



15-Minute Diabetic Meals

Nancy S. Hughes

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What can you cook in 15 minutes? More than you ever imagined! 15-Minute Diabetic Meals is packed with over 200 recipes that you can make in 15 minutes or less. By using convenience items - pre-cooked meats, poultry, and pre-cut produce - and taking advantage of the freezer section of the grocery store, you can make healthy meals in a snap!

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