



Healthy Calendar Diabetic Cooking: A Full Year of Delicious Menus and Easy Recipes

By Lara Rondinelli-Hamilton R.D., Jennifer Bucko Lamplough

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Fully revised and better than ever, this new edition of *Healthy Calendar Diabetic Cooking* is packed with new recipes to give cooks with diabetes over a year of delicious, diabetes-friendly meals. Organized around weekly menus and complete grocery lists that are designed to save readers time, effort, and money, this cookbook is a meal-planner and recipe book in one. With hundreds of recipes and an innovative design, it's easy to see why this is one of the American Diabetes Association's all-time best-selling cookbooks.

In addition to new recipes and menus, this updated edition includes dozens of recipes and recipe alterations designed to create gluten-free meals. Like many with diabetes, author and dietitian Lara Hamilton was recently diagnosed with celiac disease and subsequently went on a gluten-free diet. Using her firsthand experience, she gives readers expert tips on how to plan meals, alter recipes, and follow a gluten-free diet.

This new edition will also include new original photography and a beautiful, two-color interior design, giving the book a beautiful look intended to match the quality of its recipes. With hundreds of recipes, meal-planning tips, and kitchen techniques, *Healthy Calendar Diabetic Cooking* is one cookbook every person with diabetes should own.

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