serves: 2 people

Ingredients:

- 2 zucchinis
- salt and pepper
- 2 tablespoons(30 mL) of olive oil

Cooking Instructions:

OK, this has got to be one of the EASIEST snacks ever. Don't get scared because you need to crank out the frying pan, its super easy.

First, you take your zucchini, wash them off, then cut off the ends. Then, lengthwise, cut them in half, and cut them in half again, so you have 4 long triangular pieces. Pretty simple so far right? Yes, that's what I thought.

Next, go and get your frying pan out, and put the olive oil in the frying pan. Then turn the burner on to medium heat. After just about a minute, go ahead and place the zucchini on the frying pan.

After about 3-4 minutes, check to see how the color is looking, once the color gets to be a nice brown, go ahead and flip the zucchini over to the other side, so the non-cooked flesh side of the zucchini is now touching the bottom of your frying pan. Cook again until you see that nice brown color.



(here they are after getting that brown color going on)

When they are cooked and looking a nice light or darker brown, depending on how well cooked you like them, just take them off and set them on a paper towel for a few minutes to get rid of some of the excess oil. This is when I sprinkle on some salt and pepper too for some extra seasoning.

Pretty quick and simple right! And, for everyone who needs that fried food fix, this just might fix you up.

HONEY WALNUT DIPPERS



(pretty simple, and soooooo good!)

When:

A great remission snack.

Serves: 1

Ingredients:

- honey (If you have Trader Joe's Stores near you, I buy the big 3 lb.(1.36 kg) can of it)
- roasted walnuts (I use organic walnuts that have nothing added to them, no salt)

Instructions:

Once again, to get this snack in your tummy, it's not hard. Just pull out a few walnuts and your can of honey. I like to dip the spoon into the honey first, and then drop a walnut right down in the middle. That's pretty much it, and in the mouth it goes.

CAUTION: Try not to get too carried away with this snack when you are starting out. Just a couple of dips in the honey jar can easily lead to ten or more. So if you set yourself up with a limit of 2-3 the first time, that might be a good idea for starting out. It's highly addictive, and I've gotten pretty good at eating this snack even in the dark when my wife's sleeping.

HOLLY BACO SHRIMP



(the final product just off the grill!!)

When:

I wouldn't eat these until you see some hard poops without symptoms. Let this be a treat that you leave for yourself once you have all your symptoms under control.

Serves: 2-3 people (we only used 8 shrimp in this recipe, keep that in mind)

Ingredients:

- 8 Shrimp (get them raw and fresh! the BIGGER they are, the easier they will be to work with)

- 8 skinny slices of jalapeno pepper (optional if you really can't stand the spice)
- 4 slices of bacon (We used the thick bacon, the thinner bacon might actually be easier)
- 1 lime (optional)
- Salt spices (also optional, but I really like this too)

Cooking Instructions:

It's nothing too complicated again. I start off by peeling the shrimp, unless you already bought them without their shells. Once you have that complete, put them aside for just a moment and slice up lengthwise your jalapeno. You are looking for long and super thin slices of jalapeno. If you really like the spice, feel free to make them fatter, that's up to you and your taste.

Now that you have the shrimp and the pepper ready to roll, you're getting ready for the fun part. Take your bacon, and cut it in half in the middle.(NOT lengthwise)



(here is what they look like after skewering them)

Go and get your skewers, I'd recommend you use the metal ones like we use. That way you don't need to keep buying new ones, and you don't have to worry about the wooden guys catching on fire. And what you want to do is put a piece of bacon down on your cutting board. Then, at one end, place the shrimp and the jalapeno slice. And, next, you just start rolling it all up. Once you've rolled it, then stick it with your skewer and continue with the next round. That's all you need to do.

Lastly, squeeze out some lime juice and sprinkle some salt and pepper on top and then it's time to grill them up.

With medium heat, I place them down, and watch them pretty closely. This is one of those things that only take about 15 minutes to cook, but you want to make sure NOT to burn them too

bad. So, either check them every three minutes or so, or simply sit out side with the grill. It's well worth it. I like to flip them with some tongs regularly to make sure there is an even cook going on. The shrimp should turn their orange-redish color real quick, but the bacon takes a bit longer to cook.



(just after putting them on the medium heat grill)

Once you think they are all cooked and colored the way you like them, take them off and let them cool for just a couple of minutes.

Now it's Shrimp Eating Time. Holly Baco Style!

BLUEBERRY COCONUT ICE CREAM



(who says you can't have ice cream with colitis?)

When:

I eat this ice cream and some of the other combinations of fruit and coconut milk ice creams whenever I want as long as I'm not having symptoms of active colitis. There is quite a bit of sugar in the ice creams, and especially since I like adding in honey, so that can be tougher on the gut while in flare ups.

