



# **Diabetes Low-Fat and No-Fat Meals in Minutes: More Than 250 Delicious, Easy, and Healthy Recipes & Menus for People with Diabetes, Their Families, and Their Friends**

*M. J. Smith*

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# Diabetes Low-Fat and No-Fat Meals in Minutes: More Than 250 Delicious, Easy, and Healthy Recipes & Menus for People with Diabetes, Their Families, and Their Friends


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## **Diabetes Low-Fat and No-Fat Meals in Minutes: More Than 250 Delicious, Easy, and Healthy Recipes & Menus for People with Diabetes, Their Families, and Their Friends M. J. Smith**

Quick and Easy Diabetic Cooking Is Now a Delicious Reality. With Diabetic Low-Fat & No-Fat Meals in Minutes, it's easy to create healthy meals for people with diabetes that are practical, fast, and enticing enough for their families and friends. It's a collection of more than 250 tantalizing recipes from bestselling cookbook author M.J. Smith, R.D., and the Juvenile Diabetes Foundation International--the world's leading private health agency funding diabetes research. From breakfasts to desserts, this essential guide shows you how to prepare dishes that are low in calories, fat, sugar, sodium, and cholesterol--in 30 minutes or less. Delectable creations include:

- \* Blue Cheese Seafood Dip
- \* Skinny Quiche Lorraine
- \* Maple Date Pecan Bread in the Machine
- \* Salmon Pasta Salad with Cucumber and Dill
- \* Chicken and Broccoli Pot Pie
- \* Lime and Ginger Shrimp Kabobs
- \* Grilled Pork Chops with Fruit Salsa
- \* Asparagus Almond Casserole
- \* Cheesecake with Strawberry Topping

Diabetic Low-Fat & No-Fat Meals in Minutes includes diabetic menu plans for six weeks and expert advice on choosing a plan for managing blood glucose, replacing sugar and fat with herbs, spices, and seasonings, and using fiber to aid blood glucose control. Each recipe features a complete nutrition analysis, including diabetic exchanges. \* Books to Fund a Cure \* A portion of this book's proceeds will go to the Juvenile Diabetes Foundation International, a not-for-profit voluntary health agency, whose primary objective is to support and fund research to find a cure for diabetes and its complications. Juvenile Diabetes Foundation Library

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