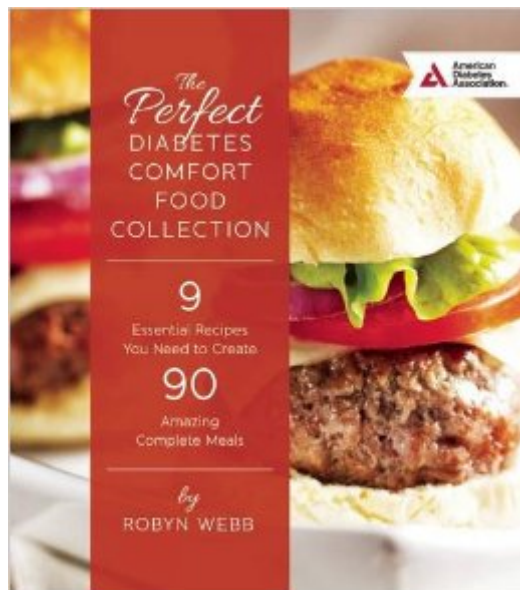


The book was found

The Perfect Diabetes Comfort Food Collection: 9 Essential Recipes You Need To Create 90 Amazing Complete Meals



Synopsis

Most home cooks have four or five go-to dishes they love to make. They may occasionally break out of routine and try new dishes, but they always end up coming back to the tried and true dishes they know and love. In The Perfect Diabetes Comfort Food Collection, Robyn Webb, author of the all-time best-selling Diabetes Comfort Food Cookbook, focuses on nine favorite comfort foods and makes ten variations of each to give home cooks new, healthy twists on the meals they crave. These all-American classics include: lasagna, meatloaf, burgers, stir-frys, tacos, main dish stews and soups, entree salads, chicken, and pasta. Along with nearly 100 classic recipes, this book also features a meal-planning section that helps readers match a favorite comfort food dish with classic sides to create hundreds of complete, nutritionally balanced meals designed to help control blood glucose levels and promote heart health. The Perfect Diabetes Comfort Food Collection combines the elements everyone loves—healthy comfort foods that are prepared quickly and come out tasting amazing.

Book Information

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