



Delicious Diabetes Cooking for One or Two People

Whatever measures you may take to manage your diabetes, the bedrock of your treatment should always be careful meal planning. These delicious and healthy recipes will help you do that — they are so easy to prepare and specifically designed for one or two people.

None of the recipes is lengthy or complicated, and they are all designed to encourage you to cook and experiment on your own.



Discover tantalizing meal ideas for everything from soups and starters to beef, fish and seafood to even baked goods and desserts.



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