



Mix 'n Match Meals in Minutes for People with Diabetes

Linda Gassenheimer

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An all-in-one mealtime organizer, planner, and healthy, low-carb cookbook

Quick & Easy Low Carb Cooking for People with Diabetes deals with two major issues-- how to make simple, quick, healthy, lowcarb meals and how to bring variety to the table. Designed for simplicity, it is divided into three sections--Breakfast, Lunch, and Dinner--and also includes a week-at-a-glance meal plan chart with selections that readers can mix and match to make a variety of menu options. Each recipe in this comprehensive planner features a shopping list, a menu, substitutions, and a countdown to get all the dishes on the table at the same time.

Sections include Breakfast: Eggs, Non Egg, Non Dairy; Lunch: Salads, Sandwiches, Soups; Dinner: Poultry, Beef, Pork, Seafood, Veal.

Recipes include:

- Nutty Cinnamon French Toast
- Swiss Omelette
- Shrimp and Black- Eyed Pea Salad
- Salsa Beef Salad
- Neapolitan Pizza

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