

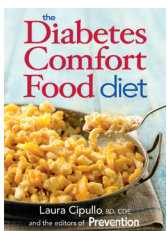


Everyday Diabetes Meals

Cooking for One or Two

Imagine being able to eat and enjoy all foods, never having to count carbohydrates again and *still* effectively managing your diabetes — well, now you can. Whether it's time to eat breakfast, hit the beach or celebrate your favorite holiday, you will always have a recipe at your fingertips to prepare simply, savor and satisfy every desire. This is your time to finally live stress-free. Welcome to your “everyday diabetes” guide to food, fitness, sleep and mindfulness. Hello to the new you!

These delicious diabetes-friendly recipes were created with singles and couples in mind, and every recipe falls within an appropriate carbohydrate range.



LAURA CIPULLO, RD, CDE, CEDRD, CDN, has nearly two decades of clinical experience and is one of New York City's leading experts when it comes to providing sound, ethical nutrition advice to both adults and children. She's a highly respected

Registered Dietitian, Certified Diabetes Educator, Certified Eating Disorder Registered Dietitian and Registered Yoga Teacher, and is President of the International Association of Eating Disorder Professionals as well as a bestselling author and popular media spokesperson.

LISA MIKUS, RD, CNSC, CDN, is a Registered Dietitian and nutrition expert specializing in diabetes and eating disorders in adolescents and young adults in New York City. As a Certified Nutrition Support Clinician, Lisa has worked as a clinical dietitian in acute and intensive care units. She uses her strong clinical skills to support her true passion of counseling clients in the outpatient setting as a Registered Dietitian in Laura Cipullo's private practice. With her broad experience and knowledge, Lisa is frequently tapped by the media for contributions to nutrition and health articles.



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150
Delicious
Recipes
+ 14-Day
Meal Plan



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