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The All-Natural Diabetes Cookbook - 2 Edition By Jackie ...

Jackie Newgent, RDN, CDN, is a New York City-based classically-trained chef, registered dietitian nutritionist, award-winning cookbook author, professional recipe developer, and media personality. She's passionate about plant-based cuisine and a lifelong fan of flavorful food. As a culinary nutritionist, Jackie hopes to inspire you to follow your most delicious, plant-forward life!

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In fact, The All-Natural Diabetes Cookbook, 2nd edition gives readers over 150 enticing recipes from which to choose! Each recipe is ideal to be enjoyed by people with diabetes, prediabetes, heart health issues, or simply looking to improve their diet.

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The All-Natural Diabetes Cookbook, 2nd edition is filled with tips for achieving naturally high-flavor dishes, techniques for no-fuss cooking and baking, sample meal plans, a handy substitution...

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The All-Natural Diabetes Cookbook: The Whole Food Approach to Great Taste and Healthy Eating by Jackie Newgent R.D. is a collection of plant-based, nutritiously well-rounded, simple-to-fix recipes. Now out in its second edition, the book has been updated to include vegetarian and quick-fix recipes, tips for achieving high flavor and suggested menus.

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The All-Natural Diabetes Cookbook: The Whole Food Approach ...

Spotlighting fresh, natural foods and diabetes-friendly cooking methods, for meat-eaters and vegetarians alike. Palate-pleasing meals and snacks packed with great taste and nutrients—not preservatives and processed ingredients.

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all-natural Diabetes Cookbook : The Whole Food Approach to Great Taste and. Controlling your diabetes requires a careful balance of lifestyle habits, including eating right, exercising, and taking your proper medication.

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