

[PDF] Diabetic Living Quick & Easy Meals

Diabetic Living Editors - pdf download free book



Books Details:

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Author: Diabetic Living Editors

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Description:

Delicious meals in minutes the whole family will enjoy

Eat right for diabetes and get dinner on the table fast with this photo-filled collection of easy, everyday meals from *Diabetic Living*—the only lifestyle magazine for individuals living with diabetes. These fast-fix recipes—low in fat, carb-smart, and made with nutrient-rich ingredients—make it easy to put healthy meals on the table every night of the week. Enjoy mouthwatering main dishes, such as Pesto Turkey Burgers, Mediterranean Tostadas, and Pork Chops Primavera. You'll find the most current information on the best foods to choose in an eating plan and lots of timesaving tips for

making healthy meals in a snap.

- Includes 120 fresh and tasty recipes with a color photo of every recipe
- Every recipe for breakfast, sandwiches, soups and stews, entrees, salads, and sides is ready in 30 minutes or less
- Special slow-cooker and dessert chapters featuring recipes that require only 20 minutes or less of prep time
- Recipes highlight total grams of carbohydrate per serving and provide full nutrition information
- Clear serving-size icons make it easy to see the satisfying portion sizes

With *Diabetic Living Quick & Easy Diabetic Meals*, fast, fresh food is never far away!

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