



# Recipes for the SCD



Recipes from  
[NoMoreCrohns.com](http://NoMoreCrohns.com)



Recipes designed to conform to the Specific Carbohydrate Diet, as outlined in the book, "Breaking the Vicious Cycle," by Elaine Gottschall. Visit [NoMoreCrohns.com](http://NoMoreCrohns.com) for downloadable recipes to file in your own binder.



**Enjoy Food Again!**