

[illegible]

Home Page - Mobile

Friendly Digest

WELCOME TO FRIENDLY DIGEST

WHAT IS AN INFLAMMATORY BOWEL DISEASE?

Inflammatory bowel disease (IBD) is a chronic condition that causes inflammation in the digestive tract. It is characterized by periods of flare-ups and remission. The two main types of IBD are Crohn's disease and ulcerative colitis. Crohn's disease can affect any part of the digestive tract, while ulcerative colitis is limited to the colon and rectum. The exact cause of IBD is unknown, but it is thought to be a combination of genetic, environmental, and immune system factors.

WHAT SHOULD I EAT FOR A HEALTHY GUT?

A healthy gut is essential for overall health and well-being. The gut is home to trillions of bacteria, known as the gut microbiome. A diverse and balanced microbiome is important for digestion, immune function, and even mental health. To support a healthy gut, it is important to eat a diet rich in fiber, probiotics, and prebiotics. Fiber helps to regulate bowel movements and feed the good bacteria in the gut. Probiotics are live bacteria that can help to restore the balance of the microbiome. Prebiotics are non-digestible fibers that help to feed the good bacteria.

IBD is a chronic condition that causes inflammation in the digestive tract. It is characterized by periods of flare-ups and remission. The two main types of IBD are Crohn's disease and ulcerative colitis. Crohn's disease can affect any part of the digestive tract, while ulcerative colitis is limited to the colon and rectum. The exact cause of IBD is unknown, but it is thought to be a combination of genetic, environmental, and immune system factors.

- Crohn's disease: A chronic inflammatory condition that can affect any part of the digestive tract.
- Ulcerative colitis: A chronic inflammatory condition that is limited to the colon and rectum.
- Irritable bowel syndrome (IBS): A common digestive disorder characterized by abdominal pain, bloating, and changes in bowel habits.
- Celiac disease: An autoimmune disorder that affects the small intestine and is triggered by the consumption of gluten.
- Lactose intolerance: A condition in which the body is unable to digest lactose, a sugar found in milk and dairy products.
- Food allergies: Allergic reactions to certain foods, which can cause a variety of symptoms including hives, swelling, and difficulty breathing.

IBD is a chronic condition that causes inflammation in the digestive tract. It is characterized by periods of flare-ups and remission. The two main types of IBD are Crohn's disease and ulcerative colitis. Crohn's disease can affect any part of the digestive tract, while ulcerative colitis is limited to the colon and rectum. The exact cause of IBD is unknown, but it is thought to be a combination of genetic, environmental, and immune system factors.

SUCCESS STORIES

COPYRIGHT © ALL RIGHTS RESERVED
 2020 WML LLC. TEL: 1-800-950-0000 (TOLL FREE)

Category Page - Mobile

Friendly Digest

MEAT

WELCOME TO A PAGE CHOCK FULL OF DELICIOUS RECIPES

A vertical mobile app navigation menu with a green background. At the top is a white chef's hat icon. Below it are the menu items: ABOUT, RECIPES, LOGIN, and REGISTER, all in white uppercase text. To the right of the menu is a dark grey sidebar containing a blurred image of a food dish and some text.

A CLASSIC: FRESH VEGGIES WILL LOVE CHERRY LASAGNE MADE WITH TURKEY SAUCE.

[View Recipe](#)

AN AUTHENTIC ITALIAN DISH: SPAGHETTI BOLOGNESE MADE WITH TURKEY SAUCE.

[View Recipe](#)

SPICE YOUR TASTE BUDS UP: THESE DELICIOUS GLUTEN FREE TURKEY BURGERS.

[View Recipe](#)

COPYRIGHT © ALL RIGHTS RESERVED.
SPICY SPINACH FILLER CAKES WITH VEGGIES & BACON

[YouTube](#) [Facebook](#) [Twitter](#)

Recipe Page - 80 Recipe

Friendly Digest

SPAGHETTI BOLOGNESE

A TRULY DRUGGICULTURE FRESH SPICED BLOCCOLONE MADE WITH TURKEY ANCHORS WHICH IS SURE TO FIND YOUR TASTE BUT.



