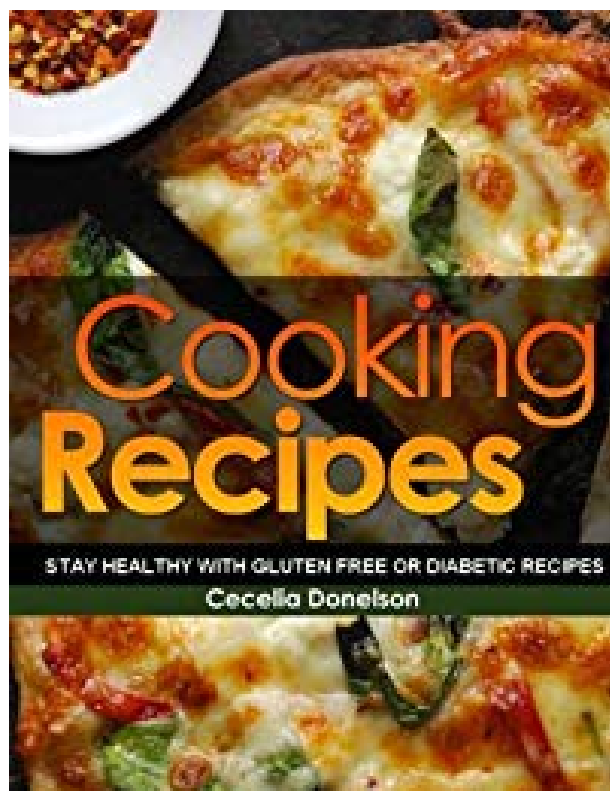


Cooking Recipes: Stay Healthy with Gluten Free or Diabetic Recipes



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Cooking Recipes Stay Healthy with Gluten Free or Diabetic Recipes The Cooking Recipes cookbook contains recipes specifically for those who suffer with diabetes OR for those who suffer with gluten intolerances and allergies. These recipes are for anyone who wants to eat healthier too. Eating healthy is one of the best aids in weight loss and weight maintenance. The recipes in this cookbook help to support effective weight loss as well. There are sections within the book covering recipes for all the meals and snacks for the day. A comprehensive resource section contains nutrition information, introductions to the sections explaining what each diet consists of and how to work with the diet for best results. The first section of the cookbook is about diabetic recipes. Five sections contain recipes set for main entrees, soups, side dishes, breakfast, and even desserts. There is a sample 5 day menu and a complete diabetic recipe nutrition information appendix. Inside you will find delicious recipes such as Roman-Style Cod with Vegetables and Olives, Black Bean Soup, Baked Zucchini Sticks, Baked Apple Pancakes and a decadent Banana - Rum Cake. Being diabetic does not mean going without great tasting recipes. This book contains enough diabetic recipes to cover more than a week's worth of meal plans.

The gluten free section half contains three major sections. The first section talks about how gluten free is a healthy diet - by chance or by choice. It details what it means to be gluten free and contains a few recipes such as a Curried Chicken and Mango Summer Salad and a Cheesy Mexican Chicken. The "Healthy Challenges In Our World" section details on how to snack and incorporate vegetables and fruits into our snacks. Recipes

include a Raw Salsa and a Hot and Spicy Chicken Wings plus more. The final section is all about Gluten Free Desserts with recipes like a chocolate fondue dessert and tips on eating out at restaurants and continuing with this lifestyle.