



Mix 'n Match Meals in Minutes for People with Diabetes

Linda Gassenheimer

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An all-in-one mealtime organizer, planner, and healthy, low-carb cookbook

Quick & Easy Low Carb Cooking for People with Diabetes deals with two major issues-- how to make simple, quick, healthy, lowcarb meals and how to bring variety to the table. Designed for simplicity, it is divided into three sections--Breakfast, Lunch, and Dinner--and also includes a week-at-a-glance meal plan chart with selections that readers can mix and match to make a variety of menu options. Each recipe in this comprehensive planner features a shopping list, a menu, substitutions, and a countdown to get all the dishes on the table at the same time.

Sections include Breakfast: Eggs, Non Egg, Non Dairy; Lunch: Salads, Sandwiches, Soups; Dinner: Poultry, Beef, Pork, Seafood, Veal.

Recipes include:

- Nutty Cinnamon French Toast
- Swiss Omelette
- Shrimp and Black- Eyed Pea Salad
- Salsa Beef Salad
- Neapolitan Pizza

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From reader reviews:

Catherine Branch:

This Mix 'n Match Meals in Minutes for People with Diabetes book is not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is definitely information inside this reserve incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. This particular Mix 'n Match Meals in Minutes for People with Diabetes without we understand teach the one who reading it become critical in considering and analyzing. Don't end up being worry Mix 'n Match Meals in Minutes for People with Diabetes can bring if you are and not make your case space or bookshelves' turn out to be full because you can have it inside your lovely laptop even cellphone. This Mix 'n Match Meals in Minutes for People with Diabetes having fine arrangement in word as well as layout, so you will not sense uninterested in reading.

Billy Gallardo:

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Jackie Lund:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their sparettime with their family, or their own friends. Usually they undertaking activity like watching television, going to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? May be reading a book could be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the publication untitled Mix 'n Match Meals in Minutes for People with Diabetes can be very good book to read. May be it is usually best activity to you.

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