



Diabetic 4 Cookbooks in 1: Breakfast, Lunch, Dinner, Desserts

Editors of Favorite Brand Name Recipes

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Diabetic 4 Cookbooks in 1: Breakfast, Lunch, Dinner, Desserts offers more than 170 recipes that are diabetic-friendly and also wholesome and tasty fare for any health-conscious individual. The cookbook has tabbed sections for breakfast, lunch, dinner, and dessert; and within each section, there are subsections for food types. A full-color photograph of the completed dish accompanies most recipes. Nutritional data and dietary exchanges are provided for each recipe.

The 320-page, spiral-bound, hardcover cookbook lies flat when open for easy use. Here is a closer look at each section:

Breakfast: Including recipes for coffee cakes and scones, omelets and frittatas, french toast and pancakes, and breakfast sandwiches

Lunch: Including recipes for soups and stews, salads, pizza and pasta, and burgers and sandwiches

Dinner: Includes recipes for beef and pork, chicken and turkey, vegetarian, and fish and shellfish

Desserts: Includes recipes for cookies and bars, cakes and cheesecakes, pies and tarts, and no-bake desserts

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