Serves: 2-5 people

Ingredients:

- 4 cups of coconut milk (feel free to use the coconut milk recipe from this cookbook, or you can buy coconut milk from the store. If you buy coconut milk from the store, make sure there is nothing added besides coconut and water. If you do make your own coconut milk, make it extra creamy because that will make it much easier to make ice cream with in your ice cream machine)
- 1/2 cup frozen blueberries
- 1 banana
- 1 capful(1-3 mL) of vanilla (tiny amount)
- 2-3 tablespoons(30-45 mL) of honey

Cooking Instructions:



*(as you can see, I like making the coconut milk
from scratch, using the recipe from this book,
and when its for ice cream, I make the milk extra thick)*

The process of making ice cream for me is one of my favorites. The main reason is that its fun, and the end product is a dessert that I really enjoy. Also, I like putting the ice cream into my morning smoothies and its a great snack throughout the day when I need something sweet. There are some tricks that everyone should know about to make sure you get some nice results, and that's what I'll try to focus in on here.

Of course to make ice cream, you need to have some sort of ice cream making machine. I happen to have a Cuisinart Ice Cream maker that I received as a present from my wife. I think it works great, and I'd definitely recommend it to other people. But, if you are using something different, that's fine as well.

Before you begin making the ice cream and putting things together, make sure your ice cream bowl is frozen solid(if you're using the Cuisinart machine, and probably for other ice cream machines as well.) By frozen solid, here's the idea. The actual bowl that everything mixes in needs to be VERY cold. To achieve this, I need to put my bowl (which has some liquid solution inside of it) in the freezer for 24 hours before I can use it. That gets it cold enough to freeze the ice cream.

OK, so if you have everything ready to be used, get out your ingredients, and add them to the blender, and blend them up for about 20 seconds or until everything is mixed in nicely.



(coconut milk, banana, and blueberries before going into blender.

not pictured is the honey and vanilla I used also)



*(now that's everything all blended up before going
into the ice cream machine)*

Once everything is blended up together, its time to take out your ice cream machine(we use a [Cuisinart ICE-21 Frozen Yogurt-Ice Cream & Sorbet Maker](#)) and get it ready to start cranking. When it is plugged in, pour in your blended concoction, turn on the ice cream machine. And let it do its thing for 25-30 minutes or however long your machine says is needed. This is my favorite time to turn on the TV and pop my head into the kitchen every four or five minutes to see the progress. If your ice cream machine is like mine, you might not notice any major progress for about 15-20 minutes. But after that, things start really looking like ice cream.



(after 15 minutes of turning around in circles)

In case you have not already figured it out, you can add in whatever types of fruits you like to this process. I would recommend though to add fruits into the blender instead of adding whole pieces into the ice cream maker. I have found that pieces in the ice cream machine don't mix as well, but again, that's all up to you.

Now you are an official ice creamer, congrats!

COCO PEEPEE ICE CREAM



(there it is, the prized cream next to the peanut butter and cream machine I use the Quizinart machine, and it works really well.

When:

There is quite a bit of sugar in the ice creams, and especially since I like adding in honey, so that can be tougher on the gut while in flare ups. When you are without symptoms for several months, you can dabble in this stuff and see if it works for you. I sometimes can overdue it on this stuff, and I pay the price. But if I keep my daily intake of ice cream to less than a cup or about 200 mL, I'm usually pretty good. BE WARNED, it is very addicting, eat in moderation.

Serves: quite a few servings

Ingredients:



(peanut butter on top of coco milk cans and honey on the bottom)

- 2 cans of coconut milk (2 15 oz cans) (Plain coconut milk in the 14 oz cans. If you are in the United States and have trader Joes Market, that's a great one). Just make sure there's nothing added besides coconut milk. Or of course you can make your own.
- 2-3 tablespoons(30-45 mL) of peanut butter(Again, plain peanut butter without any sugar)
- 3-4 tablespoons of honey45-60 mL) (As you probably know by now, I go heavy on the honey)
- 1 ripe banana

Cooking Instructions:



(looking in while it's all mixing up)

Just like before, I get out the blender, and put all of the above ingredients into the blender and blend away. It might just take about 20-40 seconds, depending on how good a blender you have. Once it is all mixed in together, you are ready to break out the **ice cream machine**.

As long as your machine is ready (by that I mean the inside bowl is frozen if you use the Cuisinart one like I use), you can turn it on and add all of the mixture from the blender. I let it rip for about 20-25 minutes. If you have kids or neighbors, call them over to take a look at what you're doing. Like so many things in this cookbook, they will be impressed. (If you are doing this from a dormitory room in some college anywhere, DON'T call over your fellow student/friends. They will steal this from you before you get the chance to taste it. You may want to hire a security guard, or find a guard dog if you have to let your roommates in on your cooking. I heard a rumor that someone in New York city got robbed one time, and all the dirty thieves stole was the left over CoCo PeePee ice cream. And I can understand.

When the ice cream is finally ready, you are all set. Eat in moderation. If for any reason you're not a peanut butter fan, that's fine. Just add in whatever else you think fits your taste. That's what blenders are for.



(my personal favorite, CoCo PeePee ice cream)