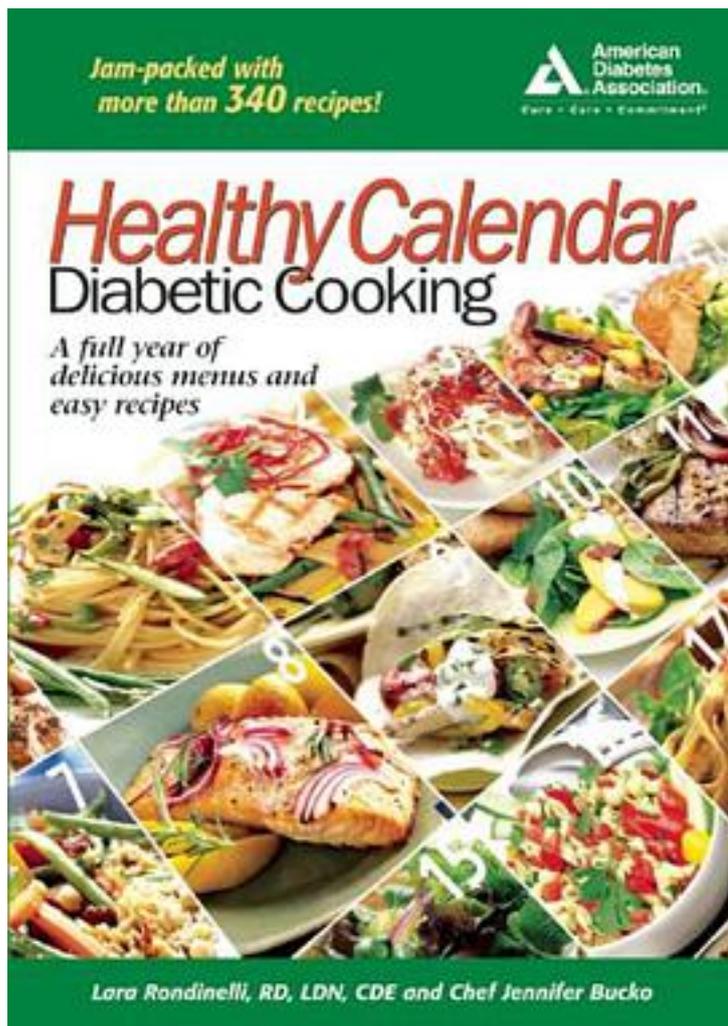


# Healthy Calendar Diabetic Cooking



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A unique new concept in cookbooks for people with diabetes A unique cookbook

concept featuring month-by-month, week-by-week, and day-by-day meal plans and recipes with dietitian and chef's tips that make it much easier for people to eat healthfully. The menus come with weekly grocery lists so you can purchase only what you need, saving time and money. As a bonus, each month features reminders of special ADA events and other health-related activities of interest. Recipes include: Turkey and wild rice soup--prepared in just 15 minutes Chicken breasts with raspberry balsamic glaze--prepared in 10 minutes Banana chocolate-chip bread--just three grams of fat

作者介绍:

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