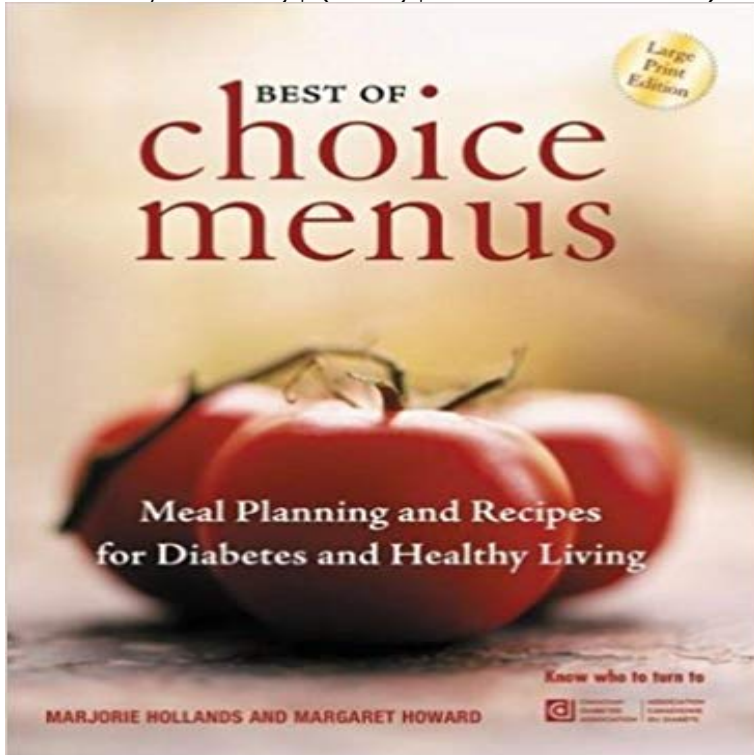


Best of Choice Menus: Meal Planning and Recipes for Diabetes and Healthy Living (Large Print Edition)



BEST OF choice menus For more than a decade, Margaret Howard and Marjorie Hollands have provided delectable recipes and enticing menus for healthy eating to those who need to watch their weight or have a health condition, such as type 2 diabetes. Choice Menus, Choice Menus Presents and More Choice Menus have become staple cookbooks in Canadian homes, and now for the first time, a selection of recipes from those bestselling books is offered in large print. Here are some of the key features of Best of Choice Menus: Nutrition information for every recipe All recipes follow Canadian Diabetes Association guidelines Menu planning for balanced meals Mix and match from a month of menus and recipes for breakfast, lunch, dinner and snacks for entertaining, the Special Occasions chapter offers special recipes and menus for any social occasion Easy-to-prepare meals using everyday foods in your kitchen Large print with easy-to-read layout of recipes

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