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# With Or Without

**Mrs. Prescott Warren**



## **With Or Without:**

*The With or Without Meat Cookbook* Jackie Newgent,2014-02-25 With the growing evidence that vegetarian meals are great for your health more people with diabetes are looking to build vegetarian dishes into their meal plans However not everyone is ready to give up meat completely and most vegetarians live with someone who s not ready to take the plunge Thus was born the flexitarian someone who eats mainly vegetarian food but occasionally fits in a little meat poultry or fish Catering to this growing crowd nearly one in four Americans self identifies as a flexitarian The With or Without Meat Cookbook makes it simple for people to savor the tastes and health benefits of eating more like a vegetarian while being able to stick to a balanced meal plan for diabetes Each of the 125 diabetes friendly recipes is vegetarian with a non vegetarian recipe add on provided as well Each recipe can be made two ways One way for veggie lovers and one way for meat lovers For those with diabetes pre diabetes heart health issues or simply looking to improve their diet the flexitarian approach provides the best of both worlds Nutrition facts are provided and each perfectly portioned recipe follows ADA s nutritional guidelines

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