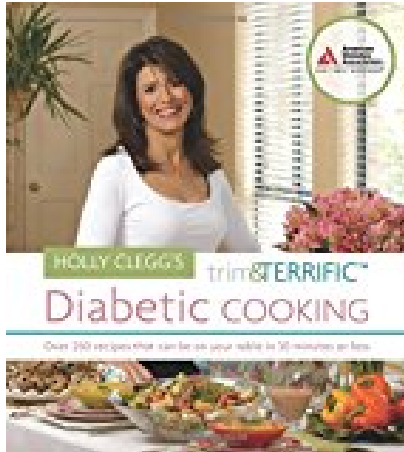


Holly Cleggs Trim and Terrific Diabetic Cooking



BOOK DETAILS

- Author : Holly Clegg
- Pages : 319 Pages
- Publisher : American Diabetes Association
- Language : English
- ISBN : 1580402607

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BOOK SYNOPSIS

Filled with over 250 diabetes-friendly recipes, it's packed with meals that are quick, easy, and delicious. Forget the hassle of diabetes menu-planning and rediscover the joys of great food. Effortless recipes, great food, and all of it in under 30 minutes or less—it doesn't get any easier than this. This seventh book in Holly Clegg's Trim & Terrific series is her first diabetes cookbook—and her first cookbook published by the American Diabetes Association®! From salads and soups to main courses and desserts, Holly Clegg shows people with diabetes how to forget the hassle of menu planning and enjoy great food again. Hundreds of recipes you'll swear are too good to be good for you! Holly Clegg has created a Trim & Terrific™ cookbook perfect for people with diabetes

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