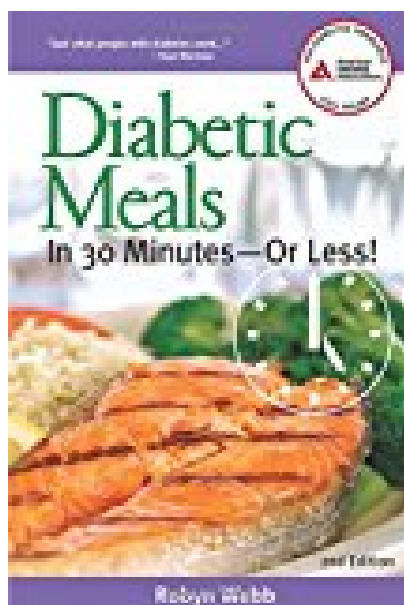


Diabetic Meals in 30 Minutes—or Less!



BOOK DETAILS

- Author : Robyn Webb M.S.
- Pages : 173 Pages
- Publisher : American Diabetes Association
- Language : English
- ISBN :

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BOOK SYNOPSIS

This new diabetes cookbook has 140 recipes which adhere to ADA diabetes nutrition guidelines. This new edition shows you how to prepare great-tasting meals specifically for people with diabetes, in 30 minutes or less. Each recipe now adheres to the new nutrition guidelines of the American Diabetes Association® and is guaranteed to be low in saturated fat. Whether you're looking for appetizers, desserts, soups, salads, or entrees, Diabetic Meals in 30 Minutes—Or Less! offers more than 140 great-tasting and fast recipes.

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