



Delicious Dishes for Diabetics

By Robin Ellis

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Delicious Dishes for Diabetics, Robin Ellis, The Mediterranean diet is now recognised as one of the healthiest in the world. Robin Ellis shows how by simply following such guidelines as eating plenty of fresh fruit and vegetables, cooking with olive oil not butter, seasoning food with herbs and spices rather than salt, avoiding red meat, excluding foods such as white potatoes, white rice and white bread, by limiting dairy products and eating fish or shellfish at least twice a week, those with type 2 diabetes can help to improve their blood sugar levels and enjoy wonderful tasty dishes every day of the week. His recipe collection includes such favourites as Chicken Breast with Lemon and Caper Sauce, North African Lamb with Apricots and Bulgar Wheat, Simple Sea Bass, Pot Roasted Pork with Dried Mushrooms and Juniper Berries, Spaghettini in Walnut Sauce, to name just a few.



READ ONLINE
[5.07 MB]

Reviews

Basically no words and phrases to describe. It is really simplified but unexpected situations in the fifty percent of your book. I am delighted to let you know that here is the very best publication i have got go through within my very own lifestyle and might be he greatest publication for actually.

-- **Watson Kohler**

Complete guide for pdf fans. This really is for all those who statte that there was not a worth looking at. I am just very happy to let you know that this is basically the very best pdf we have read through inside my own life and may be he greatest pdf for ever.

-- **Tevin Nikolaus**