



Eating with Diabetes Cookbook

Mf Testani

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Eating with Diabetes Cookbook is written with the intensions of adding a tasty variety to everyday meals prepared with a Diabetic, whole grain, low fat, complex carb goal in mind. I do not break down the nutritional contents of each dish as I prefer to just enjoy a healthy good tasting meal rather than to analyze it. Knowing that the ingredients utilized in the meal are of whole grain, low fat, high protein, low carb is enough for me. I've never felt that a meal needed intense analysis if the ingredients used in preparing that meal have already been reviewed prior to purchase. That being said, I hope you will enjoy these recipes as much as we have.

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