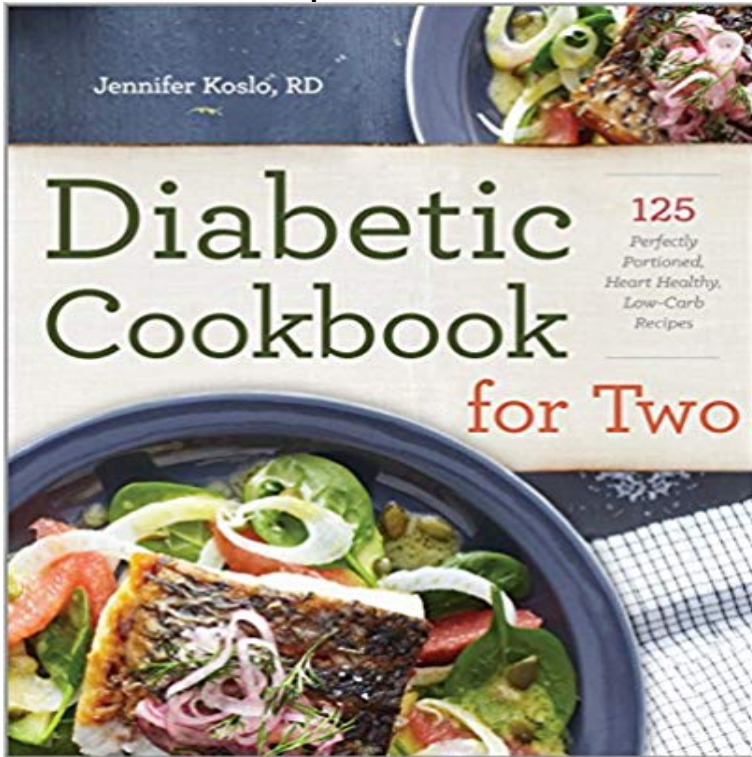


# Diabetic Cookbook for Two: 125 Perfectly Portioned, Heart-Healthy, Low-Carb Recipes



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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