



Mr. Food's Quick & Easy Diabetic Cooking : Over 150 Recipes Everybody Will Love

Art Ginsburg

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For years fans have been asking TV's Mr. Food to create a cookbook for people with diabetes. He's finally done it, in association with the American Diabetes Association.

Yes, in his inimitable no-nonsense style, Mr. Food helps readers say "good-bye" to good-for-us dishes that look as bland as they taste, and "hello" to more than 150 classic recipes that will satisfy time and again. As an added bonus, *Mr. Food's Quick and Easy Diabetic Cooking* includes personal stories and recipe specialties from celebrities with diabetes.

The book offers a seemingly endless variety of tasty meat, poultry, seafood, and meatless main course recipes. Also included are appealing appetizers such as mini meatballs and spinach dip, and sensational salads, soups, and side dishes, which add a zesty touch to every meal. Each recipe includes nutritional information and diabetic exchanges.

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Is it an individual who having spare time in that case spend it whole day by means of watching television programs or just lying on the bed? Do you need something new? This Mr. Food's Quick & Easy Diabetic Cooking : Over 150 Recipes Everybody Will Love can be the solution, oh how comes? It's a book you know. You are consequently out of date, spending your time by reading in this brand-new era is common not a geek activity. So what these textbooks have than the others?

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