

**FINALLY, THE PERFECT DIABETES
MEAL PREP COOKBOOK EVERYONE
HAS BEEN WAITING FOR!**

Diabetes Create Your Plate Meal Prep Cookbook presents and explains how to use the popular Diabetes Plate Method for make-ahead meals, with 100 delicious recipes and 5 different meal plans that range in complexity for beginners to experienced meal preppers. Specific food safety concerns are outlined for people with diabetes, and all recipes contain nutritional information. Step-by-step guidance for creating multiple dishes at one time and the helpful shopping, cooking and ingredient substitution tips make meal prep simple.

Bestselling author and dietitian Toby Amidor has created recipes for every meal of the day, including snacks. Meal plans include grocery lists and nutritional information for each individual-serving meal prep container. At-a-glance icons show which recipes are freezer-friendly, one-pot, 30 minutes or less, vegetarian, vegan, dairy-free, gluten-free or a complete plate in one dish. Enjoy the ease and flavor of Strawberry Oat Pancakes, Spicy Chicken Meatballs with Sriracha Yogurt Dip, Easy Chicken Noodle Soup, Vegetable-Loaded Meatloaf or Herbed Garlic-Butter Pork Chops. Each recipe is a make-ahead meal designed for preparing in advance so that you can confidently grab and go all week long.

TOBY AMIDOR, MS, RD, CDN, FAND, is a *Wall Street Journal* bestselling cookbook author, leading dietitian and recipe developer who believes that healthy and wholesome can also be appetizing and delicious. She is the author of eight cookbooks, including *The Best 3-Ingredient Cookbook*, *The Best Rotisserie Chicken Cookbook* and *The Family Immunity Cookbook*. She is the founder of Toby Amidor Nutrition and the nutrition expert for FoodNetwork.com. She lives in New York.

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100
Delicious
Plate-Method
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