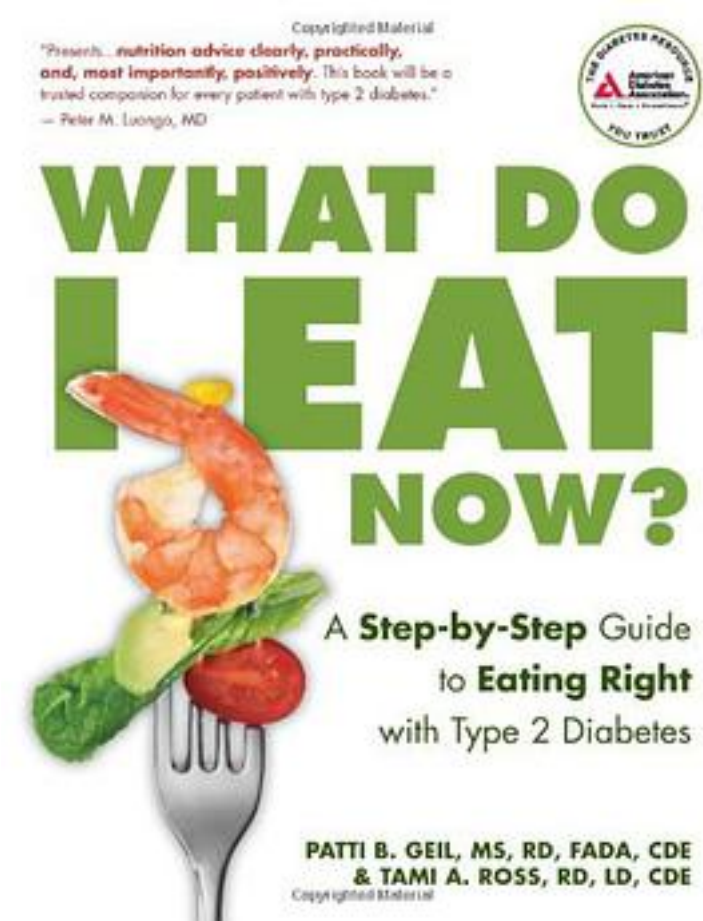


What Do I Eat Now?



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著者:Geil, Patricia/ Ross, Tami A.

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The DIY approach to a diabetes diet "What Do I Eat Now?" is the single best resource for people with diabetes to learn how to eat right and eat healthy with diabetes. Each chapter explains a vital concept of diabetes nutrition in easy-to-understand language.

"Tell Me What to Eat" meal plans and recipes at the end of each chapter get readers started on a lifetime of healthy eating. Don't waste time trying to figure everything out from scratch when What Do I Eat Now? gives readers a step-by-step plan for understanding how to eat right. Learn as you go by cooking healthy, nutritious, and flavorful diabetic meals

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目录:

[What Do I Eat Now?_下载链接1](#)

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