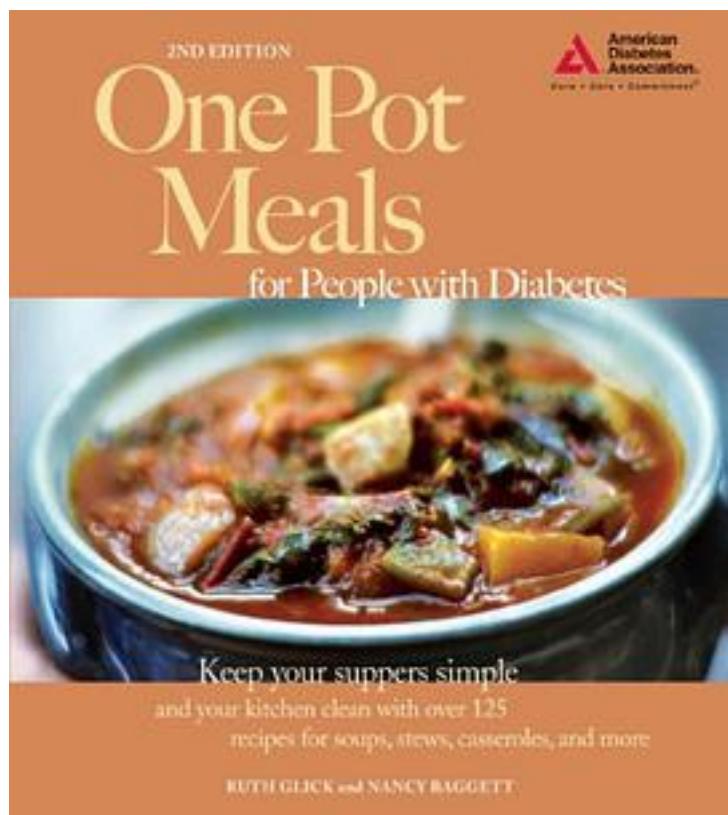


One Pot Meals for People with Diabetes



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Cook in less time without missing out on all the delicious possibilities One-pot meals are the answer to your cooking prayers--fast to prepare and fast to clean up. This second edition of "One Pot Meals for People with Diabetes" covers everything from Crock-Pot dinners to tasty oven-baked casseroles. And most of these 150 delicious meals can be ready in 30 minutes or less. Now completely updated with the latest ADA nutrition recommendations.

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目录:

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