



Fast and Flavorful: Great Diabetes Meals from Market to Table

Linda Gassenheimer

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People with diabetes know that cooking at home means healthier meals, but they also assume it means more planning, cleaning, and work. Best-selling author Linda Gassenheimer proves just the opposite — preparing delicious, diabetes-friendly meals is easier than most people imagine. Just let the supermarket do the work! By using convenience foods and fresh products from the supermarket bakery and butcher, *Fast and Flavorful* shows readers how to make great meals they won't believe are diabetes-friendly and save time and effort in the process. Best of all, each recipe is presented as part of a complete meal, designed specifically for two people. Each meal comes with instructions for preparing recipes simultaneously, a complete shopping list, and cooking tips, time-saving techniques, and meal planning advice straight from Linda's "Dinner in Minutes" newspaper column. It turns out that cooking fantastic, nutritious meals is easier than anyone thought possible.



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