



Healthy Calendar Diabetic Cooking

Lara Rondinelli, Jennifer Bucko

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A unique cookbook concept featuring month-by-month, week-by-week, and day-by-day meal plans and recipes with dietitian and chef's tips that make it much easier or people to eat healthfully. The menus come with weekly grocery lists that provide quantities for each item so only the items needed are purchased, saving the person time grocery shopping. As an added bonus, each month features reminders of special ADA events and other health-related activities of interest. Recipes include: Turkey and Wild Rice Soup - prepared in just 15 minutes! Chicken Breasts with Raspberry Balsamic Glaze - prepared in 10 minutes! Banana Chocolate Chip Bread - just 3g of fat!

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