



Diabetic Cooking for One or Two

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Diabetic Cooking for One or Two is designed for diabetics who want to prepare healthy, nutritious meals for only one or two people. The cookbook has more than 45 recipes specifically developed for people with diabetes—and portioned for one or two servings.

The cookbook features a variety of recipes for people with diabetes, including savory soups and stews, creative sandwiches and salads, dynamic main dishes, unique side dishes, and an assortment of sweet endings.

Each recipe in *Diabetic Cooking for One or Two* is based on principles of sound nutrition as outlined by the Dietary Guidelines for American developed by the U.S. Department of Health and Human Services. Although the recipes are not intended as a medically therapeutic program, every one has been formulated with controlled amounts of calories, fat, cholesterol, sodium, and carbohydrates that will fit easily into an individualized meal plan designed by a physician, certified diabetes educator, or registered dietitian.

To help make diabetic cooking even easier, every recipe includes a full-color photo of the finished dish, a nutritional analysis, and clear, step-by-step instructions. Here are just a few of the delicious diabetic recipes you'll find:

- French Onion Soup for Deux
- Honey-Mustard Chicken Salad
- Roasted Almond Tilapia
- Sweet Potato Fries
- Individual Shepherd's Pie
- Individual Tiramisu Cups

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Holly Taylor:

The feeling that you get from Diabetic Cooking for One or Two could be the more deep you looking the information that hide in the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to recognise but Diabetic Cooking for One or Two giving you excitement feeling of reading. The writer conveys their point in selected way that can be understood by anyone who read that because the author of this guide is well-known enough. This specific book also makes your own personal vocabulary increase well. That makes it easy to understand then can go along with you, both in printed or e-book style are available. We recommend you for having that Diabetic Cooking for One or Two instantly.

Agatha Roughton:

Playing with family in the park, coming to see the coastal world or hanging out with buddies is thing that usually you could have done when you have spare time, subsequently why you don't try matter that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Diabetic Cooking for One or Two, you are able to enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang-out type is it? Oh come on its mind hangout men. What? Still don't get it, oh come on its named reading friends.

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