1

LOW FAT MILK



2

MEDIUM



3

MEDIUM



4

MEDIUM



5

MEDIUM



6

MEDIUM



7

MEDIUM



8

MEDIUM



9

MEDIUM



10

MEDIUM



11

MEDIUM



12

MEDIUM



13

MEDIUM



14

MEDIUM



15

MEDIUM



16

MEDIUM



17

MEDIUM



18

MEDIUM



19

MEDIUM



20

MEDIUM



21

MEDIUM



22

MEDIUM



23

MEDIUM



24

MEDIUM



25

MEDIUM



26

MEDIUM



27

MEDIUM



28

MEDIUM



29

MEDIUM



30

MEDIUM



31

MEDIUM



32

MEDIUM



33

MEDIUM



34

MEDIUM



35

MEDIUM

36

MEDIUM

37

MEDIUM

38

MEDIUM

39

MEDIUM

40

MEDIUM

41

MEDIUM

42

MEDIUM

43

MEDIUM

44

MEDIUM

45

MEDIUM

46

MEDIUM

47

MEDIUM

48

MEDIUM

49

MEDIUM

50

MEDIUM

51

MEDIUM

52

MEDIUM

53

MEDIUM

54

MEDIUM

55

MEDIUM

56

MEDIUM

57

MEDIUM

58

MEDIUM

59

MEDIUM

60

MEDIUM

61

MEDIUM

62

MEDIUM

63

MEDIUM

64

MEDIUM

65

MEDIUM

66

MEDIUM

67

MEDIUM

68

MEDIUM



69

MEDIUM

NOT A MEMBER? REGISTER HERE:

REGISTER

COPYRIGHT - ALL RIGHTS RESERVED - JIMMY WHEELER - FULL STACK WEB DEVELOPER © 2020



Register Page - Desktop

Friendly Digest

ABOUTRECIPESLOGINREGISTER

REGISTER

WELCOME TO FRIENDLY DIGEST! WE HOPES YOU'RE EXCITED TO DISCOVER MANY DELICIOUS RECIPES WE'RE EVEN MORE EXCITED TO TASTE YOUR RECIPES. REGISTER NOW AND GET STUCK IN. SHAPPEY WILL CUT THE FORMS BELOW AND YOU'LL BE WELL ON YOUR WAY!

FIRST NAME

LAST NAME

USERNAME



PASSWORD

REGISTER

ALREADY HAVE AN ACCOUNT?

LOGIN

COPYRIGHT - ALL RIGHTS RESERVED - JIMMY WHEELER - FULL STACK WEB DEVELOPER © 2020



My Recipes Page - Desktop

NOT A MEMBER? REGISTER HERE:

REGISTER

Copyright © All Rights Reserved
Sunny Weather - All Rights Reserved 2020



Register Page - Mobile

Friendly Digest

REGISTER

WELCOME TO FRIENDLY DIGEST! WE HOPE YOU'RE
EXCITED TO DISCOVER MANY DELICIOUS RECIPES.
WE'RE EVEN MORE EXCITED TO TASTE YOUR RECIPES.
REGISTER NOW AND GET STUCK IN. SURELY WE'LL
CUT THE KNOT BELOW AND YOU'LL BE WELL ON YOUR WAY!

REGISTER

ALREADY HAVE AN ACCOUNT?

LOGIN

Copyright © All Rights Reserved
Sunny Weather - All Rights Reserved 2020



My Recipes Page - Mobile

[illegible]

RECIPE NAME

PREP TIME

COOK TIME

DIFFICULTY

CALORIES

SERVINGS

DESCRIPTION

INGREDIENTS

INSTRUCTIONS

IMAGE


ADD RECIPE

COPYRIGHT - ALL RIGHTS RESERVED - JENNY WHEELER - FULL STACK WEB DEVELOPER © 2020




Edit Recipe Page - Desktop

Friendly Digest



ABOUT

RECIPES

MY RECIPES

ADD RECIPE

LOG OUT

EDIT RECIPE

CATEGORY

RECIPE NAME

PREP TIME

COOK TIME

DIFFICULTY

CALORIES

SERVINGS

DESCRIPTION

INGREDIENTS

INSTRUCTIONS

IMAGE

Cook Time

Difficulty

Calories

Servings

Description

Ingredients

Instructions

TImage

Add Recipe

Copyright © All Rights Reserved
Dinesh Wadhvani - Full Stack Web Developer @ 2020



Edit Recipe Page - Mobile

Friendly Digest



EDIT RECIPE

Category

Recipe Name

Prep Time

Cook Time

Difficulty

Calories

Servings

Description

Ingredients

Instructions

TImage

Edit Recipe

Edit Recipe

COPYRIGHT - ALL RIGHTS RESERVED - UJWS WHEELER - FULL STACK WEB DEVELOPER © 2020

in

9

Search Recipe Page - Desktop

Friendly Digest

ABOUTRECIPESLOGINREGISTER

SEARCH RECIPES

Q

SEARCH RESULTS

A classic fish everyone will love.
Creamy sausage sauce with turkey mince.

[VIEW RECIPE](#)

An authentic Italian style
spaghetti bolognese made with
turkey mince.

[VIEW RECIPE](#)

Sink your teeth into these
delicious chicken free turkey
burgers.

[VIEW RECIPE](#)

COPYRIGHT - ALL RIGHTS RESERVED - UJWS WHEELER - FULL STACK WEB DEVELOPER © 2020

in

9

COPYRIGHT - ALL RIGHTS RESERVED
JOSH WHILLER - FULL STACK WEB DEVELOPER © 2020