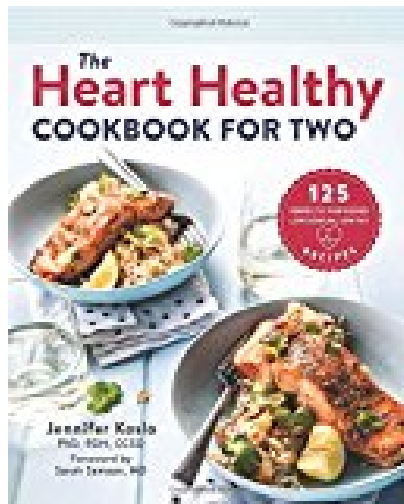


The Heart Healthy Cookbook for Two 125 Perfectly Portioned Low Sodium Low Fat Recipes



BOOK DETAILS

- Author : Jennifer Koslo PhD RD CSSD
- Pages : 218 Pages
- Publisher : Rockridge Press
- Language : English
- ISBN : 1939754119

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BOOK SYNOPSIS

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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