



The Diabetes Comfort Food Diet Cookbook: 200 Delicious Dishes to Help You Lose Weight and Balance Blood Sugar

Laura Cipullo, The Editors of Prevention

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Creamy mac and cheese, fried chicken, chocolate brownies. Think you can't indulge in your favorite foods because you have diabetes? Think again! With this *Prevention*-approved plan, you'll discover how to enjoy all of your favorite dishes without experiencing a single blood sugar spike.

Based on cutting-edge research and an easy 3-step program, *The Diabetes Comfort Food Diet Cookbook* transforms your most-loved dishes into diabetes-friendly meals that will promote weight loss and reverse insulin resistance, while leaving you guilt free. Featuring 200 satisfying comfort food recipes like Chocolate-Banana-Stuffed French Toast, Chicken and Dumplings, and Southern Pecan Bread Pudding, you'll finally be able to enjoy the meals you crave while lowering your blood sugar.



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