



Diabetic Cookbook for Two: 125 Perfectly Portioned, Heart-Healthy, Low-Carb Recipes

Jennifer Koslo

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Banish bland.....so you can both enjoy dinner.

A diagnosis of diabetes for yourself or a loved one can be frightening and overwhelming--especially when it comes to what to put on your plate. But with a few tweaks to your favorite dishes, managing diabetes doesn't have to mean relegating yourself (or your sweetie) to culinary boredom.

Diabetic Cookbook for Two offers:

- 125 recipes tasty enough for anyone to enjoy, regardless of restrictions
- Handy nutritional information for all recipes, including carb counts
- Tips for cooking together and meal planning
- 10 ingredients to keep on hand for when you need to throw dinner together in a hurry

Create super-satisfying, heart-healthy, low-carb meals just for two with *Diabetic Cookbook for Two*.

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