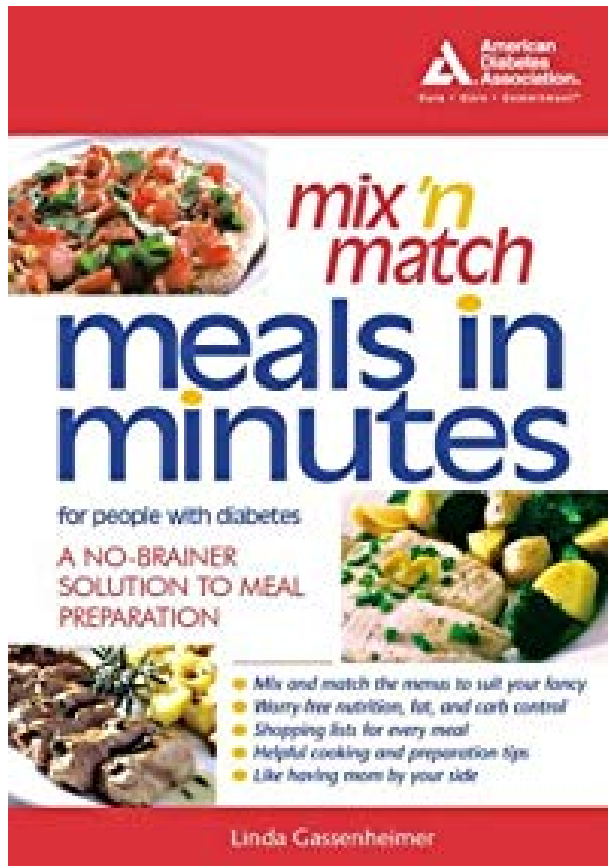


Mix 'N Match Meals In Minutes For People With Diabetes



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An all-in-one mealtime organizer, planner, and healthy, low-carb cookbook "Quick & Easy Low Carb Cooking for People with Diabetes" deals with two major issues-- how to make simple, quick, healthy, lowcarb meals and how to bring variety to the table. Designed for simplicity, it is divided into three sections--Breakfast, Lunch, and Dinner--and also includes a week-at-a-glance meal plan chart with selections that readers can mix and match to make a variety of menu options. Each recipe in this comprehensive planner features a shopping list, a menu, substitutions, and a countdown to get all the dishes on the table at the same time. Sections include Breakfast: Eggs, Non Egg, Non Dairy; Lunch: Salads, Sandwiches, Soups; Dinner: Poultry, Beef, Pork, Seafood, Veal. Recipes include: Nutty Cinnamon French Toast Swiss Omelette Shrimp and Black- Eyed Pea Salad Salsa Beef Salad Neapolitan Pizza