☐ Good ☐ Maybe ☐ No

What Sits Well

An A to Z Food Journal for IBD

FREE PRINTABLE SAMPLE

Five pages from the book, to print and try at home.
Tick a few foods, plan a dish and see how it feels.

Benjamin Heath-Jung

Professional chef

BEFORE YOU START

How This Book Works

Every ingredient gets a page entry like the one below. Here is how to read it.

Apple (peeled) Sweet, soft, gently tart (1)

METHOD (2)	GOOD	MAYBE	NO
Stewed	☐	☐	☐
Baked	☐	☐	☐
Raw	☐	☐	☐
my own method (3)	☐	☐	☐

(4) GOES INTO Compote, porridge topping, crumble

PAIRS WITH Cinnamon, oats, ginger, pear

SWAP FOR Peeled pear or banana

(5) MY OWN _____

1. The ingredient, with a few words on how it tastes.
2. Ways of cooking it. Tick Good, Maybe or No for each, based on how it really sat for you.
3. Add a way of cooking it that is not listed, and tick that too.
4. Ideas to get you cooking: where it is used, what it goes with and what to swap in. A starting point, not a rule.
5. At the end of each letter there is space to add your own better-tolerated foods.

ALSO IN THIS BOOK

Build a Dish pages, blank recipe pages and two indexes. Turn the page to see how each one works.

A What Sits Well

Tick how each one sits for you, cooked each way.

Almond butter (smooth)

Nutty, rich, creamy

METHOD	GOOD	MAYBE	NO
Stirred into porridge	☐	☐	☐
Spread thin	☐	☐	☐
In a smoothie	☐	☐	☐
my own method	☐	☐	☐

GOES INTO Porridge, smoothies, sauces, baking

PAIRS WITH Banana, oats, honey, cinnamon

SWAP FOR Smooth sunflower seed butter

Almond milk

Light, mild, slightly sweet

METHOD	GOOD	MAYBE	NO
Plain, cold	☐	☐	☐
Warmed	☐	☐	☐
Cooked into porridge	☐	☐	☐
my own method	☐	☐	☐

GOES INTO Porridge, smoothies, soups, baking

PAIRS WITH Oats, banana, vanilla, cinnamon

SWAP FOR Oat milk or rice milk

Apple (peeled)

Sweet, soft, gently tart

METHOD	GOOD	MAYBE	NO
Stewed	☐	☐	☐
Baked	☐	☐	☐
Raw	☐	☐	☐
my own method	☐	☐	☐

GOES INTO Compote, porridge topping, crumble, baked with oats

PAIRS WITH Cinnamon, oats, ginger, pear

SWAP FOR Peeled pear or banana

FROM THE KITCHEN

Smooth nut butters stir in easiest when warm. A spoonful through hot porridge melts straight in.

BUILD A DISH · START WITH

Chicken

Chicken's full page: p. 20

Build a meal around this protein. The ideas below are a starting point, not a rule. Page numbers point to each ingredient.

My dish is called _____

Base

IDEAS — Basmati rice p. 15 · Rice noodles p. 64 · Millet p. 50

Veg

IDEAS — Carrot p. 19 · Courgette p. 22 · Butternut squash p. 18

Flavour

IDEAS — Lemon p. 46 · Thyme p. 70 · Ginger p. 34

Finish

IDEAS — Olive oil p. 53 · Avocado p. 14 · Herbs, soft p. 38

METHOD

HOW IT SAT ☐ Good ☐ Maybe ☐ No

MY RECIPE

Serves _____ Prep _____ Cook _____

Ingredients

Method

1

2

3

4

5

6

7

8

9

10

11

12

HOW IT SAT

WHAT I'D CHANGE

☐ Good ☐ Maybe ☐ No

LIKED THE SAMPLE?

The full book is an A to Z of what sits well for you

- 144 foods, each with Good, Maybe and No tick boxes for different ways of cooking
- Space to add your own foods and your own methods
- Build a Dish pages for 14 proteins, so you can plan a whole meal
- Find ideas by dish, or by how much energy you have
- Blank recipe pages in every chapter

FIND IT ON AMAZON

Search **What Sits Well** by **Benjamin Heath-Jung**. The Recipe Companion, a recipe journal to go with it, is available separately.

This sample is a kitchen and organisation tool, not medical advice. Foods affect everyone differently. Always follow the guidance of your own care team.